



SYDNEY PROGRAM GUIDE

Sunday 16th July 2023

06:00 am Mass For You At Home CC G

ALL NEW EPISODES

Weekly celebration of Catholic Mass for those unable to travel to church.

06:30 am Turning Point With David Jeremiah CC PG
Mature Themes

ALL NEW EPISODES

071623 Is He The Son Of Mary Or The Son Of God?

Jesus is unique in human history. He is fully human and fully God. As a human, He understands our human experiences, and as God, He shows us the Father.

07:00 am Joseph Prince: New Creation Church CC G

ALL NEW EPISODES

482 - Discover Gods Way To Bless You

Pastor Joseph Prince is a leading voice in proclaiming the gospel of grace around the world. He is the senior pastor of New Creation Church, a vibrant and fast-growing church.

07:30 am Waltzing Jimeon (Rpt) CC PG
Mild Coarse Language, Mature Themes

Jimeoin wants to do a comedy tour like no other. With comedian mates, celebrity friends and maybe even his family, Jimeoin will travel around Australia doing standup wherever the tour takes him.

08:00 am Everyday Gourmet With Justine Schofield (Rpt) CC G

Justine Schofield along with special guests, present a variety of delicious recipes for the home cook.

08:30 am Freshly Picked With Simon Toohey (Rpt) CC G

Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them.

09:00 am Good Chef Bad Chef (Rpt) CC G

Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

09:30 am Australia By Design: Innovations (Rpt) CC PG

Now in its fifth season, Australia by Design, uncovers the outstanding projects that exemplify excellence in Australian architectural, interior, landscape and urban design.



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Sunday 16th July 2023

10:00 am	Studio 10: Sunday	CC PG	Start your day with a dose of sunshine and join the feelgood fun with Tristan MacManus.
SPECIAL ENCORE PRESENTATION			
12:00 pm	MasterChef Australia Encore (Rpt)	CC PG Coarse Language, Mild Themes	Bennelong Restaurant's Peter Gilmore demonstrates how to create an intricate and tasty seafood dish. With no recipe, contestants must use total recall to perfectly replicate the dish or be eliminated.
01:10 pm	Everyday Gourmet With Justine Schofield (Rpt)	CC G	Justine Schofield along with special guests, present a variety of delicious recipes for the home cook.
01:30 pm	Cook With Luke (Rpt)	CC G	Your home of quick, tasty, good food. Cooking healthy and delicious meals has never been easier with Luke Hines in your kitchen.
02:00 pm	Luxury Escapes (Rpt)	CC G	Disneyland Cameron is joined by comedian and Disney-fanatic, Tanya Hennessy. For this magical escape to the "Happiest Place on Earth", the pair get the VIP treatment as they experience Disneyland California.
02:30 pm	My Market Kitchen (Rpt)	CC PG Mature Themes	Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes.
03:00 pm	The Offroad Adventure Show (Rpt)	CC G	Two old 1940's 4WD's, 1100 sand dunes, outback roads known to destroy even new 4WD's... Welcome to Simmo or Bust! An Offroad Adventure Show special.
04:00 pm	Good Chef Bad Chef (Rpt)	CC G	Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat.
04:30 pm	Farm To Fork (Rpt)	CC PG	Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home.
LIVE			
05:00 pm	10 News First	CC	Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.



SYDNEY PROGRAM GUIDE

Sunday 16th July 2023

06:30 pm The Sunday Project CC

ALL NEW EPISODES

Join The Sunday Project hosts as they dissect and digest the daily news, events and hottest topics.

07:30 pm To Be Advised

09:00 pm FBI CC M
Violence

ALL NEW EPISODES

Double Bind

As the team works to rescue a 5-year-old kidnapping victim, Scola suspects the boy's mum isn't being forthcoming about why her son was targeted. Nina struggles to open up to Scola about relationship.

