



SYDNEY PROGRAM GUIDE

Sunday 29th May 2022

06:00 am Mass For You At Home CC G

ALL NEW EPISODES

Weekly Catholic Mass for those unable to travel to church.

06:30 am Turning Point With David Jeremiah CC PG
Mature Themes

ALL NEW EPISODES

It is often after reaching the pinnacle of achievement when fatigue or despair really sets in. Elijah certainly experienced these symptoms and feelings after his victory on Mount Carmel.

07:00 am Joseph Prince CC G

ALL NEW EPISODES

420 - Release His Glory In Your Life

Religious program.

07:30 am Joel Osteen CC G

Jo920

08:00 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.

08:30 am The Living Room Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

When a dog needs a helping paw, it's Dr Chris to the rescue! Miguel and Baz visit The Bateman's Bay NSW Fire Brigade to say thanks for their hard work during fire season . Plus, Hack Off and Help Desk

09:30 am Studio 10: Sunday CC PG

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

12:00 pm MasterChef Australia Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

Teams face a service challenge for 60 hungry diners at the stately Werribee Mansion. To win a shot at immunity, contestants must turn humble ingredients into a fine dining entrée and posh main course.



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Sunday 29th May 2022

01:15 pm	MasterChef Australia Encore (Rpt)	CC
02:30 pm	Australia By Design: Innovations	CC PG
03:00 pm	Destination Dessert (Rpt)	CC G
03:30 pm	Everyday Gourmet With Justine Schofield (Rpt)	CC G
04:00 pm	Farm To Fork (Rpt)	CC PG
04:30 pm	Taste Of Australia With Hayden Quinn	CC
05:00 pm	10 News First	CC
06:30 pm	The Sunday Project	CC

SPECIAL ENCORE PRESENTATION

Contestants vie for immunity from Sunday's elimination over a 2-round fry up, and must create the best dishes using an everyday air fryer, before cooking a sweet or savoury dish using a deep fryer.

SEASON PREMIERE

Now in its fifth season, Australia by Design: Innovations is all about Australian innovation, ingenuity and design excellence, it's about inspiration, disruption and changing the game.

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.

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

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

ALL NEW EPISODES

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.

LIVE

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

ALL NEW EPISODES

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



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Sunday 29th May 2022

07:30 pm MasterChef Australia CC

ALL NEW EPISODES

The MasterChef kitchen welcomes 12 emerging home cooks and 12 of MasterChef's most loved past contestants. Together they will share their love of food and compete to become Australia's next MasterChef

09:00 pm FBI CC

SEASON FINALE

Prodigal Son

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

10:00 pm FBI (Rpt) CC M
Violence,
Mature Themes

Fathers And Sons

Jubal's concern for his sick son affects his judgement as the team rushes to track down two doctors abducted by a desperate father willing to do anything to save his own son.

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

11:00 pm The Sunday Project Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

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

12:00 am Home Shopping (Rpt)

Home Shopping

12:30 am Home Shopping (Rpt)

Home Shopping

01:00 am Home Shopping (Rpt)

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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

Monday 30th May 2022

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sheryl Underwood, Carrie Ann Inaba, Jerry O'Connell, Amanda Kloots and Elaine Welteroth on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 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.

07:30 am The Bold & The Beautiful Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Dollar Bill questions Ridge's love for Brooke to Wyatt, Liam, and Hope. Ridge decides about his immediate future with Brooke and Taylor.

08:00 am Studio 10

CC PG

LIVE

Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM.

12:00 pm Dr Phil

CC PG
Sexual References,
Coarse Language,
Mature Themes

ALL NEW EPISODES

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

01:00 pm MasterChef Australia Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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02:30 pm Entertainment Tonight

CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Monday 30th May 2022

03:00 pm Judge Judy (Rpt)

CC PG

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ALL NEW EPISODES

03:30 pm My Market Kitchen

CC

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

ALL NEW EPISODES

04:00 pm Good Chef Bad Chef

CC G

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

ALL NEW EPISODES

04:30 pm The Bold & The Beautiful

CC

Quinn and Eric unite to help the Forrester family in their time of crisis. Steffy gets emotional, and Taylor speaks her truth after Ridge discloses his plans.

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

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08:30 pm Have You Been Paying Attention?

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

ALL NEW EPISODES



SYDNEY PROGRAM GUIDE

Monday 30th May 2022

09:30 pm FBI: Most Wanted

CC M
Violence,
Mature Themes

ALL NEW EPISODES

Inheritance

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

10:30 pm FBI: Most Wanted (Rpt)

CC M
Violence

Dysfunction

After a failed home invasion, the team must track down a pair of killers who are holding a woman and her daughter hostage. But LaCroix soon learns that there is more to this case than meets the eye.

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

11:30 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

12:30 am The Late Show With Stephen Colbert CC PG

ALL NEW EPISODES

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

01:30 am Home Shopping (Rpt)

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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 31st May 2022

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sheryl Underwood, Carrie Ann Inaba, Jerry O'Connell, Amanda Kloots and Elaine Welteroth on "The Talk" as they discuss current events, pop culture and trending topics of the day.

