



# SYDNEY PROGRAM GUIDE

Sunday 03rd September 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

### 090323 Is He King Of The Jews Or King Of Kings?

All other leaders are doomed to failure only Jesus is worthy of our praise and adoration. He is the King of kings and Lord of lords.

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

## ALL NEW EPISODES

### 489 - Practical Benefits Of Seeing Jesus In The 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 Luca's Key Ingredient (Rpt)** CC G

Luca shows us his favourite recipes using today's key ingredient, mozzarella.

**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 The Chef's Garden** CC

## SEASON PREMIERE

Take a journey with renowned Australian chef Massimo Mele to explore the vast land of The Chef's Garden. Discover his recipes from Italian homely gnocchi to exquisite abalone caught fresh from the sea

**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.



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<b>10:00 am Studio 10: Sunday</b>	CC PG	Start your day with a dose of sunshine and join the feelgood fun with Tristan MacManus.
<b>12:00 pm To Be Advised</b>		
<b>01:00 pm Breaking Ooze (Rpt)</b>	CC PG Mild Violence	<p><b>SPECIAL SNEAK PREVIEW</b></p> <p><b>Breaking Ooze</b></p> <p>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.</p>
<b>01:15 pm My Market Kitchen (Rpt)</b>	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.
<b>01:30 pm Three Blue Ducks (Rpt)</b>	CC PG Coarse Language	Our chefs head to the central west of New South Wales, in search of top quality, ethically produced lamb. Along the way they get some expert lamb cooking tips from the Country Women's Association.
<b>02:00 pm Freshly Picked With Simon Toohey (Rpt)</b>	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.
<b>02:30 pm Everyday Gourmet With Justine Schofield (Rpt)</b>	CC G	Justine Schofield along with special guests, present a variety of delicious recipes for the home cook.
<b>03:00 pm Destination Dessert (Rpt)</b>	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.
<b>03:30 pm Exploring Off The Grid (Rpt)</b>	CC PG Coarse Language	True adventure happens when the road ends, join Rick, Jamie and Johnno for exploration, adventure and a bloody good time.



# SYDNEY PROGRAM GUIDE

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**04:00 pm Good Chef Bad Chef (Rpt)** CC G

Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

**04:30 pm Farm To Fork (Rpt)** CC PG

Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home.

**05:00 pm 10 News First** CC

## LIVE

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

**06:30 pm The Sunday Project** CC

## ALL NEW EPISODES

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

**07:30 pm The Traitors** CC

## ALL NEW EPISODES

The Traitor's powers are growing. But will this lead to their downfall?

**09:00 pm FBI** CC M  
Violence

## ALL NEW EPISODES

### Heroes

The team jumps into action when JOC analyst Kelly Moran is taken hostage after stumbling upon a bank robbery in progress.

Starring: Jeremy Sisto, Taylor Anthony Miller, Zeeko Zaki, Missy Peregrym, John Boyd, Alana De La Garza

**10:00 pm NCIS: Hawaii (Rpt)** CC M  
Violence

### Blind Curves

The NCIS team accelerate into the world of illegal street racing after a Marine staff sergeant's body is discovered in a junkyard. Also, Whistler is anxious about introducing Lucy to her co-workers.

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

**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.



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## Sunday 03rd September 2023

12:00 am Home Shopping (Rpt)

Home Shopping

12:30 am Home Shopping (Rpt)

Home Shopping

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Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping

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 Bursleson.



# SYDNEY PROGRAM GUIDE

## Monday 04th 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 continues to fight for his family. Meanwhile, Ridge chooses a side.

**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 04th 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  
Mild Coarse Language, Mature Themes

Politics has been taking a heavy toll on relationships. Former Republican strategist and The Lincoln Project's co-founder Rick Wilson joins Dr. Phil to help make sense of why America is so polarized.

**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

Taylor makes her opinion known. Meanwhile, Finn turns to R.J. for help.

**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 The Traitors** CC

### ALL NEW EPISODES



# SYDNEY PROGRAM GUIDE

Monday 04th September 2023

## ALL NEW EPISODES

**08:40 pm Have You Been Paying Attention?**

CC M  
Sexual References,  
Coarse Language,  
Mature Themes,  
Nudity,  
May Contain:

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

### Man Without A Country, A

The team chases an oligarch who goes on a terror spree in NYC in a desperate attempt to escape an impossible situation.

