



SYDNEY PROGRAM GUIDE

Sunday 01st October 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

100123 A Great Day

When Christ returns, all of His followers, living or deceased, will be caught up from earth and taken to heaven! What a Great Day it will be!

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

ALL NEW EPISODES

492 - Can You Lose Your Salvation? Part 2

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, coffee

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

Massimo pairs delicious Tongola goat curd with freshly-picked beetroot and vegetables. Joshua and Tony from Tasmanian Oyster Co. join where Massimo samples some of the world's best oysters.

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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Sunday 01st October 2023

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 Shark Tank Encore (Rpt)	CC PG Mild Themes	SPECIAL ENCORE PRESENTATION We meet entrepreneurs hoping to persuade our Sharks to invest a large cash sum into their business. Also, environmentally friendly nappies, a new version of a Christmas tree and electric scooters!
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	Chef Daz hosts a VIP event at the Ducks' flagship venue, The Farm in Byron Bay. The guests are the top chefs of the region and Daz has to put a lifetime of cooking, into this single moment.
02:00 pm Freshly Picked With Simon Toohey (Rpt)	CC G	Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them.
02:30 pm Everyday Gourmet With Justine Schofield (Rpt)	CC G	Justine Schofield along with special guests, present a variety of delicious recipes for the home cook.
03:00 pm Destination Dessert (Rpt)	CC G	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 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.
04:00 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.



SYDNEY PROGRAM GUIDE

Sunday 01st October 2023

04:30 pm Taste Of Australia - BBQ Special

05:00 pm 10 News First

CC

06:30 pm The Sunday Project

CC

07:30 pm The Graham Norton Show

CC

08:30 pm NCIS: Hawaii (Rpt)

CC M
Violence,
Drug References

09:30 pm NCIS: Hawaii (Rpt)

CC M
Violence

10:30 pm Five Bedrooms Encore (Rpt)

CC M
Sexual References,
Coarse Language

ALL NEW EPISODES

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.

SEASON PREMIERE

Get ready for another hilarious, wickedly cheeky season of The Graham Norton Show, with Celebrity guests and amusing stories in this fast-paced interview show.

Changing Tides

When a Marine Corporal dies in a tide pool after being exposed to fentanyl, NCIS must quickly find the source of the drugs. Alex talks about taking a gap year and Ernie reveals some personal news.

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

Vanishing ACT

When the mother of a young boy goes missing, the NCIS team sets out to find her and learns they aren't the only ones searching for her.

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

SPECIAL ENCORE PRESENTATION

Two Words

It's Ainsley and Simmo's wedding day, Ben is determined to be there for his best mate Simmo and the love of his life, Heather. Over the course of the day, truth bombs will detonate.



SYDNEY PROGRAM GUIDE

Sunday 01st October 2023

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

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS Mornings CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Monday 02nd October 2023

06:00 am The Talk

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 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

Katie plays devil's advocate with Carter about Eric. Meanwhile, Brooke delivers a message from Eric to Ridge.

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.

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

Laura has driven drunk thousands of times but has only been "caught" three times. Laura says that she couldn't forgive herself if she hurt someone, but can't seem to fight her addiction.



SYDNEY PROGRAM GUIDE

Monday 02nd October 2023

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

ALL NEW EPISODES

Donna brings an unexpected person into the fold. Meanwhile, Ridge worries about Eric's end-game.

04:00 pm The Bold & The Beautiful CC PG Mild Themes

ALL NEW EPISODES

Mike is victim of his own impulsiveness. Dex is blindsided by a secret with potentially catastrophic ramifications. Paul discovers information which he believes will secure his hold over Lassiters.

04:30 pm Neighbours CC PG Mature 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

ALL NEW EPISODES

Another duel beckons - four more masks have to fight it out to stay secret for another week. Who will be in the bottom two? Our panel struggles to decide who will stay and who will go!

07:30 pm The Masked Singer Australia CC





SYDNEY PROGRAM GUIDE

Monday 02nd October 2023

08:45 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!

