



SYDNEY PROGRAM GUIDE

Sunday 17th 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

091723 A Book That Will Change Your Life

Learn how the Bible will change your life during the special Turning Point event, filmed at Madison Square Garden in New York City.

07:00 am The Sydney Marathon Presented By Asics CC

LIVE

The Sydney Marathon Presented By Asics

Catch all the action of the spectacular The Sydney Marathon 2023 where elite competitors and everyday runners take part; some raising money for charity some just for the challenge.

10:00 am Studio 10: Sunday 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.

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

Andy, Mark and Daz make unexpected food discoveries in Canberra. They're hoping for inspiration to help design a signature trout dish, but catching the key ingredient is much harder than expected.

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.



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03:00 pm Destination Dessert (Rpt)	CC G	From the coastlines to the red centre, discover the best spots to eat, stay and play. Pack your bags and join the team as they explore Australia, reminding you that life is short - make it sweet.
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.
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	ALL NEW EPISODES <u>Protege</u> Maggie reconnects with an old colleague and mentor as the team investigates the murder of a professional informant who is found dead outside an abandoned factory in Red Hook. Starring: Zeeko Zaki, Missy Peregrym, Jeremy Sisto, Alana De La Garza, Katherine Renee Kane Guest Starring: Joelle Carter
09:30 pm NCIS: Hawaii (Rpt)	CC MA15+ Violence	<u>Primal Fear</u> When a Navy sailor washes up dead in a sacred, forbidden kapu site, the NCIS team brings CGIS Special Agent Pike to unmask the mystery and catch a possible serial killer on the island. Starring: Vanessa Lachey, Alex Tarrant, Noah Mills, Yasmine Al-Bustami, Jason Antoon, Tori Anderson



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Sunday 17th September 2023

10:30 pm Five Bedrooms (Rpt)

CC M
Sexual References,
Coarse Language

SPECIAL ENCORE PRESENTATION

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.

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

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Home Shopping

02:00 am Home Shopping (Rpt)

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03:00 am Home Shopping (Rpt)

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03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS Mornings

CC

ALL NEW EPISODES

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



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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	SPECIAL ENCORE PRESENTATION 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 Sexual References, Mild Themes	Eric confides in R.J. and then requests a considerable favor. Thomas makes an unexpected move.
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.
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.



SYDNEY PROGRAM GUIDE

Monday 18th September 2023

01:00 pm Dr Phil (Rpt)

CC PG
Mature Themes

A tough housing market along with the rising cost of living has created a financial crisis. Dr. Phil speaks with people struggling to pay rent, and takes us on a tour of New York's smallest apartments

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 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.

04:00 pm The Bold & The Beautiful

CC PG
Sexual References,
Mild Themes

ALL NEW EPISODES

Eric asks a reluctant R.J. to keep a secret. Sheila and Deacon panic when Ridge and Carter pay an unexpected visit. Hope becomes conflicted by Thomas's revelation.

04:30 pm Neighbours

CC PG
Mild Themes

SEASON PREMIERE

The residents of Ramsay Street are in high spirits preparing for a wedding. A new family arrive in town, with one of the members appearing to harbour a suspiciously keen interest in the street.

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 18th September 2023

ALL NEW EPISODES

07:30 pm The Masked Singer Australia CC

ALL NEW EPISODES

08:45 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!

09:45 pm To Be Advised

10:15 pm FBI: Most Wanted (Rpt) CC M
Violence

Execute

When a hacker triggers a car crash that kills a family of three, the team races to hunt him down as his ransomware demands escalate and his chilling final target becomes apparent.

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

11:05 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

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 Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

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02:00 am Home Shopping (Rpt)

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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 19th 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 PG	Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home.
07:30 am	Good Chef Bad Chef (Rpt)	CC G	Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat.
08:00 am	Everyday Gourmet With Justine Schofield (Rpt)	CC G	Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield in an all new season of Everyday Gourmet.
08:30 am	Entertainment Tonight (Rpt)	CC	SPECIAL ENCORE PRESENTATION Kevin Frazier and Nischelle Turner bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.
09:00 am	Neighbours Encore (Rpt)	CC PG Mild Themes	SPECIAL ENCORE PRESENTATION The residents of Ramsay Street are in high spirits preparing for a wedding. A new family arrive in town, with one of the members appearing to harbour a suspiciously keen interest in the street.
09:30 am	The Bold & The Beautiful (Rpt)	CC PG Sexual References, Mild Themes	SPECIAL ENCORE PRESENTATION Eric asks a reluctant R.J. to keep a secret. Sheila and Deacon panic when Ridge and Carter pay an unexpected visit. Hope becomes conflicted by Thomas's revelation.
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 19th 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 and his guests discuss the self-censorship debate on the internet and social media. Plus, find out which emojis you are probably using right now are deemed outdated or inappropriate!