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

## SPECIAL ENCORE PRESENTATION

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

CC

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



# SYDNEY PROGRAM GUIDE

## Monday 04th September 2023

**04:00 am Home Shopping** (Rpt)

**Home Shopping**

**04:30 am CBS Mornings**

CC

### **ALL NEW EPISODES**

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







# SYDNEY PROGRAM GUIDE

## Tuesday 05th 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** 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

Taylor makes her opinion known. Meanwhile, Finn turns to R.J. for help.

**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 05th 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  
Coarse Language, Mature Themes

Dr. Phil is joined by a panel of guests to discuss incidents of antisemitism and possible solutions following comments that rapper Ye, formerly known as Kanye West, and others have made recently.

**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

Ridge and Brooke talk about the future. Meanwhile, Steffy is caught in the middle.

**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 05th September 2023

**07:30 pm Shark Tank**

CC G

## ALL NEW EPISODES

In an all new Shark Tank Australia, aspiring entrepreneurs step into the iconic Tank to pitch their innovative ideas and seek investment from a panel of seasoned business moguls known as the Sharks.

**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

### Daddy Issues

McGee's personal life and professional life intersect when a dad from his children's school is linked to a break-in at a government storage bunker.

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

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

CC M  
Violence

### Blind Curves

The NCIS team accelerate into the world of illegal street racing after a Marine staff sergeant's body is discovered in a junkyard. Also, Whistler is anxious about introducing Lucy to her co-workers.

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

**11:30 pm The Project Encore (Rpt)**

CC

## SPECIAL ENCORE PRESENTATION

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**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

## Tuesday 05th September 2023

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

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**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 06th 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

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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

Ridge and Brooke talk about the future. Meanwhile, Steffy is caught in the middle.

**10:00 am Studio 10** CC PG

### LIVE

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# SYDNEY PROGRAM GUIDE

Wednesday 06th 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  
Coarse Language,  
Mature Themes

50 years after The Fair Housing Act was passed, black homeowners still suffer from discriminatory practices and bias in the real estate and lending fields. Dr Phil hears from some of those affected.

**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

Everyone gathers for a celebration. Meanwhile, Eric and Ridge work on a new collaboration.

**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 06th September 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  
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 Themes

## ALL NEW EPISODES

### Against All Todds

When Veronica appears at the law firm requesting a favour from Todd, he agrees to help but soon realizes she may be out for revenge. Also, Margaret is upset when she is taken off a high-stakes 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

### Heroes

The team jumps into action when JOC analyst Kelly Moran is taken hostage after stumbling upon a bank robbery in progress.

Starring: Jeremy Sisto, Taylor Anthony Miller, Zeeko Zaki, Missy Peregrym, John Boyd, Alana De La Garza

**12:00 am The Project Encore (Rpt)**

CC

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# SYDNEY PROGRAM GUIDE

## Wednesday 06th September 2023

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**Home Shopping**

**01:30 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

Thursday 07th 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.

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**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

Everyone gathers for a celebration. Meanwhile, Eric and Ridge work on a new collaboration.

**10:00 am Studio 10** CC PG

## LIVE

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# SYDNEY PROGRAM GUIDE

Thursday 07th 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

The discussion on real estate bias against Black Americans continues as Dr. Phil asks how do these incidents of bias affect victims' psychological and mental health?

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

CC PG  
Sexual References,  
Mild Themes

## SPECIAL ENCORE PRESENTATION

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

**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.

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CC

## ALL NEW EPISODES

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**04:30 pm The Bold & The Beautiful**

CC PG  
Mild Themes

## ALL NEW EPISODES

Hope and Liam address the state of their relationship.

**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 07th September 2023

**07:30 pm Dogs Behaving (Very) Badly Australia** CC PG  
Mild Themes

## SERIES FINALE

Graeme rounds out his Australian odyssey visiting three very cheeky pups.

