



SYDNEY PROGRAM GUIDE

Sunday 10th 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

091023 The Importance Of The Bible

Dr. Jeremiah shares about the history and importance of the Bible during this special event filmed at Madison Square Garden in New York City.

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

ALL NEW EPISODES

490 - New Covenant Keys To Interpreting The Bible

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, potato.

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 G

ALL NEW EPISODES

From factories to farmland Massimo unravels the secrets behind Tasmanian cheeses, olives and the freshest produce straight from his garden. Then, he serves up three mouthwatering Italian recipes.

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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10:00 am Studio 10: Sunday	CC PG	Start your day with a dose of sunshine and join the feelgood fun with Tristan MacManus.
11:30 am Socceroos V Mexico	CC	LIVE <u>Socceroos V Mexico</u>
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 To Be Advised		
04:10 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.
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	SEASON FINALE And then there were five. But, will mistrust between the Traitors threatens to derail their final plans?
08:50 pm FBI	CC M Violence, Mature Themes	ALL NEW EPISODES <u>Breakdown</u> After a bioweapon attack leaves two people dead, the FBI rush to determine who is behind it and the location of their next target. Jubal's past demons surface when Tyler suffers another health scare. Starring: Jeremy Sisto, Missy Peregrym, Alana De La Garza, Zeeko Zaki, John Boyd, Katherine Renee Kane



SYDNEY PROGRAM GUIDE

Sunday 10th September 2023

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

CC M
Violence

Stolen Valor

The NCIS team investigate a fatal car crash involving a Navy officer who turns out to be an imposter. Whistler finds herself in danger when she goes undercover to learn the truth behind the accident.

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

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 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)

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

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

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

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SYDNEY PROGRAM GUIDE

Sunday 10th September 2023

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.



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07:00 am Farm To Fork (Rpt) CC G

Packed with inspiring recipes we will take you on a food journey around Australia and meet some of our hardworking Australian farmers. Hosted by Courtney Roulston, Michael Weldon and Louis Tikaram.

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

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

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

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

SPECIAL ENCORE PRESENTATION

08:30 am Entertainment Tonight (Rpt) CC

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

09:00 am Judge Judy (Rpt) CC PG

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

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

Liam makes an impassioned plea. Steffy demands answers. Thomas keeps a secret.

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

Monday 11th 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

In this action-packed episode, viewers are left to decide if tech enthusiasts are going too far with implanting chips in their bodies or if human microchipping is the wave of the future.

02:00 pm To Be Advised

ALL NEW EPISODES

03:10 pm Entertainment Tonight

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04:30 pm The Bold & The Beautiful

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Mild Themes

ALL NEW EPISODES

Ridge questions Thomas about Hope. RJ chooses an alliance. Hope and Liam come to a unified decision.

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 11th September 2023

07:30 pm To Be Advised

08:50 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!

09:50 pm To Be Advised

10:20 pm **FBI: Most Wanted** (Rpt)

CC M
Violence,
Drug References

Rampage

With COVID devastating the country, two gunmen take out their desperation and rage on the elite class they perceive to be oppressing them as the team attempts to track and stop them.

Starring: Julian McMahon, Kellan Lutz, Roxy Sternberg, Nathaniel Arcand, Keisha Castle-Hughes

Guest Starring: Terry O'Quinn

11:10 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

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

CC

SPECIAL ENCORE PRESENTATION

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

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SYDNEY PROGRAM GUIDE

Monday 11th September 2023

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03:30 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

Tuesday 12th September 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

Ridge questions Thomas about Hope. RJ chooses an alliance. Hope and Liam come to a unified decision.

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 12th 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
Sexual References,
Mature Themes

For the past 36 years, Patty Prewitt has been serving a life sentence after being convicted of murdering her husband. However, Patty has always maintained her innocence and is pleading for clemency.

02:00 pm To Be Advised

ALL NEW EPISODES

03:00 pm Entertainment Tonight

CC

Kevin Frazier and Nischelle Turner bring 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

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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

Thomas makes a selfless act. Steffy is stunned by Liam's admission.