Starring: Zeeko Zaki, Missy Peregrym, Jeremy Sisto, John Boyd, Katherine Renee Kane, Alana De La Garza

10:00 pm NCIS: Hawaii (Rpt) CC M
Frequent Violence

Monster

Kai goes undercover as a chef to gather intel on a notorious criminal kingpin who is connected to a local eatery. Jane learns that a school on the mainland has recruited Alex on a baseball scholarship

Starring: Vanessa Lachey, Alex Tarrant, Noah Mills, Yasmine Al-Bustami, Jason Antoon

11:00 pm The Sunday Project Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

Join The Sunday Project hosts as they dissect and digest the daily news, events and hottest topics.

12:00 am Home Shopping (Rpt)

Home Shopping

12:30 am Home Shopping (Rpt)

Home Shopping

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

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SYDNEY PROGRAM GUIDE

Sunday 16th July 2023

02:30 am Home Shopping (Rpt)

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03:00 am Home Shopping (Rpt)

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03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS Mornings

CC

ALL NEW EPISODES

CBS Mornings covers breaking news, politics, health, money, lifestyle and pop culture with Gayle King, Tony Dokoupil and Nate Burleson.



SYDNEY PROGRAM GUIDE

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(Rpt)

Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them.

06:30 am My Market Kitchen (Rpt) CC G

Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes.

07:00 am Farm To Fork (Rpt) CC G

Packed with inspiring recipes we will take you on a food journey around Australia and meet some of our hardworking Australian farmers. Hosted by Courtney Roulston, Michael Weldon and Louis Tikaram.

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08:00 am Everyday Gourmet With Justine Schofield (Rpt) CC G

Justine Schofield along with special guests, present a variety of delicious recipes for the home cook.

SPECIAL ENCORE PRESENTATION

08:30 am Entertainment Tonight (Rpt) CC

Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.

09:00 am Judge Judy (Rpt) CC PG

Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.

09:30 am The Bold & The Beautiful (Rpt) CC PG
Mild Themes

Ridge races to get to Brooke in time. Liam's world comes crashing down.

LIVE

10:00 am Studio 10 CC PG

Start your day with a dose of sunshine and join the feel good fun with Tristan MacManus, Angela Bishop, Narelda Jacobs and Daniel Doody weekdays from 10:00AM.



SYDNEY PROGRAM GUIDE

Monday 17th July 2023

12:00 pm 10 News First: Midday

CC

LIVE

Catch the latest breaking news stories from around the country and the world with 10 News First: Midday.

01:00 pm Dr Phil (Rpt)

CC PG
Coarse Language,
Mature Themes

America is divided - wear a mask, don't wear a mask, get vaxxed, don't vax, the election was rigged, no it wasn't! It seems we are living in two different worlds. Is America ready for an intervention?

02:00 pm To Be Advised

03:30 pm Judge Judy (Rpt)

CC PG

Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.

04:00 pm Everyday Gourmet With Justine Schofield

CC

ALL NEW EPISODES

Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield in an all new season of Everyday Gourmet.

04:30 pm The Bold & The Beautiful

CC PG
Mild Themes

ALL NEW EPISODES

Brooke surprises Ridge with a romantic gesture. Liam confides in Wyatt about his trip to Rome.

05:00 pm 10 News First

CC

LIVE

Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.

06:30 pm The Project

CC

ALL NEW EPISODES

Join the Project hosts as they dissect and digest the daily news, events and hottest topics.

07:30 pm To Be Advised

09:00 pm Have You Been Paying Attention?

CC M
Sexual References,
Coarse Language,
Mature Themes,
Nudity,
May Contain:

ALL NEW EPISODES

Have our contestants, Ed Kavalee, Bron Lewis, Peter Helliar and Sam Pang been paying attention? The guest quizmaster and host Tom Gleisner are about to find out!



SYDNEY PROGRAM GUIDE

Monday 17th July 2023

ALL NEW EPISODES

10:00 pm Just For Laughs Australia

CC M
Sexual References,
Coarse Language

Just For Laughs Australia is back brand new season. Hosted by Nath Valvo and featuring Amos Gill, Rhys James and Claire Hooper.