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

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SPECIAL ENCORE PRESENTATION

Quinn and Eric unite to help the Forrester family in their time of crisis. Steffy gets emotional, and Taylor speaks her truth after Ridge discloses his plans.

08:00 am Studio 10

CC PG

LIVE

Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:00AM.

12:00 pm Dr Phil

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Coarse Language,
Mature Themes

ALL NEW EPISODES

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CC

SPECIAL ENCORE PRESENTATION

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02:00 pm Entertainment Tonight

CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Tuesday 31st May 2022

02:30 pm **Everyday Gourmet With Justine Schofield** (Rpt) CC G

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

03:00 pm **Judge Judy** (Rpt) CC PG

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ALL NEW EPISODES

03:30 pm **My Market Kitchen** CC

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

ALL NEW EPISODES

04:00 pm **Good Chef Bad Chef** CC G

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

ALL NEW EPISODES

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

Unable to suppress his guilt, Thomas breaks down to Ridge about his involvement with Sheila. Deputy Chief Baker grants Brooke face-to-face time with imprisoned Sheila.

LIVE

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

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

ALL NEW EPISODES

06:30 pm **The Project** CC

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

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SYDNEY PROGRAM GUIDE

Tuesday 31st May 2022

08:30 pm The Cheap Seats

CC M
Coarse Language,
Mature Themes,
May Contain:

ALL NEW EPISODES

Melanie Bracewell and Tim McDonald take a look at the week that was. From major news stories, entertainment and viral videos The Cheap Seats is a Reader's Digest for those who just don't want to read.

09:30 pm NCIS (Rpt)

CC M
Violence

In A Nutshell

A Navy officer is murdered the same way his parents were murdered a decade ago and the team stumbles across a storage container filled with dollhouses that display re-creations of murder scenes.

10:30 pm NCIS: Los Angeles

CC M
Violence

ALL NEW EPISODES

Down The Rabbit Hole

The NCIS team must quickly find Callen after he falls for Katya's trap using Sam's deepfake to coordinate a weapons deal.

Starring: Chris O'Donnell, LI Cool J , Daniela Ruah, Gerald McRaney, Eric Christian Olsen

11:30 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

12:30 am The Late Show With Stephen Colbert

CC PG

ALL NEW EPISODES

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

01:30 am Home Shopping (Rpt)

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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 01st June 2022

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sheryl Underwood, Carrie Ann Inaba, Jerry O'Connell, Amanda Kloots and Elaine Welteroth on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 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.

07:30 am The Bold & The Beautiful Encore (Rpt)

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08:00 am Studio 10

CC PG

LIVE

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12:00 pm Dr Phil

CC PG
Mature Themes

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02:00 pm Entertainment Tonight

CC

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SYDNEY PROGRAM GUIDE

Wednesday 01st June 2022

02:30 pm	Everyday Gourmet With Justine Schofield (Rpt)	CC G	Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet.
03:00 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.
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04:00 pm	Good Chef Bad Chef	CC G	ALL NEW EPISODES 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	The Bold & The Beautiful	CC	ALL NEW EPISODES
05:00 pm	10 News First	CC	LIVE Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.
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	MasterChef Australia	CC	ALL NEW EPISODES The MasterChef kitchen welcomes 12 emerging home cooks and 12 of MasterChef's most loved past contestants. Together they will share their love of food and compete to become Australia's next MasterChef
08:30 pm	Five Bedrooms	CC M Coarse Language, Mature Themes	ALL NEW EPISODES <u>Two Mothers</u> Ainsley's preparations for a gender-reveal party are derailed by the wrath of Lachlan's ex Mel. Starring: Kat Stewart, Stephen Peacocke, Doris Younane, Katie Robertson, Roy Joseph



SYDNEY PROGRAM GUIDE

Wednesday 01st June 2022

09:30 pm **Bull**

CC M
Mature Themes

ALL NEW EPISODES

Silent Killer

When Bull handles the negligent homicide defense of a building owner accused of killing tenants by carbon monoxide poisoning, the case rocks Bull and the TAC team to their core.

Starring: Michael Weatherly, Freddy Rodriguez, Geneva Carr

10:30 pm **This Is Us**

CC PG
Mature Themes

ALL NEW EPISODES

Miguel

Miguel over the years.

Starring: Mandy Moore, Milo Ventimiglia, Sterling K. Brown, Justin Hartley, Chrissy Metz

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

ALL NEW EPISODES

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.

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SYDNEY PROGRAM GUIDE

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04:00 am Home Shopping (Rpt)

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04:30 am CBS Mornings

CC

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SYDNEY PROGRAM GUIDE

Thursday 02nd June 2022

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sheryl Underwood, Carrie Ann Inaba, Jerry O'Connell, Amanda Kloots and Elaine Welteroth on "The Talk" as they discuss current events, pop culture and trending topics of the day.

