



SYDNEY PROGRAM GUIDE

Sunday 23rd 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

072323 Is He The Teacher Of Truth Or The Truth To Be Taught

Jesus is the Truth and teaches the Truth. We will be challenged and cheered as we live for the Teacher of Truth.

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

ALL NEW EPISODES

483 - Inherit Gods Best Dont Settle For Less

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 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: Architecture (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.



SYDNEY PROGRAM GUIDE

Sunday 23rd 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.
12:00 pm	To Be Advised		
01:15 pm	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.
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	Canada Join Sophie as she experiences the winter wonderland magic of Canada's West. She also visits Vancouver, the vibrant waterfront city with nature on its doorstep & home to the foodies' paradise Gastown.
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	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.
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 Sunday Project	CC	ALL NEW EPISODES Join The Sunday Project hosts as they dissect and digest the daily news, events and hottest topics.



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Sunday 23rd July 2023

ALL NEW EPISODES

07:30 pm **Hunted**

CC

ALL NEW EPISODES

Ready Or Not

OA worries that Maggie is rushing back into the job too quickly as she helps investigate two homicides: a law student on track to attend the FBI Academy and a young man with possible gang ties.

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

09:10 pm **FBI**

CC M
Violence,
Drug References,
Mature Themes

Breach

When a ransomware attempt causes a dam to malfunction, Ernie and a team of hackers are tasked to find the culprit quickly, before all power and water is cut off on the island.

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

10:05 pm **NCIS: Hawaii** (Rpt)

CC M
Violence

SPECIAL ENCORE PRESENTATION

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

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

CC

Home Shopping

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)

Home Shopping

02:30 am **Home Shopping** (Rpt)



SYDNEY PROGRAM GUIDE

Sunday 23rd July 2023

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

Monday 24th July 2023

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

In this Christmas special, 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

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

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 Coarse Language,
Mild Themes

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

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

Monday 24th 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

CC M
Mature Themes

Three families say that their collegiate athlete daughters faced immense pressure to balance it all and suffered in silence, before dying by their own hands. Can something be done to help others?

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

Steffy sets boundaries. Meanwhile, Brooke receives shocking news.

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 Hunted

CC

ALL NEW EPISODES



SYDNEY PROGRAM GUIDE

Monday 24th July 2023

08:40 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 and Sam Pang been paying attention? The guest quizmaster and host Tom Gleisner are about to find out!

09:40 pm Just For Laughs Australia

CC M
Sexual References,
Coarse Language

SEASON FINALE

Just For Laughs Australia is back brand new season. Hosted by Nath Valvo and featuring Nikki Britton, Cam Knight and Tom Ballard.

10:10 pm FBI: Most Wanted (Rpt)

CC M
Strong Violence

Decriminalized

The team gets called to Vermont after a married couple who grow illegal marijuana massacres their employees. Also, Barnes begins to regret not taking any time off to bond with her new baby.

Starring: Roxy Sternberg, Miguel Gomez, Alexa Davalos, Keisha Castle-Hughes

11:00 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.

12:00 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.

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Monday 24th July 2023

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

Tuesday 25th July 2023

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

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

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

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

Steffy sets boundaries. Meanwhile, Brooke receives shocking news.

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 25th 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

CC M

Sexual References,
Mature Themes

What happens to those involved in tragic news stories after the spotlight is gone? Dr Phil hears from people struggling with the aftermath of having a dark time in their lives reported on in the news.

02:00 pm To Be Advised

ALL NEW EPISODES

03:10 pm Entertainment Tonight

CC

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

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

Steffy presses Thomas for personal information. Meanwhile, Wyatt encourages someone to repair 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.



SYDNEY PROGRAM GUIDE

Tuesday 25th July 2023

ALL NEW EPISODES

07:30 pm **Hunted** CC

ALL NEW EPISODES

08:40 pm **The Cheap Seats** CC M
Coarse Language,
Mature Themes,
May Contain:

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

09:40 pm **NCIS (Rpt)** CC M
Violence,
Mature Themes

Starting Over

NCIS probes the apparent suicide of a retired Navy officer who was in Palmer and Knight's grief group.

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

10:30 pm **NCIS: Hawaii (Rpt)** CC M
Violence

T'n't

NCIS Agents Nick Torres and Jessica Knight travel to Hawai'i when they learn a key witness in one of their old cases has turned up there with crucial evidence.

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

Guest Starring: Wilmer Valderrama, Katrina Law

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

02:00 am **Home Shopping (Rpt)**

Home Shopping



SYDNEY PROGRAM GUIDE

Tuesday 25th July 2023

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 26th 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	Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield in an all new season of Everyday Gourmet.
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	Steffy presses Thomas for personal information. Meanwhile, Wyatt encourages someone to repair their marriage.
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

Wednesday 26th 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

CC M
Mature Themes

Angel-Rose says that she is being attacked by spiritual entities from the "astral plane" that torture her every night as she sleeps. Can Dr. Phil help Angel-Rose escape this living nightmare?

02:00 pm To Be Advised

ALL NEW EPISODES

03:10 pm Entertainment Tonight

CC

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

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

Liam makes a difficult decision. Meanwhile, Thomas decides to do the right thing.

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.



SYDNEY PROGRAM GUIDE

Wednesday 26th July 2023

07:30 pm **To Be Advised**

09:30 pm **So Help Me Todd**

CC PG
Mild Violence,
Mild Coarse
Language

ALL NEW EPISODES

Big Bang Theories

When Lyle's niece, Angie, is accused of committing a crime on her college campus, Lyle enlists Margaret and Todd to vindicate her.

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

10:30 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.

11:30 pm **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.