10:30 pm FBI: Most Wanted (Rpt)

CC M
Violence

Incel

The team deal with their grief in the wake of Jess' murder but are soon called to track down a jealous and deranged member of the incel community who is targeting beautiful people for death.

Starring: Roxy Sternberg, Miguel Gomez, Alexa Davalos, Keisha Castle-Hughes, Alana De La Garza, Jen Landon

SPECIAL ENCORE PRESENTATION

11:30 pm The Project Encore (Rpt)

CC

Join the Project hosts as they dissect and digest the daily news, events and hottest topics.

ALL NEW EPISODES

12:30 am The Late Show With Stephen Colbert

CC PG

Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations.

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

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04:00 am Home Shopping (Rpt)

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SYDNEY PROGRAM GUIDE

Monday 17th July 2023

04:30 am CBS Mornings

CC

ALL NEW EPISODES

CBS Mornings covers breaking news, politics, health, money, lifestyle and pop culture with Gayle King, Tony Dokoupil and Nate Burleson.



SYDNEY PROGRAM GUIDE

Tuesday 18th July 2023

06:00 am Freshly Picked With Simon Toohey (Rpt) CC G

Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them.

06:30 am My Market Kitchen (Rpt) CC G

Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes.

07:00 am Farm To Fork (Rpt) CC G

Packed with inspiring recipes we will take you on a food journey around Australia and meet some of our hardworking Australian farmers. Hosted by Courtney Roulston, Michael Weldon and Louis Tikaram.

07:30 am Good Chef Bad Chef (Rpt) CC G

Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

08:00 am Everyday Gourmet With Justine Schofield (Rpt) CC G

Justine Schofield along with special guests, present a variety of delicious recipes for the home cook.

08:30 am Entertainment Tonight CC

SPECIAL ENCORE PRESENTATION

Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.

09:00 am Judge Judy (Rpt) CC PG

Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.

09:30 am The Bold & The Beautiful (Rpt) CC PG
Mild Themes

Brooke surprises Ridge with a romantic gesture. Liam confides in Wyatt about his trip to Rome.

10:00 am Studio 10 CC PG

LIVE

Start your day with a dose of sunshine and join the feel good fun with Tristan MacManus, Angela Bishop, Narelda Jacobs and Daniel Doody weekdays from 10:00AM.



SYDNEY PROGRAM GUIDE

Tuesday 18th July 2023

12:00 pm 10 News First: Midday

CC

LIVE

Catch the latest breaking news stories from around the country and the world with 10 News First: Midday.

01:00 pm Dr Phil (Rpt)

CC PG
Mature Themes

From filming bad behavior to mocking innocent strangers for their appearance, nothing - and no one - is off limits. Can people really film you in public without your consent and post it online?

02:00 pm To Be Advised

03:30 pm Judge Judy (Rpt)

CC PG

Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.

04:00 pm Everyday Gourmet With Justine Schofield

CC

ALL NEW EPISODES

Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield in an all new season of Everyday Gourmet.

04:30 pm The Bold & The Beautiful

CC PG
Mild Themes

ALL NEW EPISODES

Taylor is concerned about the future. Liam tests Hope's faith in their marriage.

05:00 pm 10 News First

CC

LIVE

Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.

06:30 pm The Project

CC

ALL NEW EPISODES

Join the Project hosts as they dissect and digest the daily news, events and hottest topics.

07:30 pm To Be Advised

09:30 pm The Cheap Seats

CC M
Coarse Language,
Mature Themes,
May Contain:

ALL NEW EPISODES

Taking a fun look at the week that was are The Cheap Seat hosts Melanie Bracewell and Tim McDonald.



SYDNEY PROGRAM GUIDE

Tuesday 18th July 2023

10:30 pm NCIS (Rpt)

CC M
Violence,
Mature Themes

Thick As Thieves

The NCIS team get more than they bargained for when Special Agent Parker's delinquent past resurfaces when they are called to Philadelphia to investigate the death of a Navy petty officer.