**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

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**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



# SYDNEY PROGRAM GUIDE

## Thursday 07th September 2023

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

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**04:00 am Home Shopping** (Rpt)

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**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 08th September 2023

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**07:30 am Good Chef Bad Chef** (Rpt) CC G

Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

**08:00 am Everyday Gourmet With Justine Schofield** (Rpt) CC G

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

**08:30 am Entertainment Tonight** (Rpt) CC

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

**09:00 am Judge Judy** (Rpt) CC PG

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

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

Hope and Liam address the state of their relationship.

**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 08th 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

The killing of four college students in Idaho shocked the nation. Dr Phil examines this mysterious case as victim's families speak about their frustration with the lack of information and answers.

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

## 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.

**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

**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 08th 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 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!

**08:30 pm The Graham Norton Show (Rpt)**

CC M

Sexual References,  
Coarse Language,  
Mature Themes

Put the phone on silent while Graham chats with actors Colin Farrell, Brendan Gleeson, Kate Hudson, Elizabeth Banks and British Vogue's head fashionista Edward Enninful. Plus, Self Esteem performs!

**09:30 pm The Graham Norton Show (Rpt)**

CC M

Coarse Language

Join the hilarious and cheeky Graham Norton as he chats with guests Courteney Cox, Taron Egerton, Minnie Driver, Uma Thurman, Ariana De Bose and Lola Young.

**10:30 pm Just For Laughs (Rpt)**

CC MA15+  
Sexual References

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

**11:00 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 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

## Friday 08th September 2023

<b>02:00 am Home Shopping (Rpt)</b>	<b><u>Home Shopping</u></b>
<b>02:30 am Home Shopping (Rpt)</b>	<b><u>Home Shopping</u></b>
<b>03:00 am Home Shopping (Rpt)</b>	<b><u>Home Shopping</u></b>
<b>03:30 am Home Shopping (Rpt)</b>	<b><u>Home Shopping</u></b>
<b>04:00 am Home Shopping (Rpt)</b>	<b><u>Home Shopping</u></b>
<b>04:30 am Home Shopping (Rpt)</b>	<b><u>Home Shopping</u></b>
<b>05:00 am Home Shopping (Rpt)</b>	<b><u>Home Shopping</u></b>
<b>05:30 am Home Shopping (Rpt)</b>	<b><u>Home Shopping</u></b>





# SYDNEY PROGRAM GUIDE

## Saturday 09th 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

**2337 Enduring Wisdom, Part 16: The Rich Man And Lazarus**

**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 Luxury Escapes** CC

Showcasing the most loved and desired hotspots in Australia and around the world, we visit some incredible hotels and experience beautiful places to eat, drink and explore.



# SYDNEY PROGRAM GUIDE

## Saturday 09th September 2023

**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 Healthy Homes**

CC G

### SEASON PREMIERE

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

**02:00 pm To Be Advised**

**03:30 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.

**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

#### Madikwe Safari

Sprawling across the northern border of South Africa. Madikwe Safari Lodge (with Rhinos and Giraffes), Warren will cook a South African inspired dessert and a risotto. Also a sunset feast in the bush.



# SYDNEY PROGRAM GUIDE

Saturday 09th 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 To Be Advised**

**06:30 pm Bondi Rescue (Rpt)**

CC PG  
Coarse Language,  
Mature Themes

When a car free falls off a ledge, tumbling upside down onto one of the Australia's busiest walking tracks, the Lifeguards venture off the sand to help keep beach goers safe.

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

CC PG  
Mild Themes

Is high energy Kelpie, Tess the perfect training companion for 8 year old Sophie? Is Lolla the right big goofy dog that Tai Chi instructor Amanda is searching for?

**08:00 pm To Be Advised**

**09:00 pm Ghost In The Shell (2017)**

CC M  
Violence,  
Mature Themes,  
Nudity

## MOVIE

Major is the first of her kind: a human mind inside an artificial body. Learning her creators lied about her past life to control her, Major must succeed in unraveling the mystery of her true identity

Starring: Scarlett Johansson, Pilou Asbæk, Juliette Binoche, Michael Pitt, Takeshi Kitano

**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**



# SYDNEY PROGRAM GUIDE

## Saturday 09th September 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

Everybody still talks about God in America, politicians quote the Bible & celebrities thank Him for their success. Shawn Boonstra examines how America's "religion" could be a form of idolatry.

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.