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)**

Home Shopping

02:30 am **Home Shopping (Rpt)**

Home Shopping

03:00 am **Home Shopping (Rpt)**

Home Shopping

03:30 am **Home Shopping (Rpt)**

Home Shopping



SYDNEY PROGRAM GUIDE

Wednesday 26th July 2023

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

Thursday 27th 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

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

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

Liam makes a difficult decision. Meanwhile, Thomas decides to do the right thing.

10:00 am Studio 10 CC PG

LIVE

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SYDNEY PROGRAM GUIDE

Thursday 27th 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

CC M
Violence,
Drug References,
Mature Themes

Get a sneak peek at what happens after Dr. Phil shows wrap. From the debate over the legalization of marijuana to how to ensure our streets are safe, you will see why we keep the cameras rolling.

02:00 pm To Be Advised

ALL NEW EPISODES

03:00 pm Entertainment Tonight

CC

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

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

Hope confides in someone she shouldn't. Meanwhile, Liam finds himself in a heartbreaking situation.

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.



SYDNEY PROGRAM GUIDE

Thursday 27th July 2023

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

ALL NEW EPISODES

Dog whisperer Graeme Hall meets an Aussie cattle dog with a rather unusual quirk, and a Maltese Shih Tzu with the jitters. Plus, Survivor star "King George" Mladenov puts Graeme's training to the test

08:30 pm Law & Order: S.V.U (Rpt) CC M
Violence,
Mature Themes

Nightmares In Drill City

Carisi finds himself questioning his own role as a Prosecutor after pushing the SVU for their help when a young woman involved in a murder investigation shows signs of abuse.

Starring: Mariska Hargitay, Ice T , Kelli Giddish, Peter Scanavino, Octavio Pisano

Guest Starring: Callie Thorne

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 The Project Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

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

11:30 pm 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.

12:30 am Home Shopping (Rpt)

Home Shopping

01:00 am Home Shopping (Rpt)

Home Shopping

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Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Thursday 27th July 2023

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

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SYDNEY PROGRAM GUIDE

Friday 28th July 2023

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

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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

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

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

Hope confides in someone she shouldn't. Meanwhile, Liam finds himself in a heartbreaking situation.

10:00 am Studio 10 CC PG

LIVE

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SYDNEY PROGRAM GUIDE

Friday 28th 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

CC M

Violence,
Sexual References,
Mature Themes

A private investigator tells how the search for a missing teen who may be the victim of sex trafficking haunts her. Then, Dasia reveals how she was lured into sex trafficking by a man she met online.

02:00 pm To Be Advised

03:00 pm Entertainment Tonight

CC

ALL NEW EPISODES

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03:30 pm Judge Judy (Rpt)

CC PG

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ALL NEW EPISODES

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04:30 pm The Bold & The Beautiful

CC PG

Sexual References,
Mild Themes

ALL NEW EPISODES

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.



SYDNEY PROGRAM GUIDE

Friday 28th 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 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 PG
Mature Themes

Always happy with a crowded couch, tonight Graham is joined by Paul Mescal, Michaela Coel, Winston Duke, Emma Corrin and Richard Ayoade. Music comes from young hip hop star Loyle Carner.

10:30 pm The Graham Norton Show (Rpt)

CC M
Sexual References,
Coarse Language

Join the hilarious and cheeky Graham Norton as he chats with Will Smith, Tom Holland, Miriam Margolyes, Salma Hayek, Lady Gaga, Dame Judi Dench, Daniel Craig, Zendaya, Ed Sheeran and more!

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](#)

02:00 am Home Shopping (Rpt)

[Home Shopping](#)



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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>



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Saturday 29th 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

ALL NEW EPISODES

2331 Enduring Wisdom: Part 9 The Nature Of Discipleship

Dr Michael Youssef speaks about the Word of God and offers hope.

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 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.

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.

12:00 pm To Be Advised



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Saturday 29th July 2023

01:10 pm 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.
01:30 pm Hungry (Rpt)	CC PG Coarse Language	Renowned chef George Calombaris is going back to his roots with an unapologetically candid new series and he's taking restaurateur Sarah Todd along the food journey.
02:00 pm Pooches At Play	CC	ALL NEW EPISODES Hosted by Dog Trainer and Behaviourist, Lara Shannon, get all the tips and advice you need to be the best carer and friend to your favourite furry pals.
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. ALL NEW EPISODES
03:00 pm What's Up Down Under	CC	Love a driving or Caravanning holiday? Join Macca and the crew as they show you the best touring routes and destinations to visit! ALL NEW EPISODES
04:00 pm My Market Kitchen	CC	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. ALL NEW EPISODES
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.



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Saturday 29th July 2023

06:00 pm To Be Advised

07:00 pm **The Dog House Australia** (Rpt)

CC PG
Mature Themes

Are happy new couple Tim and Fiona the right fit for the 'cloud on legs' Frosty? She's a plucky Pomeranian but at 11, isn't getting any younger. And will Kelpie Schnitzel find love this time around?

08:00 pm **NCIS: Los Angeles**

CC M
Violence

ALL NEW EPISODES

The Reckoning

When a CIA officer and three others are shot and killed in broad daylight, the NCIS team suspects the attacks have something to do with DRONA. Also, Pembroke gives Callen more insight into his past.

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

ALL NEW EPISODES

New Beginnings - Part 1

When an ATF agent goes missing, the bureau seeks help from the NCIS team to investigate stolen military-grade weapons and locate the agent. Also, Callen and Anna continue to plan their wedding,

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

SERIES FINALE

New Beginnings - Part 2

The NCIS team continues the case with ATF and the stolen military-grade weapons. Also, Callen and Anna decide on an impromptu wedding.

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.



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Saturday 29th July 2023

12:00 am Home Shopping (Rpt)

Home Shopping

12:30 am Home Shopping (Rpt)

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01:00 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 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.