



SYDNEY PROGRAM GUIDE

Sunday 06th August 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

080623 Is He Praying For Us Or Are We Praying To Him?

Throughout His time on earth, Jesus prayed to the Father. Today, even as we pray to Him, He is praying for us as our Intercessor in heaven.

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

ALL NEW EPISODES

485 - Encounter True Grace And Experience Success

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
Coarse Language,
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: Innovations (Rpt) CC PG

Now in its fifth season, Australia by Design: Innovations is all about Australian innovation, ingenuity and design excellence, it's about inspiration, disruption and changing the game.



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Sunday 06th August 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		
01:10 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 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	<u>Singapore</u> Singapore, a microcosm of Asia itself, and less than 8-hours from Australia's east coast. In this exotic escape, Sophie soaks up the 'garden city' from two of Singapore's finest resorts.
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 Destination Dessert (Rpt)	CC G	Join us as we travel across Australia, taking the roads less travelled, supporting local businesses and discovering a world of flavour and adventure in our own backyard.
03:30 pm Exploring Off The Grid (Rpt)	CC PG Coarse Language	True adventure happens when the road ends, join Rick, Jamie and Johnno for exploration, adventure and a bloody good time.
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.



SYDNEY PROGRAM GUIDE

Sunday 06th August 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 Hunted

CC

ALL NEW EPISODES

09:00 pm FBI

CC M
Violence

ALL NEW EPISODES

Into The Fire

When a deadly truck heist arms the killers with enough ammonium nitrate to construct a massive bomb, the team discovers a link to a terrorist group Maggie is working to infiltrate.

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

Nightwatch

When a navy seaman is involved in a murder, the NCIS team is called to work the case on their day off. Also, Lucy finds out Whistler turned down a promotion in D.C. to stay in Hawai'i.

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



SYDNEY PROGRAM GUIDE

Sunday 06th August 2023

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

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 07th August 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

Wyatt 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

Monday 07th August 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 PG
Drug References,
Mild Themes

Experts discuss the benefits and dangers of a controversial trend that has seen mothers microdosing psychedelics to achieve relaxation and healing.

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

Liam refuses to take responsibility. While, Finn issues a warning.

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

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 Emma Holland, Guy Montgomery, Kitty Flanagan, Alan Davies and Ed Kavalee been paying attention? The guest quizmaster and host Tom Gleisner are about to find out!



SYDNEY PROGRAM GUIDE

Monday 07th August 2023

09:40 pm Tom Gleeson: Lighten Up (Rpt)

CC M
Sexual References,
Coarse Language

Tom Gleeson: Lighten Up

The Gold Logie winner and Hard Quiz host, Tom Gleeson, brings his famed sharp wit and dry humour to his latest one hour special, Lighten Up.

11:10 pm FBI: Most Wanted (Rpt)

CC MA15+
Strong Violence

Reaper

Special Agent Remy Scott and the team investigate the homicides of two Army veterans in a murder spree connected to their time in Afghanistan. Hana receives surprising news about her birth mother.

Starring: Dylan McDermott, Miguel Gomez, Alexa Davalos, Keisha Castle-Hughes

12:00 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.

01:00 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.

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

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 Bursleson.



SYDNEY PROGRAM GUIDE

Tuesday 08th August 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	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 refuses to take responsibility. While, Finn issues a warning.
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

Tuesday 08th August 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 PG
Violence,
Coarse Language,
Mild Themes

Latino hate crimes are a growing concern in the U.S. and Dr. Phil's guests argue immigration rhetoric has led to the stigmatization and demonization of Latinos and adversely affects their well-being.

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

Hope's accountability comes with conditions. meanwhile, A long-term relationship comes to a sudden end.

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 08th August 2023

07:30 pm To Be Advised

08:40 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.

09:40 pm **NCIS (Rpt)**

CC M
Violence

Brat Pack

NCIS investigates a ring of clever teenage partygoers when a string of break-ins takes place at Marine Base Quantico. While working the case, Special Agent McGee forms a bond with one of the teens.

