



SYDNEY PROGRAM GUIDE

Sunday 20th 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

082023 Is He Living Or Did He Die?

No other man, ruler, king, or prophet ever lived and died only to rise again to live eternally. Learn more about the Living Savior we love and worship.

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

ALL NEW EPISODES

487 - His Healing Is For The Undeserving

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 Jimeoin (Rpt) CC PG
Mild 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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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	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.
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	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.
03:30 pm	Exploring Off The Grid (Rpt)	CC PG Mild 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 20th 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 The Dog House Australia (Rpt)

CC PG
Mild Themes

Celebrity Dog House Australia

What do comedy icon Denise Scott, Australian Survivor champion Mark Wales and his Survivor wife Sam, and tennis legend Mark Philippoussis have in common? They're all looking for the perfect pooch!

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

Ohana

Captain Milius continues to work with Tennant and her team in the aftermath of the prisoner exchange. Also, Whistler takes Ernie's advice and makes a grand gesture in the hope of winning back Lucy.

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



SYDNEY PROGRAM GUIDE

Sunday 20th August 2023

02:00 am Home Shopping (Rpt)

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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 21st 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

Finn makes a shocking confession.

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 21st 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 Coarse Language, Mature Themes

ALL NEW EPISODES

Andrew Tate is known for his misogynistic social media posts and videos. Should parents worry about his influence on their sons? Teenage boys share their thoughts about Tate with their mothers.

02:00 pm To Be Advised

03:10 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 PG
Mild Themes

ALL NEW EPISODES

Steffy issues Finn a stern warning. Meanwhile, Wyatt questions Steffy's reaction.

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

Monday 21st August 2023

07:30 pm The Traitors

CC

ALL NEW EPISODES

With the first Traitor finally banished last night, the hunt for the rest has only just begun.

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 To Be Advised

10:10 pm FBI: Most Wanted (Rpt)

CC M

Frequent Violence

Greatest Hits

Remy and the team search for a copycat killer who is recreating the chilling murders of notorious '80s mobster Jackie The Fox.

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

Guest Starring: Glynn Turman, Paul Ben-Victor

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)

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SYDNEY PROGRAM GUIDE

Monday 21st August 2023

03:00 am Home Shopping (Rpt)

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03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS Mornings

CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Tuesday 22nd 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	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 issues Finn a stern warning. Meanwhile, Wyatt questions Steffy's reaction.
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 22nd 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,
Mature Themes

ALL NEW EPISODES

Dr. Phil follows up with some of his most talked about guests to find out what happened when they left his stage and returned home.

02:00 pm To Be Advised

03:10 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

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04:00 pm Everyday Gourmet With Justine Schofield

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ALL NEW EPISODES

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

04:30 pm The Bold & The Beautiful

CC PG
Mild Themes

ALL NEW EPISODES

Deacon is concerned about Sheila's view of what the future holds. Meanwhile, Steffy's worst fear becomes reality.

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.



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Tuesday 22nd August 2023

07:30 pm The Traitors

CC

ALL NEW EPISODES

No one is innocent, as both Traitors & Faithful become tangled in the web of lies and deception.

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

Birds Of A Feather

When Agent Parker is framed for murder, the team puts their jobs and lives on the line to buy time and uncover the truth.

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

10:30 pm NCIS: Hawaii Encore (Rpt)

CC M
Violence,
Mature Themes

Ohana

Captain Milius continues to work with Tennant and her team in the aftermath of the prisoner exchange. Also, Whistler takes Ernie's advice and makes a grand gesture in the hope of winning back Lucy.

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)

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02:00 am Home Shopping (Rpt)

Home Shopping



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Tuesday 22nd August 2023

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08:30 am Entertainment Tonight (Rpt) CC

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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

Deacon is concerned about Sheila's view of what the future holds. Meanwhile, Steffy's worst fear becomes reality.

10:00 am Studio 10 CC PG

LIVE

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SYDNEY PROGRAM GUIDE

Wednesday 23rd 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,
Drug Use

ALL NEW EPISODES

Dr. Phil continues to share amazing updates on the guests viewers ask about most.

02:00 pm To Be Advised

03:10 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 PG
Sexual References,
Mild Themes

ALL NEW EPISODES

Finn's actions lead to a devastating result. Meanwhile, Liam refuses to back down.

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 23rd 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 PG
Sexual References,
Coarse Language

ALL NEW EPISODES

The Inspired Unemployed Impractical Jokers features four mates competing to embarrass each other. In this episode, the jokers become wait staff at a fancy restaurant.

09:00 pm Five Bedrooms

CC M
Coarse Language,
Mature Themes

ALL NEW EPISODES

ONE Kiss

Following her UK success, Liz is being wooed by the creme-de-la-creme of law firms, including the former boss, who brutally fired her. He now wants to hold a soiree in her honour to offer her partner.

10:00 pm So Help Me Todd

CC PG
Mild Violence,
Drug References,
Mature Themes

ALL NEW EPISODES

Psilo-Sibling

Lawrence and the governor seek Margaret's help with a legal matter related to the governor's sister, and while Margaret is ecstatic to be of assistance, Lawrence refuses to let Todd near the case.