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CC PG

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07:30 am The Bold & The Beautiful Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

08:00 am Studio 10

CC PG

LIVE

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12:00 pm Dr Phil

CC

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ALL NEW EPISODES

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ALL NEW EPISODES

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ALL NEW EPISODES

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ALL NEW EPISODES

09:00 pm Law & Order: S.V.U 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



SYDNEY PROGRAM GUIDE

Thursday 02nd June 2022

10:00 pm To Be Advised

11:00 pm Blue Bloods (Rpt)

CC M
Violence,
Mature Themes

Reckless

Frank must find the truth when a cop accuses another fellow cop of police brutality. Also, Danny and Baez investigate a murder of a famous photographer recently accused of assault by his former models

Starring: Tom Selleck, Donnie Wahlberg, Bridget Moynahan, Will Estes, Vanessa Ray, Marisa Ramirez

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CC

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01:00 am The Late Show With Stephen Colbert CC PG

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SYDNEY PROGRAM GUIDE

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CC PG
Mature Themes

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06:30 pm The Project CC

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ALL NEW EPISODES

07:30 pm The Living Room CC

08:30 pm To Be Advised

09:30 pm The Graham Norton Show (Rpt) CC M
Coarse Language

Join the hilarious and cheeky Graham Norton as he chats with Dave Grohl, Kadeena Cox, Sophie Ellis-Bextor, Greg Davies, Jack Savoretti & Nile Rodgers!

10:30 pm To Be Advised

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SYDNEY PROGRAM GUIDE

Saturday 04th June 2022

06:00 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.

ALL NEW EPISODES

06:30 am Leading The Way With Dr. Michael Youssef CC G

2223 - Appropriating The Happiness That Is In You - Part 6: By Rejecting Narcissism

Dr. Michael Youssef preaches spiritual advice and provides biblical clarity to modern social and political issues.

07:00 am Escape Fishing With ET (Rpt) CC G

ALL NEW EPISODES

Escape with former Rugby League Legend "ET" Andrew Ettingshausen as he travels Australia and the Pacific, hunting out all types of species of fish, while sharing his knowledge on how to catch them.

07:30 am The Offroad Adventure Show (Rpt) CC G

Experience the best of NSW & QLD's 4WD Destinations as our team go head to head in the inaugural Offroad State of Origin series!

08:30 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.

09:00 am Australia By Design: Innovations (Rpt) CC PG

Australia by Design: Innovations is all about Australian innovation, ingenuity and design excellence. It's about inspiration, disruption, changing the game and the next big thing.

09:30 am Studio 10: Saturday CC PG

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

12:00 pm Everyday Gourmet With Justine Schofield (Rpt) CC G

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

SPECIAL ENCORE PRESENTATION

12:30 pm The Living Room Encore (Rpt) CC

ALL NEW EPISODES

01:30 pm Healthy Homes Australia CC G

Walt's farmhouse renovation continues with the installation of a jaw-dropping modern country kitchen and an enchanting new ensuite for the master room is built.



SYDNEY PROGRAM GUIDE

Saturday 04th June 2022

02:00 pm Buy To Build (Rpt)	CC G	Buy to Build offers a look at the country's latest display homes and land developments and matches the perfect combination for our weekly couple.
02:30 pm Taste Of Australia With Hayden Quinn (Rpt)	CC	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.
ALL NEW EPISODES		
03:00 pm What's Up Down Under	CC	Love a driving or Caravanning holiday? Join Macca and the crew as they show you the best touring routes and destinations to visit!
03:30 pm All 4 Adventure (Rpt)	CC PG	Jase and Simon, head off the beaten track camping, fishing and bush-cooking their way through another epic season of adventures.
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.
LIVE		
05:00 pm 10 News First	CC	Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.
06:00 pm Bondi Rescue (Rpt)	CC PG Coarse Language, Mature Themes	When monster waves lash Bondi, new team members Boo and trainee Lachie must tackle the dangerous conditions to complete a mass rescue.
06:30 pm Bondi Rescue (Rpt)	CC PG Coarse Language, Medical Procedures	Jethro is faced with the most challenging rescue of his career and the Lifeguards suddenly become the ones in danger when the 4WD buggy is swamped by waves.
07:00 pm The Dog House (Rpt)	CC PG	Lexi seeks a bedtime buddy. Jasmine wants a pooch now that her twin sister's leaving for uni. And a rare cross of lurcher and old English sheepdog helps a priest find his inner silliness.



SYDNEY PROGRAM GUIDE

Saturday 04th June 2022

08:00 pm The Dog House (Rpt)

CC PG

Gold-winning Olympic cyclist Victoria Pendleton visits Wood Green to find a dog she can co-parent with her mum. And lovebirds Shai and Orin meet Polo the lurcher.

09:00 pm To Be Advised

10:00 pm Ambulance Australia (Rpt)

CC M
Mature Themes

When a motorbike rider falls traveling at high speed, his injuries are so severe that highly trained paramedic, Aaron, must turn the side of the road into an operating theatre to save his life.

11:00 pm Ambulance Australia (Rpt)

CC M

A fast-acting neighbour responds to panicked calls for help as, Emergency Medical Dispatcher Sarah's, clear and calm advice attempts to avoid a potentially lethal incident from escalating.

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



SYDNEY PROGRAM GUIDE

Saturday 04th June 2022

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am Home Shopping (Rpt)

Home Shopping

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.