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

10:30 pm **NCIS Hawaii Encore (Rpt)**

CC M
Frequent Violence

Nightwatch

When a navy seaman is involved in a murder, the NCIS team is called to work the case on their day off. Also, Lucy finds out Whistler turned down a promotion in D.C. to stay in Hawai'i.

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

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

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

Home Shopping



SYDNEY PROGRAM GUIDE

Tuesday 08th August 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

Wednesday 09th August 2023

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

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

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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's accountability comes with conditions. meanwhile, A long-term relationship comes to a sudden end.

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 09th August 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 PG
Mature Themes

We need new methods for these torrid times. TD Jakes explains how disruptive thinking has led to some of the world's most innovative and necessary movements and how it can bring greatness to your life

02:00 pm To Be Advised

ALL NEW EPISODES

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

03:10 pm Entertainment Tonight

CC

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

Finn is surprised by his feelings regarding Sheila. Liam admits the truth. Meanwhile, Wyatt and Hope must dive into their past to confront the present.

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 09th August 2023

07:30 pm Thank God You're Here

CC

ALL NEW EPISODES

08:30 pm The Inspired Unemployed (Impractical) Jokers

CC M
Sexual References

SERIES PREMIERE

The Inspired Unemployed Impractical Jokers features four mates competing to embarrass each other. In this episode, they become receptionists and create chaos amongst the clients.

09:00 pm Five Bedrooms

CC M
Coarse Language,
Mature Themes

ALL NEW EPISODES

Three Teams

When Liz returns from her UK studies, Harry is reminded that while everyone around him has new opportunities or relationships to speak of, he's somehow found himself... at a complete standstill.

10:00 pm So Help Me Todd

CC PG
Mild Violence

ALL NEW EPISODES

The Devil You Know

When Margaret finds herself on the verge of losing a prominent case involving the murder of an investigative journalist, Todd seeks help from an unlikely source: his imprisoned ex-girlfriend, Veronica

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

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 FBI Encore (Rpt)

CC M
Violence

Into The Fire

When a deadly truck heist arms the killers with enough ammonium nitrate to construct a massive bomb, the team discovers a link to a terrorist group Maggie is working to infiltrate.

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



SYDNEY PROGRAM GUIDE

Wednesday 09th August 2023

01:00 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.

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

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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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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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	Finn is surprised by his feelings regarding Sheila. Liam admits the truth. Meanwhile, Wyatt and Hope must dive into their past to confront the present.
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 10th August 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 PG
Mature Themes

Some claim Critical Race Theory admonishes all white people for being oppressors, while classifying all Black people as victims. Others want children to learn CRT for the sake of future generations.

02:00 pm To Be Advised

ALL NEW EPISODES

03:00 pm Entertainment Tonight

CC

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03:30 pm Judge Judy (Rpt)

CC PG

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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

Sheila's trial comes to a shocking end. Meanwhile, Liam hatches a plan.

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

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

08:30 pm Law & Order: S.V.U (Rpt) CC MA15+
Violence,
Strong Adult Themes

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

10:30 pm To Be Advised

11:30 pm The Project Encore (Rpt) CC

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

01:30 am Home Shopping (Rpt)

02:00 am Home Shopping (Rpt)

02:30 am Home Shopping (Rpt)

03:00 am Home Shopping (Rpt)

ALL NEW EPISODES

Burning With Rage Forever

When a man viciously assaults an online gamer who abducted and abused his 8-year-old nephew, he soon becomes a local hero. SVU must unravel the man's secrets as both he and the abuser face trial.

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

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ALL NEW EPISODES

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Home Shopping

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Home Shopping

Home Shopping



SYDNEY PROGRAM GUIDE

Thursday 10th August 2023

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS Mornings

CC

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08:30 am Entertainment Tonight (Rpt) CC

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

Sheila's trial comes to a shocking end. Meanwhile, Liam hatches a plan.

10:00 am Studio 10 CC PG

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SYDNEY PROGRAM GUIDE

Friday 11th August 2023

12:00 pm 10 News First: Midday CC

LIVE

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01:00 pm Dr Phil CC M
Mature Themes

Recently, Alyssa told Dr. Phil of how her lies put an innocent man behind bars for life. Will a new evidentiary hearing for convicted killer John Kinsel see him any closer to freedom?