Starring: Gary Cole, Sean Murray, Wilmer Valderrama, Katrina Law, Rocky Carroll

11:30 pm Riptide Encore

CC M
Violence,
Coarse Language

SPECIAL ENCORE PRESENTATION

Alison learns that the watch Sean was wearing before he vanished is in Michael's possession. An anonymous police tip-off results in his arrest, but evidence raises doubts about Michael's involvement.

Starring: Jo Joyner, David Berry, Peter O'Brien, Ciaran Griffiths, Asher Yasbincek, Alexandra Fowler

12:30 am The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Join the Project hosts as they dissect and digest the daily news, events and hottest topics.

01:30 am The Late Show With Stephen Colbert

CC PG

ALL NEW EPISODES

Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations.

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS Mornings

CC

ALL NEW EPISODES

CBS Mornings covers breaking news, politics, health, money, lifestyle and pop culture with Gayle King, Tony Dokoupil and Nate Burleson.



SYDNEY PROGRAM GUIDE

Wednesday 19th July 2023

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06:30 am	My Market Kitchen (Rpt)	CC G	Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes.
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08:00 am	Everyday Gourmet With Justine Schofield (Rpt)	CC G	Justine Schofield along with special guests, present a variety of delicious recipes for the home cook.
08:30 am	Entertainment Tonight	CC	SPECIAL ENCORE PRESENTATION Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.
09:00 am	Judge Judy (Rpt)	CC PG	Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.
09:30 am	The Bold & The Beautiful (Rpt)	CC PG Mild Themes	Taylor is concerned about the future. Liam tests Hope's faith in their marriage.
10:00 am	Studio 10	CC PG	LIVE Start your day with a dose of sunshine and join the feel good fun with Tristan MacManus, Angela Bishop, Narelda Jacobs and Daniel Doody weekdays from 10:00AM.



SYDNEY PROGRAM GUIDE

Wednesday 19th July 2023

12:00 pm 10 News First: Midday

CC

LIVE

Catch the latest breaking news stories from around the country and the world with 10 News First: Midday.

01:00 pm Dr Phil (Rpt)

CC PG
Mature Themes

Have you ever been told by a doctor that your symptoms are all in your head? Dr. Phil meets several women who claim doctors didn't take them seriously, which led to major health problems.

02:00 pm To Be Advised

04:00 pm Everyday Gourmet With Justine Schofield

CC

ALL NEW EPISODES

Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield in an all new season of Everyday Gourmet.

04:30 pm The Bold & The Beautiful

CC PG
Mild Themes

ALL NEW EPISODES

Taylor makes her views about Ridge and Brooke abundantly clear. Hope is shocked when Liam makes a revelation.

05:00 pm 10 News First

CC

LIVE

Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.

06:30 pm The Project

CC

ALL NEW EPISODES

Join the Project hosts as they dissect and digest the daily news, events and hottest topics.

07:30 pm To Be Advised

09:30 pm So Help Me Todd

CC PG
Mature Themes

ALL NEW EPISODES

Long Lost Lawrence

Todd tries to convince his brother, Lawrence, to come home to attend the family's Thanksgiving dinner. Also, Margaret's family inadvertently helps her crack a case involving a bank robbery.

Starring: Skylar Astin, Marcia Gay Harden, Thomas Cadrot, Madeline Wise, Rosa Arredondo, Inga Schlingmann



SYDNEY PROGRAM GUIDE

Wednesday 19th July 2023

10:30 pm Riptide Encore

CC M
Violence,
Coarse Language

SPECIAL ENCORE PRESENTATION

With Hannah vowing to clear her father's name, Dan takes Alison to a mountain retreat where he suggests that they could move away to start a new life together.

Starring: Jo Joyner, David Berry, Peter O'Brien, Ciaran Griffiths, Asher Yasbincek, Alexandra Fowler

11:30 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Join the Project hosts as they dissect and digest the daily news, events and hottest topics.