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 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.

04:00 pm The Bold & The Beautiful

CC PG
Mild Themes

ALL NEW EPISODES

Steffy and Finn's love shines through as they struggle to heal their fractured relationship.

04:30 pm Neighbours

CC PG
Mild Themes

ALL NEW EPISODES

The wedding celebrations over. With romance in the air, Mackenzie flirts with idea of getting back into the game. Byron uncovers a secret about one of the guests in the hotel, that changes everything.

05:00 pm 10 News First

CC

LIVE

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



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Tuesday 19th 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 Shark Tank

CC G

ALL NEW EPISODES

Tonight, an entrepreneur hoping to keep a craft from her homeland alive, taking the backache out of toddler feeding and a trio of children's entertainers pitch to the Sharks in song!

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

Leave No Trace

Agent Knight's past resurfaces when her ex-boyfriend, a National Parks Service agent, teams up with NCIS to investigate a campsite murder.

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

10:40 pm NCIS: Hawaii (Rpt)

CC MA15+
Violence

Primal Fear

When a Navy sailor washes up dead in a sacred, forbidden kapu site, the NCIS team brings CGIS Special Agent Pike to unmask the mystery and catch a possible serial killer on the island.

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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12:00 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

Dr. Phil meets two families who lost their sons to "The blackout challenge." He also receives an update from a past guest who lost one of her 13-year-old twin boys to "the choking game" in 2005.

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 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.

04:00 pm The Bold & The Beautiful

CC PG
Mild Themes

ALL NEW EPISODES

Deacon insists that Sheila hear a difficult truth. Finn angrily confronts Liam making a bold accusation.

04:30 pm Neighbours

CC PG
Mild Themes

ALL NEW EPISODES

The newlyweds embark on their honeymoon, struggling to juggle work and married life. Meanwhile, Holly fails to take her job seriously, her poor behaviour leads her to make an explosive discovery.

05:00 pm 10 News First

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LIVE

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



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Wednesday 20th 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 Thank God You're Here

CC

ALL NEW EPISODES

Melanie Bracewell, Rhys Nicholson, Dane Simpson & Urzila Carlson step through the blue door to take the nail-biting challenge on 'Thank God You're Here.'

08:30 pm Inspired Unemployed (Impractical) Jokers

CC M
Sexual References,
Crude Humour,
Nudity

ALL NEW EPISODES

The Inspired Unemployed Impractical Jokers features four mates competing to embarrass each other. In this episode, Virtual Golf becomes virtual insanity.

09:00 pm Five Bedrooms

CC M
Sexual References,
Coarse Language

ALL NEW EPISODES

Two Parties

Harry finds himself charged with organizing Ainsley's questionably-themed 'white-party' Hens, and Simmo's 'fire-on-the-land' Bucks.

10:00 pm So Help Me Todd

CC PG
Mild Violence,
Mature Themes

ALL NEW EPISODES

Twelve Worried Persons

When a juror dies during Susan's first big trial as lead attorney, Margaret and Todd work to exonerate Amy, a juror from the same trial suspected of the murder.

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

Protege

Maggie reconnects with an old colleague and mentor as the team investigates the murder of a professional informant who is found dead outside an abandoned factory in Red Hook.

Starring: Zeeko Zaki, Missy Peregrin, Jeremy Sisto, Alana De La Garza, Katherine Renee Kane

Guest Starring: Joelle Carter



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04:30 am CBS Mornings CC

ALL NEW EPISODES

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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

You have a greater chance of being struck by lightning than winning the lottery - so why do people play? And, if you do win, why is there a "curse" associated with it? Tune in today to find out.

02:00 pm So Help Me Todd (Rpt)

CC PG
Mild Violence,
Mature Themes

SPECIAL ENCORE PRESENTATION

Twelve Worried Persons

When a juror dies during Susan's first big trial as lead attorney, Margaret and Todd work to exonerate Amy, a juror from the same trial suspected of the murder.

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

03:00 pm Entertainment Tonight

CC

ALL NEW EPISODES

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03:30 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.

04:00 pm The Bold & The Beautiful

CC PG
Mild Themes

ALL NEW EPISODES

Steffy makes a decision. Liam forewarns Ridge that no one is safe as long as Sheila is free.

04:30 pm Neighbours

CC PG
Mild Themes

ALL NEW EPISODES

Karl and Susan's relationship is tested after a shock admission. The truth behind the identity of hotel guest, Reece, sends ripples through the community.



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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 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

MA15+
Violence,
Strong Adult Themes

Once Upon A Time In El Barrio

The stakes are high and dangerous when Velasco asks Benson for help finding three Mexican girls who were trafficked from his hometown to New York City.

