



SYDNEY PROGRAM GUIDE

Sunday 27th 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

082723 Is He Past Or Is He Present?

Discover the answer to this question through a discussion of the great "I AM" truths found in Scripture.

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

ALL NEW EPISODES

488 - Intimacy With The Father Brings Protection

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
Sexual References,
Coarse Language

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 Pooches At Play (Rpt) CC G

Hosted by Dog Trainer & Behaviourist, Lara Shannon find out tips and tricks on how to be the best carer and friend to your favourite furry pals.

10:00 am Studio 10: Sunday CC PG

Start your day with a dose of sunshine and join the feelgood fun with Tristan MacManus.



SYDNEY PROGRAM GUIDE

Sunday 27th August 2023

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 Three Blue Ducks (Rpt) CC PG
Mild Coarse
Language

Travel with "The Ducks" Andy Allen, Mark Labrooy and Darren Robertson as they forage for native plants species, catch seafood in the ocean, and meet providores where ever they're to be found.

02:00 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.

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 27th 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

08:30 pm FBI

CC M
Violence,
Mature Themes

ALL NEW EPISODES

Second Life

A young woman's abduction leads the FBI back to a cold case from 18 years ago, pushing Isobel to reconnect with her old partner and take another shot at solving one of her first cases at the Bureau.

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

09:30 pm NCIS: Hawaii (Rpt)

CC M
Violence

Prisoners' Dilemma

Tennant's team, along with NCIS agents Nick Torres and Jessica Knight, uncover plans for an attack in Oahu on RIMPAC (Rim of the Pacific); the world's largest international maritime warfare exercise.

Starring: Vanessa Lachey, Alex Tarrant, Jason Antoon

Guest Starring: Gary Cole, Wilmer Valderrama, Katrina Law

10:30 pm So Help Me Todd Encore (Rpt)

CC PG
Mild Violence,
Drug References,
Mature Themes

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

11:30 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.

12:30 am Home Shopping (Rpt)

Home Shopping

01:00 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Sunday 27th August 2023

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

Monday 28th 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

Li reminds Finn that there are consequences for his actions. Liam stands by Steffy

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 28th 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 References

ALL NEW EPISODES

In 1998, young police officer Allen Gibson was killed on the job. The two men arrested for the crime say they did not murder him and a jury acquitted them. So why were they sentenced to life in prison?

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

Finn places the blame on Liam. Ridge learns the truth about what happened at Sheila's hearing.

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 28th August 2023

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!

09:40 pm To Be Advised

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

CC M
Violence,
Mature Themes

Inheritance

When a wealthy East Hamptons couple are killed by a female con artist posing as a personal trainer, the team works to find out her true identity and track her down.

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

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

CC

SPECIAL ENCORE PRESENTATION

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

12:00 am **The Late Show With Stephen Colbert** CC PG

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

01:00 am **Home Shopping** (Rpt)

Home Shopping

01:30 am **Home Shopping** (Rpt)

Home Shopping

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

Home Shopping

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

Home Shopping

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

Home Shopping



SYDNEY PROGRAM GUIDE

Monday 28th August 2023

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS Mornings

CC

ALL NEW EPISODES

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





SYDNEY PROGRAM GUIDE

Tuesday 29th 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

Finn places the blame on Liam. Ridge learns the truth about what happened at 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

Tuesday 29th 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
Drug References,
Mature Themes

ALL NEW EPISODES

Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness.

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

Finn issues a warning to Liam. Ridge's anger at Sheila reaches a boiling point.

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 29th August 2023

07:30 pm To Be Advised

09:00 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.

10:00 pm **NCIS (Rpt)**

CC M
Violence

Family Matter, A

With Parker still on the run, the team enlist the help of NCIS: Hawaii's Special Agent Jane Tennant and Computer Specialist Ernie Malick to clear his name and track down their prime suspect, The Raven

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

Guest Starring: Vanessa Lachey, Jason Antoon

11:00 pm **NCIS Hawaii (Rpt)**

CC M
Violence

Prisoners' Dilemma

Tennant's team, along with NCIS agents Nick Torres and Jessica Knight, uncover plans for an attack in Oahu on RIMPAC (Rim of the Pacific); the world's largest international maritime warfare exercise.

Starring: Vanessa Lachey, Alex Tarrant, Jason Antoon

Guest Starring: Gary Cole, Wilmer Valderrama, Katrina Law

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

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



SYDNEY PROGRAM GUIDE

Tuesday 29th August 2023

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS Mornings

CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Wednesday 30th 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

Finn issues a warning to Liam. Ridge's anger at Sheila reaches a boiling point.

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 30th 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 (Rpt)

CC PG
Mature Themes

Dr. Phil talks with guests who have different views about tipping or giving gratuity for services, such as a haircut, a manicure, or dinner at a restaurant. What is today's correct tipping etiquette?

02:00 pm To Be Advised

03:30 pm Judge Judy (Rpt)

CC PG

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

04:00 pm Everyday Gourmet With Justine Schofield

CC

ALL NEW EPISODES

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

04:30 pm The Bold & The Beautiful

CC PG
Mild Themes

ALL NEW EPISODES

Brooke and Hope have different visions of the future. Finn takes accountability for his actions.

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 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!



SYDNEY PROGRAM GUIDE

Wednesday 30th August 2023

08:30 pm Inspired Unemployed (Impractical) Jokers CC M
Mature Themes

ALL NEW EPISODES

The Inspired Unemployed Impractical Jokers features four mates competing to embarrass each other. In this episode, first aid turns into worst aid as they become instructors.