12:30 am The Late Show With Stephen Colbert

CC PG

ALL NEW EPISODES

Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations.

01:30 am Home Shopping (Rpt)

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Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS Mornings

CC

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CBS Mornings covers breaking news, politics, health, money, lifestyle and pop culture with Gayle King, Tony Dokoupil and Nate Bursleson.



SYDNEY PROGRAM GUIDE

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08:00 am Everyday Gourmet With Justine Schofield (Rpt)	CC G	Justine Schofield along with special guests, present a variety of delicious recipes for the home cook.
SPECIAL ENCORE PRESENTATION		
08:30 am Entertainment Tonight	CC	Kevin Frazier brings us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.
09:00 am Judge Judy (Rpt)	CC PG	Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.
09:30 am The Bold & The Beautiful (Rpt)	CC PG Mild Themes	Taylor makes her views about Ridge and Brooke abundantly clear. Hope is shocked when Liam makes a revelation.
LIVE		
10:00 am Studio 10	CC PG	Start your day with a dose of sunshine and join the feel good fun with Tristan MacManus, Angela Bishop, Narelda Jacobs and Daniel Doody weekdays from 10:00AM.



SYDNEY PROGRAM GUIDE

Thursday 20th July 2023

12:00 pm 10 News First: Midday

CC

LIVE

Catch the latest breaking news stories from around the country and the world with 10 News First: Midday.

01:00 pm Dr Phil (Rpt)

CC PG
Mild Themes

A food prepper details her secrets to prepare for shortages and save big on all the necessities, while an economist shares tips on how to hunker down without sacrificing your quality of life.

02:00 pm To Be Advised

ALL NEW EPISODES

03:00 pm Entertainment Tonight

CC

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ALL NEW EPISODES

Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield in an all new season of Everyday Gourmet.

04:30 pm The Bold & The Beautiful

CC PG
Mild Themes

ALL NEW EPISODES

Brooke and Taylor confront each other about Ridge. Hope pleads for forgiveness from Liam.

05:00 pm 10 News First

CC

LIVE

Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.

06:30 pm The Project

CC

ALL NEW EPISODES

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Thursday 20th July 2023

07:30 pm Dogs Behaving (Very) Badly Australia CC

08:30 pm Law & Order: S.V.U (Rpt) CC M
Strong Adult Themes

ALL NEW EPISODES

The Five Hundredth

The past won't stay hidden as new DNA technology leads former SVU detective Nick Amaro and Olivia's ex-boyfriend Burton Lowe to seek help to overturn a wrongful conviction in one of Cragen's old cases

Starring: Mariska Hargitay, Ice T , Peter Scanavino

Guest Starring: Aidan Quinn, Dann Florek, Danny Pino

09:30 pm The Cheap Seats Encore (Rpt) CC M
Coarse Language,
Mature Themes,
May Contain:

SPECIAL ENCORE PRESENTATION

Taking a fun look at the week that was are The Cheap Seat hosts Melanie Bracewell and Tim McDonald.

10:30 pm Law & Order: S.V.U (Rpt) CC MA15+
Violence,
Mature Themes

They'd Already Disappeared

When a teenage sex worker disappears, Rollins and Velasco are led to a horrifying discovery after finding a key clue in a pile of neglected missing persons reports.

Starring: Mariska Hargitay, Ice T , Kelli Giddish, Octavio Pisano, Terry Serpico, Frank Wood

11:30 pm The Project Encore (Rpt) CC

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12:30 am The Late Show With Stephen Colbert CC PG

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(Rpt)

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08:00 am Everyday Gourmet With Justine Schofield (Rpt) CC G

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08:30 am Entertainment Tonight (Rpt) CC

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09:00 am Judge Judy (Rpt) CC PG

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09:30 am The Bold & The Beautiful (Rpt) CC PG
Mild Themes

Brooke and Taylor confront each other about Ridge. Hope pleads for forgiveness from Liam.