Starring: Mariska Hargitay, Octavio Pisano, Ice T

Guest Starring: Brad William Henke

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

CC

M
Violence,
Strong Adult Themes

Eighteen Wheels A Predator

The probe into a brutal sexual assault in Central Park is turned upside-down when Benson receives an anonymous confession, sending Rollins and Fin to Kentucky, where an identical victim has been found

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



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04:30 am CBS Mornings CC

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SYDNEY PROGRAM GUIDE

Friday 22nd September 2023

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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 PG

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

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

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

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

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

08:30 am Entertainment Tonight (Rpt) CC

SPECIAL ENCORE PRESENTATION

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

09:00 am Neighbours Encore (Rpt) CC PG
Mild Themes

SPECIAL ENCORE PRESENTATION

Karl and Susan's relationship is tested after a shock admission. The truth behind the identity of hotel guest, Reece, sends ripples through the community.

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

Steffy makes a decision. Liam forewarns Ridge that no one is safe as long as Sheila is free.

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 22nd 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

From everyday citizens who risked their lives to save complete strangers to people who have gone out of their way to help others, Dr. Phil speaks with real-life heroes.

02:00 pm To Be Advised

ALL NEW EPISODES

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

03:15 pm Entertainment Tonight 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.

03:30 pm Everyday Gourmet With Justine Schofield CC

04:00 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.

ALL NEW EPISODES

04:30 pm The Bold & The Beautiful CC PG
Mild Themes

LIVE

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

05:00 pm 10 News First CC

ALL NEW EPISODES

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

06:30 pm The Project CC



SYDNEY PROGRAM GUIDE

Friday 22nd September 2023

SPECIAL ENCORE PRESENTATION

07:30 pm Have You Been Paying Attention? Encore (Rpt)

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!

08:30 pm The Graham Norton Show (Rpt)

CC M
Coarse Language,
Mature Themes

Settle in for a grand night of entertainment as Graham is joined by legendary singer Bruce Springsteen, Anya Taylor-Joy, Anna Maxwell Martin and Mo Gilligan. With music from Florence and the Machine.

09:30 pm The Graham Norton Show (Rpt)

CC M
Sexual References,
Coarse Language

Join the hilarious and cheeky Graham Norton as he chats with famous guests including Benedict Cumberbatch, Ru Paul, Daisy Edgar-Jones, Diane Morgan and Regard X Years & Years.

10:30 pm To Be Advised

SPECIAL ENCORE PRESENTATION

11:30 pm The Project Encore (Rpt)

CC

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 22nd 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 23rd September 2023

06:00 am Freshly Picked With Simon Toohey (Rpt) CC G

In this Christmas special, 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

2339 Enduring Wisdom, Part 18: Lessons In Thanksgiving

07:00 am Reel Action (Rpt) CC PG
Mild Themes

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 PG
Sexual References

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 feel-good fun with Tristan MacManus, Angela Bishop, Narelda Jacobs and Daniel Doody.

12:00 pm Luxury Escapes (Rpt) CC G

SPECIAL ENCORE PRESENTATION

London

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



SYDNEY PROGRAM GUIDE

Saturday 23rd 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 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 Luca's Key Ingredient (Rpt)

CC G

Luca shows us his favourite recipes using today's key ingredient, Parmigiano Reggiano

03:00 pm Everyday Gourmet With Justine Schofield (Rpt)

CC G

Justine Schofield along with special guests, present a variety of delicious recipes for the home cook.

03:30 pm Farm To Fork (Rpt)

CC PG

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

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 Prahlan Market cooking a variety of delicious and easy to follow recipes.



SYDNEY PROGRAM GUIDE

Saturday 23rd September 2023

04:30 pm Food Trail: South Africa CC

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.

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

Bali

The Bachelor's Holly Kingston and Married at First Sight's Jules Robinson get a reality check on an idyllic Indonesian holiday.

06:30 pm Bondi Rescue (Rpt) CC PG
Coarse Language,
Mature Themes

Two brothers share an extraordinary tale of how they used resuscitation techniques learned by watching Bondi Rescue on someone who was struck by lightning.

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 Thank God You're Here Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

Melanie Bracewell, Rhys Nicholson, Dane Simpson & Urzila Carlson step through the blue door to take the nail-biting challenge on 'Thank God You're Here.'

09:00 pm Top Gun (Rpt)(1986) CC M
Sex Scenes

MOVIE

Maverick is a hot young recruit at a prestigious naval training school for fighter pilots and aspires to become the best of the best against all odds.

Starring: Tom Cruise, Val Kilmer, Kelly McGillis, Anthony Edwards



SYDNEY PROGRAM GUIDE

Saturday 23rd September 2023

11:15 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

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

Miracles aren't all they're cracked up to be. In fact, miracles can be a pretty bad thing when it comes to religion. Shawn Boonstra talks about what faith is, and what it isn't.

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.