09:00 pm Five Bedrooms CC M
Coarse Language

ALL NEW EPISODES

Four Memories

Ainsley finds herself in a committed relationship for the first time. It's everything she's ever dreamed of, but grows suspicious that Simmo might propose and worries that things are moving too fast.

10:00 pm So Help Me Todd CC PG
Mild Violence

ALL NEW EPISODES

Wall Of Fire

Todd stumbles into a case Margaret agreed to co-counsel with Gus. Realising their cases are converging, a firewall is put into place to prevent Margaret and Todd from communicating with each other.

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

11:00 pm FBI Encore (Rpt) CC M
Violence,
Mature Themes

SPECIAL ENCORE PRESENTATION

Second Life

A young woman's abduction leads the FBI back to a cold case from 18 years ago, pushing Isobel to reconnect with her old partner and take another shot at solving one of her first cases at the Bureau.

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

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

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

Wednesday 30th 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

Thursday 31st 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 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

Brooke and Hope have different visions of the future. Finn takes accountability for his actions.

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 31st 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 (Rpt)

CC PG
Mature Themes

All across social media, people are celebrating "child-free" living. Will having children make the world a better place or is it morally/ethically wrong or unjustifiable for people to have children?

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

CC PG
Mild Themes

SPECIAL ENCORE PRESENTATION

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

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 PG
Mild Themes

ALL NEW EPISODES

Finn makes his priorities clear. Hope admits to R.J. the reason her marriage fell apart.

05:00 pm 10 News First

CC

LIVE

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

06:30 pm The Project

CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Thursday 31st August 2023

07:30 pm Dogs Behaving (Very) Badly Australia

CC PG
Sexual References,
Mild Themes

ALL NEW EPISODES

Can Graeme prevent Bowski from ruining a relationship and save Leo from eviction?

08:30 pm Gogglebox Australia

CC

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.

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 Five Bedrooms Encore (Rpt)

CC M
Coarse Language

SPECIAL ENCORE PRESENTATION

Four Memories

Ainsley finds herself in a committed relationship for the first time. It's everything she's ever dreamed of, but grows suspicious that Simmo might propose and worries that things are moving too fast.

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

Thursday 31st 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

Friday 01st September 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

Finn makes his priorities clear. Hope admits to R.J. the reason her marriage fell apart.

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

Friday 01st September 2023

12:00 pm 10 News First: Midday CC

LIVE

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

01:00 pm Dr Phil (Rpt) CC PG
Mature Themes

Why would someone join a cult? Does your life revolve around a new trainer, diet or lifestyle that is taking your money, time and loyalty? Maybe you're in a cult like environment without realizing it.

02:00 pm Location Location Location Australia (Rpt) CC

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.

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 01st September 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

SEASON FINALE

This week, Location, Location, Location's property experts, Mitch and Mark are in Melbourne helping two very different sets of buyers - first timers and lifestyle seekers secure their dream homes.

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
Violence,
Coarse Language

Graham Norton returns for a fabulous 30th season and will be joined by actors Jamie Lee Curtis, Eric Idle, David Tennant and Lydia West, plus Robbie Williams chats and performs his new single "Lost".

10:30 pm The Graham Norton Show (Rpt) CC M
Coarse Language

Join the hilarious and cheeky Graham Norton as he chats with guests Ricky Gervais, Cate Blanchett, Ant & Dec, Elvis Costello & The Imposters.

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 01st September 2023

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 02nd September 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

2336 Enduring Wisdom, Part 15: The Shrewd Businessman

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!

09:30 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 Breaking Ooze CC

SPECIAL SNEAK PREVIEW

Breaking Ooze

Join The Thundermans, Kira Kosarin as she investigates the new movie Teenage Mutant Ninja Turtles: Mutant Mayhem, highlighting the new story, characters and special moments with the cast.



SYDNEY PROGRAM GUIDE

Saturday 02nd September 2023

12:15 pm My Market Kitchen (Rpt) CC PG

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

12:30 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.

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 To Be Advised

02:40 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 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.

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 02nd September 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, Location, Location, Location's property experts, Mitch and Mark are in Melbourne helping two very different sets of buyers - first timers and lifestyle seekers secure their dream homes.

07:00 pm The Dog House Australia (Rpt) CC PG
Mild Themes

Pomeranian Prince is ready to rule his kingdom - will the Acton family be his new loyal subjects? And will Winnie's obsession with chewing squeaky toys be his downfall with the Johnsons?

08:00 pm To Be Advised

09:00 pm XXX The Return Of Xander Cage (2017) CC M
Action Violence,
Sexual References,
Coarse Language

MOVIE

Former xXx operative, Xander Cage, is forced to return to active service to find and retrieve Pandora's Box, a satellite-controlling device which has been stolen from the CIA's office in New York.

Starring: Vin Diesel, Donnie Yen, Toni Collette, Ruby Rose, Samuel L Jackson, Deepika Padukone

11:00 pm The Cheap Seats Encore (Rpt) CC M
Coarse Language,
Mature Themes,
May Contain:

SPECIAL ENCORE PRESENTATION

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

12:00 am Home Shopping (Rpt)

Home Shopping

12:30 am Home Shopping (Rpt)

Home Shopping

01:00 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Saturday 02nd September 2023

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

You don't have to put your brain on the shelf to experience God. Shawn Boonstra says God's existence is actually a pretty reasonable proposition. 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.