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

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Tuesday 12th September 2023

07:30 pm Shark Tank

CC

ALL NEW EPISODES

The Shark Tank is open, and pitches include an ice facial tool, science kits for kids and a Thai sauce. Finally, cousins Frank and Frank pull on the heartstrings of 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

Unearth

When a dead body is found at an ancient burial site that is thought to be cursed, the team tries to determine the motive and the symbolism behind the crime. Torres discovers that his life is in danger

Starring: Gary Cole, Sean Murray, Wilmer Valderrama, Katrina Law, David McCallum, Brian Dietzen

10:30 pm NCIS: Hawaii (Rpt)

CC M
Violence

Stolen Valor

The NCIS team investigate a fatal car crash involving a Navy officer who turns out to be an imposter. Whistler finds herself in danger when she goes undercover to learn the truth behind the accident.

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

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

12:30 am Home Shopping (Rpt)

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Tuesday 12th September 2023

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04:30 am CBS Mornings

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



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SPECIAL ENCORE PRESENTATION			
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09:30 am	The Bold & The Beautiful (Rpt)	CC PG Mild Themes	Thomas makes a selfless act. Steffy is stunned by Liam's admission.
LIVE			
10:00 am	Studio 10	CC PG	Start your day with a dose of sunshine and join the feel good fun with Tristan MacManus, Angela Bishop, Narelda Jacobs and Daniel Doody weekdays from 10:00AM.



SYDNEY PROGRAM GUIDE

Wednesday 13th 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 term "Karen" is officially a part of our lexicon with no sign of leaving anytime soon. Can a person be a "Karen" and not even know it? This is a thought-provoking episode you won't want to miss.

02:00 pm To Be Advised

03:00 pm Entertainment Tonight CC

ALL NEW EPISODES

Kevin Frazier and Nischelle Turner bring 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

Eric and Ridge have a misunderstanding. Finn sees Steffy for the first time since Kelly's rescue.

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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Wednesday 13th September 2023

07:30 pm Thank God You're Here

CC

ALL NEW EPISODES

Comedians Joel Creasey, Frankie McNair, Lloyd Langford, and Julia Zemiro step through the blue door to test their quick wit on 'Thank God You're Here.'

08:30 pm Inspired Unemployed (Impractical) Jokers

CC PG
Coarse Language

ALL NEW EPISODES

The Inspired Unemployed Impractical Jokers features four mates competing to embarrass each other. In this episode they play one of their favourite games, You Laugh You Lose.

09:00 pm Five Bedrooms

CC M
Sexual References,
Coarse Language

ALL NEW EPISODES

Three Dates

Heather's in a funk, hitting peak mediocrity, just tolerating Ben. Desperate for a circuit breaker, she accidentally sets Ainsley and Harry on a mission to get her back on the dating scene.

10:00 pm So Help Me Todd

CC PG
Mild Themes

ALL NEW EPISODES

Ivan The Terrible

Todd takes on the role of babysitter when Margaret faces off against her college nemesis while representing a gifted 17-year-old hacker who is charged with releasing classified defense documents.

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

11:00 pm FBI (Rpt)

CC M
Violence,
Mature Themes

SPECIAL ENCORE PRESENTATION

Breakdown

After a bioweapon attack leaves two people dead, the FBI rush to determine who is behind it and the location of their next target. Jubal's past demons surface when Tyler suffers another health scare.

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

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04:30 am CBS Mornings

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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.

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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 and Nischelle Turner bring 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

Eric and Ridge have a misunderstanding. Finn sees Steffy for the first time since Kelly's rescue.

10:00 am Studio 10 CC PG

LIVE

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Thursday 14th 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

In this two-part episode, Dr. Phil discusses the handling – or mishandling – of the COVID-19 pandemic with top experts from the CDC, medicine, education, and legislation.

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

CC PG
Mild Themes

SPECIAL ENCORE PRESENTATION

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

03:00 pm Entertainment Tonight

CC

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Eric protects his legacy and demands respect. Steffy and Finn profess their love.

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07:30 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.

08:30 pm Sam Taunton - Rooster

CC MA15+
Sexual References,
Strong Coarse
Language

SPECIAL EVENT

Sam Taunton-Rooster

Sam Taunton is the perfect comedian for couples, parents, groups of friends, friends of friends, enemies, dogs, cats & anyone else. Spend 1hr with Australia's best stand-up comedian (self-appointed)

09:40 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.

