



SYDNEY PROGRAM GUIDE

Sunday 13th 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

081323 Is He Doing Greater Works Or Are We?

Jesus did great works while on earth - the question is, what are we doing with the mantle He passed on to us?

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

ALL NEW EPISODES

The 486 - Powerful Benefits Of God's Word

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: 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 13th 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>Western Australia</u> Cameron gets his 'outback on' and escapes first to the Kimberley in WA, and then to Australia's red centre where he's joined by MasterChef host, Mel Leong to sample some local delicacies.
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 G	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 13th 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 To Be Advised

09:00 pm FBI

CC M
Violence

ALL NEW EPISODES

Fortunate Son

A teen shows up at FBI headquarters with a large bag of fentanyl, seeking the team's protection from the men who shot his father. Plus, Nina comes to Scola with a proposal that he's hesitant to accept

Starring: John Boyd, Shantel Vansanten, Katherine Renee Kane, Jeremy Sisto, Missy Peregrin, Zeeko Zaki

10:00 pm NCIS: Hawaii (Rpt)

CC M
Violence,
Mature Themes

Switchback

Captain Milius returns to Hawai'i for a secret prisoner exchange operation, and brings in Jane to be his personal security escort in the Philippines, where the exchange will take place.

Starring: Vanessa Lachey, Alex Tarrant, Enver Gjokaj, 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)

Home Shopping



SYDNEY PROGRAM GUIDE

Sunday 13th August 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

Monday 14th 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

Chaos ensues at the aftermath of Sheila's hearing.

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 14th 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 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

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

Sexual References,
Mild Themes

ALL NEW EPISODES

Ridge learns of a shocking development. Wyatt encourages Liam to avoid jumping to conclusions.

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, Ed Kavalee and Sam Pang been paying attention? The guest quizmaster and host Tom Gleisner are about to find out!



SYDNEY PROGRAM GUIDE

Monday 14th August 2023

09:40 pm To Be Advised

10:10 pm **FBI: Most Wanted** (Rpt)

CC M
Violence

Whack Job

The team goes after the killer of a man in witness protection but finds there's more to the case than meets the eye. Also, Remy is challenged by what he discovers when he reconnects with his mother.

Starring: Dylan McDermott, Alexa Davalos, Miguel Gomez, 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

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

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 15th 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	CC	<p>SPECIAL ENCORE PRESENTATION</p> 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 Sexual References, Mild Themes	Ridge learns of a shocking development. Wyatt encourages Liam to avoid jumping to conclusions.
10:00 am Studio 10	CC PG	<p>LIVE</p> 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 15th 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,
Mature Themes

Dr. Phil delves into the psychology of how former prison guard James Addie was living a double life which ultimately led to the murder of his fiancée, Molly Watson, 48 hours before their wedding day.

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 takes matters into his own hands. Deacon has a secret reunion with someone from his past.

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 15th 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

All Or Nothing

NCIS investigates the unexpected death of a Navy reservist who was an investigative journalist. Also, Knight and Jimmy's budding romance is put on hold when a vital organ transfer goes fatally wrong.

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

10:40 pm NCIS: Hawaii Encore (Rpt)

CC M
Violence,
Mature Themes

Switchback

Captain Milius returns to Hawai'i for a secret prisoner exchange operation, and brings in Jane to be his personal security escort in the Philippines, where the exchange will take place.

Starring: Vanessa Lachey, Alex Tarrant, Enver Gjokaj, 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

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 15th 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 16th 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 (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 takes matters into his own hands. Deacon has a secret reunion with someone from his past.
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 16th 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
Mild Themes

Artificial intelligence raises ethical and societal concerns about its impact on employment, privacy, and our future. Will AI go too far and replace the skills and contributions of human beings?

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
Sexual References,
Mild Themes

ALL NEW EPISODES

Ridge vows to protect his children. Steffy struggles with Finn's secret.

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 16th August 2023

07:30 pm Thank God You're Here

CC

ALL NEW EPISODES

Almost 14 years since the last episode aired, the famous blue door is set to open on a fresh series of Thank God You're Here. This time round the show will feature a new host, Celia Pacquola!

08:30 pm Inspired Unemployed (Impractical) Jokers

CC M
Sexual References,
Crude Humour

ALL NEW EPISODES

The Inspired Unemployed Impractical Jokers features four mates competing to embarrass each other. In this episode, they take over a suburban supermarket causing chaos at the checkout.

09:00 pm Five Bedrooms

CC M
Sexual References,
Coarse Language

ALL NEW EPISODES

Nine Carats

With her major exam looming, and rumours that a marriage proposal might be brewing... Heather's world is blown apart when she learns of Ben's betrayal.

10:00 pm So Help Me Todd

CC PG
Mature Themes

ALL NEW EPISODES

Side Effects May Include Murder

When Margaret's client faces an attempted murder charge, she mounts a creative defense to prove her client's innocence, and Todd decides to take an experimental drug to find evidence.

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

11:00 pm FBI Encore (Rpt)

CC M
Violence

SPECIAL ENCORE PRESENTATION

Fortunate Son

A teen shows up at FBI headquarters with a large bag of fentanyl, seeking the team's protection from the men who shot his father. Plus, Nina comes to Scola with a proposal that he's hesitant to accept

Starring: John Boyd, Shantel Vansanten, Katherine Renee Kane, Jeremy Sisto, Missy Peregrym, Zeeko Zaki

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.