09:45 pm Inspired Unemployed (Impractical) Jokers (Rpt)

CC M
Mature Themes

SPECIAL ENCORE PRESENTATION

The Inspired Unemployed Impractical Jokers features four mates competing to embarrass each other. In this episode, they're asking unsuspecting dental patients to open up and say Arrrghh!!!

10:15 pm Inspired Unemployed (Impractical) Jokers (Rpt)

CC PG
Coarse Language,
Mature Themes

SPECIAL ENCORE PRESENTATION

The Inspired Unemployed Impractical Jokers features four mates competing to embarrass each other. In this final episode they decide who will face The Ultimate Punishment.

10:45 pm FBI: Most Wanted (Rpt)

CC M
Strong Violence,
Mature Themes

Anonymous

The team searches for a woman who is heading down a deadly path of vengeance, using ties to an online radical conspiracy organization to further her cause. Barnes makes a life-changing decision.

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

11:40 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.

12:35 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

Monday 02nd October 2023

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS Mornings

CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Tuesday 03rd October 2023

06:00 am The Talk

07:00 am Farm To Fork (Rpt)

CC PG

ALL NEW EPISODES

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
Mature Themes

SPECIAL ENCORE PRESENTATION

Mike is victim of his own impulsiveness. Dex is blindsided by a secret with potentially catastrophic ramifications. Paul discovers information which he believes will secure his hold over Lassiters.

09:30 am The Bold & The Beautiful (Rpt)

CC PG
Mild Themes

Donna brings an unexpected person into the fold. Meanwhile, Ridge worries about Eric's end-game.

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

Tuesday 03rd October 2023

01:00 pm Dr Phil (Rpt)

CC PG
Coarse Language,
Mature Themes

Lying about her sobriety and hiding her drinking for weeks, Laura says she wants to stop drinking alcohol but every time she tries to get sober, the alcohol wins. Will Laura decide to change her life?

02:00 pm To Be Advised

03:15 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

Hope makes her intentions clear before seducing Thomas.

04:30 pm Neighbours

CC PG
Mature Themes

ALL NEW EPISODES

Dex fears that JJ could be on track to cause irreparable damage to their family. Remi voices her doubts to Cara, throwing their plans for the future into question.

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 03rd October 2023

07:30 pm Shark Tank

CC PG
Sexual References,
Mild Coarse
Language,
Mature Themes

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
Mature Themes

The Good Fighter

When an NCIS agent turns up dead and Kasie goes unaccounted for, the team must work quickly to find the killer.

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

10:30 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.

11:30 pm 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.

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



SYDNEY PROGRAM GUIDE

Tuesday 03rd October 2023

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS Mornings

CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Wednesday 04th October 2023

06:00 am The Talk

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
Mature Themes

SPECIAL ENCORE PRESENTATION

Dex fears that JJ could be on track to cause irreparable damage to their family. Remi voices her doubts to Cara, throwing their plans for the future into question.

09:30 am The Bold & The Beautiful (Rpt)

CC PG
Sexual References,
Mild Themes

Hope makes her intentions clear before seducing Thomas.

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

Wednesday 04th October 2023

01:00 pm Dr Phil (Rpt)

CC PG
Coarse Language,
Mature Themes

Investigators unraveled a web of twisted lies and manipulation after "Supermom" Sherri Papini claimed to have been abducted while jogging by two women who branded her and planned to sex traffic her.

02:00 pm Shark Tank Encore (Rpt)

CC PG
Sexual References,
Mild Coarse
Language,
Mature Themes

SPECIAL ENCORE PRESENTATION

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.

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 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

Carter reminds Brooke and R.J. of Eric's legacy. Meanwhile, Hope and Thomas give in to their desire.

04:30 pm Neighbours

CC PG
Mature Themes

ALL NEW EPISODES

Terese, in an attempt to form stronger bonds with the people she loves, falls victim to a devilish manipulation. Paul's hubris grows as he inches closer to unmasking the truth.

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

Wednesday 04th October 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 **To Be Advised**

09:00 pm **Heat**

CC M
Sex Scenes,
Coarse Language

ALL NEW EPISODES

A summer holiday turns into a nightmare when two families become trapped in the path of an oncoming bushfire as deep seated secrets are revealed.