10:40 pm Law & Order: S.V.U (Rpt)

CC M
Violence,
Strong Adult Themes

Promising Young Gentlemen

After Carisi's niece helps a friend report a sexual assault, Benson enlists the help of Detective Andy Parlato-Goldstein to investigate his old college's secret society that preys on female students.

Starring: Mariska Hargitay, Ice T , Kelli Giddish, Peter Scanavino, Terry Serpico

Guest Starring: Jason Biggs

11:30 pm Law & Order: S.V.U (Rpt)

CC M
Strong Adult Themes

Sorry If IT Got Weird For You

Velasco's experience as an SVU detective is put on trial after becoming embroiled in what appears to be a plot to take down the creator of a dating app, who is accused of rape by one of his staff.

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

12:30 am The Project Encore (Rpt)

CC

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01:30 am Home Shopping (Rpt)

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SYDNEY PROGRAM GUIDE

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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 and his panel of experts continue their discussion about whether the COVID-19 pandemic was mishandled. Are we doing enough to fix the damage of the pandemic for children?

02:00 pm To Be Advised

03:20 pm Entertainment Tonight

CC

ALL NEW EPISODES

Kevin Frazier and Nischelle Turner bring 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

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

Friday 15th September 2023

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
Coarse Language,
Mature Themes

Graham is joined by actors Geena Davis and Stephen Graham, and by Strictly judge Motsi Mabuse. Closing out the show is the wizard of wordplay, British rapper Stormzy, with a banger from his new album.

09:30 pm The Graham Norton Show (Rpt)

CC M
Mature Themes

Join the hilarious and cheeky Graham Norton as he chats with famous guests Sir Kenneth Branagh, Vicky McClure, Rachel Zegler, Rose Matafeo and Emeli Sandé.

10:30 pm To Be Advised

11:30 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

12:30 am Home Shopping (Rpt)

Home Shopping

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Friday 15th September 2023

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 16th 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

2338 Enduring Wisdom, Part 17: Faith Fosters Forgiveness

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 Luxury Escapes (Rpt) CC

SPECIAL ENCORE PRESENTATION

Santorini

Cameron Daddo and The Bachelor's Holly Kingston are awed by the turquoise waters and dramatic landscape of the sun-soaked island of Santorini.



SYDNEY PROGRAM GUIDE

Saturday 16th 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.
ALL NEW EPISODES		
01:00 pm 10 Minute Kitchen	CC G	The impossible is now possible with 10 Minute Kitchen - a celebration of creative, easy, budget & family-friendly meals that anyone can cook at home.
ALL NEW EPISODES		
01:30 pm Healthy Homes	CC G	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		
03:20 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.
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.
ALL NEW EPISODES		
04:00 pm My Market Kitchen	CC	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.
ALL NEW EPISODES		
04:30 pm Food Trail: South Africa	CC G	<p><u>The Garden Route</u></p> <p>A true hidden gem of South Africa, the Garden Route is a 200km coastal highway. At the Turbine Hotel Warren will cook a South African curry & dessert and shuck wild oysters with a local legend.</p>



SYDNEY PROGRAM GUIDE

Saturday 16th 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 Luxury Escapes

CC

ALL NEW EPISODES

London

Great Australian Bake Off's Rachel Khoo and Cameron Daddo embark on a luxurious 5-star escape in London.

06:30 pm Bondi Rescue (Rpt)

CC PG
Coarse Language,
Mature Themes

No two days are the same at Bondi Beach, and for good reason! The lifeguards are on high alert when a group of monks go missing on the iconic shores.

07:00 pm The Dog House Australia (Rpt)

CC PG
Mature Themes

Tripod Mr. Norman has the cuteness factor covered, but will he be able to tick all the Peacock's boxes? Does the already very crowded Sorrell house have enough room for Turbo Tess?

08:00 pm To Be Advised

09:00 pm Daddy's Home 2 (2017)

CC PG
Sexual References,
Coarse Language,
Crude Humour

MOVIE

Father and stepfather Dusty and Brad join forces to make Christmastime perfect for the kids by taking them to a luxury resort for a fun-filled getaway that turns into a hilariously chaotic adventure.

Starring: Will Ferrell, Mark Wahlberg, Mel Gibson, John Lithgow, Linda Cardellini

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 16th 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

Turns out America, and Christians helped inspire some of the worst kinds of Nazi thinking. Shawn Boonstra explores some of the lesser-told stories of the Third Reich and why Christians should care.

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.