SYDNEY PROGRAM GUIDE

Wednesday 16th August 2023

01:00 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.

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

Thursday 17th 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 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
Sexual References,
Mild Themes

Ridge vows to protect his children. Steffy struggles with Finn's secret.

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

Thursday 17th August 2023

12:00 pm	10 News First: Midday	CC
01:00 pm	Dr Phil	CC PG Mild Coarse Language, Mature Themes
02:00 pm	Dogs Behaving (Very) Badly Australia (Rpt)	CC PG Mild Coarse Language, Mild Themes
03:00 pm	Entertainment Tonight	CC
03:30 pm	Judge Judy (Rpt)	CC PG
04:00 pm	Everyday Gourmet With Justine Schofield	CC
04:30 pm	The Bold & The Beautiful	CC PG Mild Themes
05:00 pm	10 News First	CC

LIVE

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

Doreen's son, John, and Yvette's brother, Billie have spent half their lives in prison for crimes they say they didn't commit. Both women will stop at nothing to get their loved ones out of jail.

SPECIAL ENCORE PRESENTATION

Chihuahua Zali takes issue with anyone who crosses her path. A groodle in the running for Australia's most loving dog award & escape-artist cavoodle, Charlie, has an addiction to flying the coop.

ALL NEW EPISODES

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

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

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.

ALL NEW EPISODES

Steffy and Finn's day at the beach takes an unexpected turn. Liam puts everything on the line.

LIVE

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



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Thursday 17th August 2023

06:30 pm The Project

CC

ALL NEW EPISODES

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07:30 pm Dogs Behaving (Very) Badly Australia

CC PG
Mild Themes

ALL NEW EPISODES

Jack & Amelia dog is more baby than hound. Wollongong teacher Erin's Greyhound, Earl won't get in the car and in the Goldcoast, Jane and Brent ask for Graeme's help with their noisy dog Ruby

08:30 pm Gogglebox Australia

**NO
CC**

SEASON PREMIERE

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 To Be Advised

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

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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02:00 am Home Shopping (Rpt)

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Thursday 17th August 2023

03:00 am Home Shopping (Rpt)

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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

Friday 18th 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 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

Steffy and Finn's day at the beach takes an unexpected turn. Liam puts everything on the line.

10:00 am Studio 10 CC PG

LIVE

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SYDNEY PROGRAM GUIDE

Friday 18th 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 M
Violence,
Mature Themes

Convicted of first-degree murder in 1998, Richard Glossip's case was featured on Dr. Phil in 2015. Dr. Phil then interviewed Glossip from death row in 2021. Now, learn the newest details of the case.

02:00 pm Location Location Location Australia (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Location, Location, Location's property experts Mitch and Mark are run ragged in Adelaide, Australia's fastest moving property market, as they help two couples find their happily ever after homes.

03:00 pm Entertainment Tonight

CC

ALL NEW EPISODES

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

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 18th 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

This week, Mitch and Mark are tackling two states, Mark is in Melbourne helping a family on a deadline while Mitch is in Canberra searching for a home with the perfect garage.

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

Kick off the shoes and nestle in for a night full of international superstars as Graham is joined by Tom Hanks, Naomi Ackie, Richard Osman and Suranne Jones. Plus, Rina Sawayama sings Hold the Girl.

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 guests Andrew Garfield, Dawn French, Channing Tatum, Rob Beckett, Johannes Radebe and Natalie Imbruglia.

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

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 18th August 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 19th 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

2334 Enduring Wisdom, Part 13: The Younger Son

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 19th 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 Well Traveller (Rpt) CC PG
Mature Themes

Be a well traveller! Layne Beachley is joined by well-known and everyday Australians as they share life-changing wellness experiences in some of Australia's favourite holiday destinations.

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 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.

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 Food Trail: South Africa CC G

ALL NEW EPISODES

Join Warren Mendes on an authentic culinary journey through selected regions of South Africa to explore its people, the diversity of its regional flavours and its widely heralded cooking culture.



SYDNEY PROGRAM GUIDE

Saturday 19th 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 Location, Location, Location Australia CC
(Rpt)

SPECIAL ENCORE PRESENTATION

This week, Mitch and Mark are tackling two states, Mark is in Melbourne helping a family on a deadline while Mitch is in Canberra searching for a home with the perfect garage.

07:00 pm To Be Advised

08:00 pm Wog Boy 2: Kings Of Mykonos (Rpt) CC M
(2010) Sexual References,
Coarse Language

MOVIE

A clueless Greek-Australian runs into all kinds of trouble when he tries to claim the prime Mykonos beachfront property he inherited from an uncle that he never met.

Starring: Nick Giannopoulos, Vince Colosimo, Alex Dimitriades, Kevin Sorbo

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 Geraldine Hickey, David Quirk, Alex Ward & Danielle Walker.

11:30 pm Just For Laughs Australia (Rpt) CC M
Sexual References,
Coarse Language

Recorded live from Melbourne's Malthouse Theatre and hosted by Nath Valvo, Just For Laughs Australia guarantees laughs from Harley Breen, Cassie Workman & Bev Killick.



SYDNEY PROGRAM GUIDE

Saturday 19th August 2023

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)

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 Authentic

CC PG

ALL NEW EPISODES

Turns out human progress could be one big illusion, even with modern technology and scientific advancements. Shawn Boonstra explores how that's possible. Presented by Voice of Prophecy.

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.