02:00 pm Location, Location, Location Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

This week, Mitch and Mark are on the Illawarra Coast in Wollongong helping two very different sets of buyers. One is looking for a luxury beachside home and the other a "renovator's delight".

03:00 pm Entertainment Tonight CC

ALL NEW EPISODES

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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

05:00 pm 10 News First CC

LIVE

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



SYDNEY PROGRAM GUIDE

Friday 11th August 2023

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 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 Emma Holland, Guy Montgomery, Kitty Flanagan, Alan Davies and Ed Kavalee 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
Coarse Language

The irrepressible Graham Norton is joined by Kate Winslet, Sir Lenny Henry, Jack Whitehall and chef Nadiya Hussain. Plus, Olly Murs performs and there are more stories from The Big Red Chair.

10:30 pm The Graham Norton Show (Rpt)

CC PG
Violence,
Sexual References,
Coarse Language

Nye Show: Jessica Chastain, Claire Foy, Peter Dinklage, Cush Jumbo, Joe Lycett, The Divine Comedy

Join the hilarious and cheeky Graham Norton as he chats with guests Jessica Chastain, Claire Foy, Peter Dinklage, Cush Jumbo, Joe Lycett, Michael Sheen & The Divine Comedy.

12:00 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.

01:00 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.



SYDNEY PROGRAM GUIDE

Friday 11th August 2023

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

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am Home Shopping (Rpt)

Home Shopping

05:00 am Home Shopping (Rpt)

Home Shopping

05:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Saturday 12th August 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 Leading The Way With Dr. Michael Youssef CC G

ALL NEW EPISODES

2333 Enduring Wisdom, Part 12: The Father

07:00 am Reel Action (Rpt) CC G

Reel Action is a show which focuses on the fish, techniques and the right tools for the job. It is set in great locations accessible to the average angler.

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



SYDNEY PROGRAM GUIDE

Saturday 12th August 2023

01:00 pm 10 Minute Kitchen CC G

ALL NEW EPISODES

The impossible is now possible with 10 Minute Kitchen - a celebration of creative, easy, budget & family-friendly meals that anyone can cook at home.

01:30 pm Taste Of Australia With Hayden Quinn (Rpt) CC G

Taste of Australia with Hayden Quinn explores the unique personalities shaping the food scene in Australia. Experience the characters, produce and creative forces contributing to our food culture.

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 Healthy Homes (Rpt) CC G

Home, garden, lifestyle or build - Walt Collins and Dani Wales have got it covered. From a room make-over to the latest idea, innovation, power tool, pool, building or construction.

03:00 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.

03:30 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.

04:00 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.



SYDNEY PROGRAM GUIDE

Saturday 12th August 2023

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 To Be Advised

08:00 pm The Wog Boy (Rpt)(2000)

CC M
Sex Scenes,
Coarse Language

MOVIE

When dole bludging Greek boy Steve gains national fame following a television appearance, he is recruited by the government as the face of their campaign to improve the country's unemployment rate.

Starring: Nick Giannopoulos, Vince Colosimo, Lucy Bell, Stephen Curry, Geraldine Turner, Derryn Hinch

10:00 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.

11:00 pm Just For Laughs Australia (Rpt)

CC MA15+
Sexual References

Recorded live from Melbourne's Malthouse Theatre and hosted by Nath Valvo, Just For Laughs Australia guarantees laughs from Luke Heggie, Lloyd Langford & Steph Broadbridge.

11:30 pm Just For Laughs Australia (Rpt)

CC MA15+
Sexual References

Recorded live from Melbourne's Malthouse Theatre and hosted by Nath Valvo, Just For Laughs Australia guarantees laughs from Dave Thornton, Chris Ryan, Mike Goldstein & Rueben Kaye.

12:00 am Home Shopping (Rpt)

Home Shopping

12:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Saturday 12th August 2023

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

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.