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CC

LIVE

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01:00 pm Dr Phil (Rpt)

CC PG
Mature Themes

Cities across America are passing new laws that restrict where the homeless can camp. We go inside some of L.A.'s most dangerous encampments, and hear from a homeless woman who says there is hope.

02:00 pm To Be Advised

ALL NEW EPISODES

03:00 pm Entertainment Tonight

CC

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ALL NEW EPISODES

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04:30 pm The Bold & The Beautiful

CC PG
Mild Coarse
Language,
Mild Themes

ALL NEW EPISODES

A relationship becomes irreparable. Steffy makes it clear where her loyalties lay.

05:00 pm 10 News First

CC

LIVE

Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.

06:30 pm The Project

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SYDNEY PROGRAM GUIDE

Friday 21st July 2023

07:30 pm Location, Location, Location Australia CC

ALL NEW EPISODES

Location Location Location follows dynamic property experts, Mitch and Mark, as they leave no stone unturned in the quest to find the perfect home for two set of buyers each week.

08:30 pm Have You Been Paying Attention? Encore (Rpt)

CC M
Sexual References,
Coarse Language,
Mature Themes,
Nudity,
May Contain:

SPECIAL ENCORE PRESENTATION

Have our contestants, Ed Kavalee, Bron Lewis, Peter Helliar and Sam Pang been paying attention? The guest quizmaster and host Tom Gleisner are about to find out!

09:30 pm The Graham Norton Show (Rpt)

CC M
Sexual References,
Coarse Language

Graham is joined by actors Cate Blanchett and Margot Robbie, comedian Alan Carr and West End star Beverley Knight. With music from RAYE, who performs her single Thrill Is Gone.

10:30 pm The Graham Norton Show (Rpt)

CC M
Coarse Language

Join the hilarious and cheeky Graham Norton as he chats with guests Martin Freeman, Denzel Washington, Josh Widdicombe, Nina Sosanya and James Morrison.

11:30 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Join the Project hosts as they dissect and digest the daily news, events and hottest topics.

12:30 am The Late Show With Stephen Colbert CC PG

ALL NEW EPISODES

Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations.

01:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Friday 21st July 2023

02:00 am Home Shopping (Rpt)	<u>Home Shopping</u>
02:30 am Home Shopping (Rpt)	<u>Home Shopping</u>
03:00 am Home Shopping (Rpt)	<u>Home Shopping</u>
03:30 am Home Shopping (Rpt)	<u>Home Shopping</u>
04:00 am Home Shopping (Rpt)	<u>Home Shopping</u>
04:30 am Home Shopping (Rpt)	<u>Home Shopping</u>
05:00 am Home Shopping (Rpt)	<u>Home Shopping</u>
05:30 am Home Shopping (Rpt)	<u>Home Shopping</u>



SYDNEY PROGRAM GUIDE

Saturday 22nd July 2023

06:00 am	Reel Action (Rpt)	CC G	Reel Action is that weekend trip out with your mates looking for some local fishing action. We focus on the fish, techniques and the right tools for the job.
06:30 am	Leading The Way With Dr. Michael Youssef	CC G	<p>ALL NEW EPISODES <u>2330 Enduring Wisdom: Part 7</u></p> <p>Dr Michael Youssef speaks about the Word of God and offers hope.</p>
07:00 am	Freshly Picked With Simon Toohey (Rpt)	CC G	Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them.
07:30 am	Escape Fishing With ET (Rpt)	CC	Escape with former Rugby League Legend "ET" Andrew Ettingshausen as he travels Australia and the Pacific, hunting out all types of species of fish, while sharing his knowledge on how to catch them.
08:00 am	iFish (Rpt)	CC	Ifish with BCF follows the journey of Paul Worsteling and his family as they travel around Australia and the globe in search of memorable fishing moments and encounters with classic characters.
08:30 am	What's Up Down Under (Rpt)	CC G	Love a driving or Caravanning holiday? Join Macca and the crew as they show you the best touring routes and destinations to visit!
09:00 am	Good Chef Bad Chef (Rpt)	CC G	Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat.
09:30 am	Farm To Fork (Rpt)	CC PG	Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home.
10:00 am	Studio 10: Saturday	CC PG	Start your day with a dose of sunshine and join the feelgood fun with Tristan MacManus.