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

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SYDNEY PROGRAM GUIDE

Wednesday 23rd 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 Burseson.





SYDNEY PROGRAM GUIDE

Thursday 24th 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
Sexual References,
Mild Themes

Finn's actions lead to a devastating result. Meanwhile, Liam refuses to back down.

10:00 am Studio 10 CC PG

LIVE

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SYDNEY PROGRAM GUIDE

Thursday 24th 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

ALL NEW EPISODES

If you think only guilty people confess to crimes, think again. Dr. Phil asks why innocent people, many underaged, are often convicted after providing police with a false confession.

02:00 pm Dogs Behaving (Very) Badly Australia (Rpt)

CC PG
Mild Themes

SPECIAL ENCORE PRESENTATION

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

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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04:00 pm Everyday Gourmet With Justine Schofield

CC

ALL NEW EPISODES

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04:30 pm The Bold & The Beautiful

CC PG
Sexual References,
Mild Themes

ALL NEW EPISODES

Sheila reflects on how her past led to her present. Meanwhile, Li's unwavering loyalty is in jeopardy.

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

Thursday 24th August 2023

06:30 pm	The Project	CC	
07:30 pm	Dogs Behaving (Very) Badly Australia	CC	PG Mild Themes
08:30 pm	Gogglebox Australia	CC	
09:30 pm	The Cheap Seats Encore (Rpt)	CC	M Coarse Language, Mature Themes, May Contain:
10:30 pm	Five Bedrooms Encore (Rpt)	CC	M Coarse Language, Mature Themes
11:30 pm	The Project Encore (Rpt)	CC	
12:30 am	The Late Show With Stephen Colbert	CC	PG

ALL NEW EPISODES

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

ALL NEW EPISODES

A busy week for Graeme as he meets, Labrador Rosa, Bulldog Frank and Terrier Griffiin.

ALL NEW EPISODES

Australia's favourite friends and families are here to dissect another week of TV, as the Goggleboxers laugh, shout, cry and increasingly argue about what appeared on television this week.

SPECIAL ENCORE PRESENTATION

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

SPECIAL ENCORE PRESENTATION

ONE Kiss

Following her UK success, Liz is being wooed by the creme-de-la-creme of law firms, including the former boss, who brutally fired her. He now wants to hold a soiree in her honour to offer her partner.

SPECIAL ENCORE PRESENTATION

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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

Thursday 24th August 2023

01:30 am Home Shopping (Rpt)

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02:00 am Home Shopping (Rpt)

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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

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SYDNEY PROGRAM GUIDE

Friday 25th August 2023

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06:30 am	My Market Kitchen (Rpt)	CC G	Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes.
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 Sexual References, Mild Themes	Sheila reflects on how her past led to her present. Meanwhile, Li's unwavering loyalty is in jeopardy.
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

Friday 25th August 2023

12:00 pm	10 News First: Midday	CC
01:00 pm	Dr Phil	CC M Mature Themes
02:00 pm	Location Location Location Australia (Rpt)	CC
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.

ALL NEW EPISODES

Learn how studies indicate that foster care children report low scores for happiness, high for depression, low self-esteem, low scores on marital happiness, and high incidences of social isolation.

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.

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

LIVE

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



SYDNEY PROGRAM GUIDE

Friday 25th 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 M
Sexual References,
Coarse Language

Joining Graham on the sofa are actors Jamie Dornan and James Norton. Plus, Lewis Capaldi performs his current single 'Pointless' and stories from the audience in the world-famous Big Red Chair.

10:30 pm The Graham Norton Show (Rpt)

CC M
Coarse Language

Join the hilarious and cheeky Graham Norton as he chats with guests Adele, Dame Helen Mirren, Jim Broadbent, Golda Rosheuvel and George Ezra.

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



SYDNEY PROGRAM GUIDE

Friday 25th 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 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 26th 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 Leading The Way With Dr. Michael Youssef CC G

ALL NEW EPISODES

2335 Enduring Wisdom, Part 14: The Older 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 26th 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 PG

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 Prahman 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 26th 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 Baywatch **NO CC**

MOVIE

10:10 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.

11:10 pm Just For Laughs Australia (Rpt) CC MA15+
Coarse Language

Recorded live from Melbourne's Malthouse Theatre and hosted by Nath Valvo, Just For Laughs Australia guarantees laughs from Nick Cody, Fady Kassab, Emma Holland & Andy Saunders .

11:35 pm Just For Laughs Australia (Rpt) CC M
Sexual References, Coarse Language, Mature Themes

Recorded live from Melbourne's Malthouse Theatre and hosted by Nath Valvo, Just For Laughs Australia guarantees laughs from Kirsty Webeck, Greg Larsen & Hot Department.

12:00 am Home Shopping (Rpt)

Home Shopping

12:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Saturday 26th 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 Authentic

CC PG

ALL NEW EPISODES

Learn how to live an authentic life with no regrets. Shawn Boonstra says you can do it, even when life throws you sucker punches and white knuckles. 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.