SYDNEY PROGRAM GUIDE

Saturday 22nd July 2023

12:00 pm To Be Advised

02:00 pm Pooches At Play

CC

ALL NEW EPISODES

Get tips & tricks to keep your dog healthy and happy. From scatter feeding to keep their brains and body active, safe and healthy fruits for dogs, the dangers of grass seeds, paralysis ticks and more.

02:30 pm Everyday Gourmet With Justine Schofield (Rpt)

CC G

Justine Schofield along with special guests, present a variety of delicious recipes for the home cook.

03:00 pm What's Up Down Under

CC

ALL NEW EPISODES

Love a driving or Caravanning holiday? Join Macca and the crew as they show you the best touring routes and destinations to visit!

04:00 pm My Market Kitchen

CC

ALL NEW EPISODES

Celebrity Cook and successful Restaurateur Laura Sharrad is joined by a variety of chefs and food producers in the iconic Prahran Market cooking a variety of delicious and easy to follow recipes.

04:30 pm Farm To Fork (Rpt)

CC PG

Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home.

05:00 pm 10 News First

CC

LIVE

Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.

06:00 pm To Be Advised

07:00 pm The Dog House Australia (Rpt)

CC PG
Mild Themes

Will Johnny and Eva get to surprise their teenager Jude with a rescue when they can't agree on the breed? And what about Sophie the cavalier, can she win the timid heart of Martin the maltese cross?



SYDNEY PROGRAM GUIDE

Saturday 22nd July 2023

08:00 pm NCIS: Los Angeles

CC M
Violence

ALL NEW EPISODES

Sleeping Dogs

When the NCIS team receives an urgent cryptic message, Fatima and Rountree must work together to solve the case. Also, Kilbride plans to visit his son, and Callen asks Sam to be his best man.

Starring: Chris O'Donnell, LI Cool J , Daniela Ruah, Eric Christian Olsen, Gerald McRaney, Linda Hunt

09:00 pm NCIS: Los Angeles

CC M
Violence,
Mature Themes

ALL NEW EPISODES

Maybe Today

The NCIS team is tasked with assisting NCIS' cold case homicide unit with a case from 2003 and a missing Navy petty officer. Meanwhile, Kilbride and his son, Alex, work to rebuild their relationship.

Starring: Chris O'Donnell, LI Cool J , Daniela Ruah, Eric Christian Olsen, Gerald McRaney, Linda Hunt

10:00 pm NCIS: Los Angeles

CC M
Violence,
Mature Themes

ALL NEW EPISODES

Sensu Lato

The NCIS team investigates when a Navy reservist is stabbed and his lab full of pesticides and insects is ransacked. Sam is offered the interim operations manager role and Rountree ponders his future.

Starring: Chris O'Donnell, LI Cool J , Daniela Ruah, Eric Christian Olsen, Gerald McRaney, Linda Hunt

11:00 pm The Cheap Seats Encore (Rpt)

CC M
Coarse Language,
Mature Themes,
May Contain:

SPECIAL ENCORE PRESENTATION

Taking a fun look at the week that was are The Cheap Seat hosts Melanie Bracewell and Tim McDonald.

12:00 am Home Shopping (Rpt)

Home Shopping

12:30 am Home Shopping (Rpt)

Home Shopping

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Saturday 22nd July 2023

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

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03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am Home Shopping (Rpt)

Home Shopping

05:00 am Hour Of Power

G

ALL NEW EPISODES

Hour of Power with Bobby Schuller equips you with the tools you need to become a flourishing apprentice of Jesus.