10:00 pm **So Help Me Todd**

CC PG
Mild Themes

ALL NEW EPISODES

The First Date Is The Deepest

Margaret helps a client who lost his mother during a routine surgery at Allison's hospital, performed by her colleague Dr. Woods. Also, Todd is asked by the firm to investigate Gus.

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

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

CC

SPECIAL ENCORE PRESENTATION

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

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

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

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

Home Shopping

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

Home Shopping

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

Home Shopping

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

Home Shopping



SYDNEY PROGRAM GUIDE

Wednesday 04th October 2023

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS Mornings

CC

ALL NEW EPISODES

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





SYDNEY PROGRAM GUIDE

Thursday 05th October 2023

06:00 am The Talk

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
Mature Themes

SPECIAL ENCORE PRESENTATION

Terese, in an attempt to form stronger bonds with the people she loves, falls victim to a devilish manipulation. Paul's hubris grows as he inches closer to unmasking the truth.

09:30 am The Bold & The Beautiful (Rpt)

CC PG
Sexual References,
Mild Themes

Carter reminds Brooke and R.J. of Eric's legacy. Meanwhile, Hope and Thomas give in to their desire.

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

Thursday 05th October 2023

01:00 pm Dr Phil (Rpt)

CC PG
Drug References,
Mature Themes

The Murdaugh family were tied to the deaths of their housekeeper, a school classmate, and a young woman in a fatal boat crash. Then, Alex Murdaugh was charged with his wife and son's murders.

02:00 pm To Be Advised

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

04:30 pm Neighbours

CC PG
Mature Themes

ALL NEW EPISODES

Jane is betrayed by a close friend. Tensions mount on Ramsay Street as a new rivalry is born. Harold is supported by his closest friends, as his fears for the future reach breaking point.

05:00 pm 10 News First

CC

LIVE

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

06:30 pm The Project

CC

ALL NEW EPISODES

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

07:30 pm To Be Advised

09:00 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.



SYDNEY PROGRAM GUIDE

Thursday 05th October 2023

10:00 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.

11:00 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

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

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

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

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 Burseson.



SYDNEY PROGRAM GUIDE

Friday 06th October 2023

06:00 am The Talk

07:00 am Farm To Fork (Rpt)

CC PG

ALL NEW EPISODES

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

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
Mature Themes

SPECIAL ENCORE PRESENTATION

Jane is betrayed by a close friend. Tensions mount on Ramsay Street as a new rivalry is born. Harold is supported by his closest friends, as his fears for the future reach breaking point.

09:30 am The Bold & The Beautiful (Rpt)

CC PG
Sexual References,
Mild Themes

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

Friday 06th October 2023

01:00 pm Dr Phil (Rpt)

CC PG
Mature Themes

Jane Fonda and Jamie Lee Curtis redefine what it means to be a "silver fox", but still inequity exists when it comes to women and aging and many older women feel invisible, washed up, and unwanted.

02:00 pm To Be Advised

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 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.

04:30 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.

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 Graham Norton Show Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

Get ready for another hilarious, wickedly cheeky season of The Graham Norton Show, with Celebrity guests and amusing stories in this fast-paced interview show.

08:30 pm Have You Been Paying Attention? Encore (Rpt)

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

SPECIAL ENCORE PRESENTATION

Have our contestants, Ed Kavalee and Sam Pang been paying attention? The guest quizmaster and host Tom Gleisner are about to find out!



SYDNEY PROGRAM GUIDE

Friday 06th October 2023

09:30 pm The Graham Norton Show (Rpt)

CC M
Sexual References,
Coarse Language

Graham Norton welcomes Michelle Williams, Brendan Fraser, Helena Bonham Carter, Russell T Davies, Oti Mabuse and singer Cat Burns. Plus, more wild audience tales in the world-famous Big Red Chair.

ALL NEW EPISODES

[Road To The Melbourne Cup Carnival](#)

SPECIAL ENCORE PRESENTATION

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

11:00 pm The Project Encore (Rpt)

CC

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.

12:00 am The Late Show With Stephen Colbert

CC PG

[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 Home Shopping (Rpt)



SYDNEY PROGRAM GUIDE

Friday 06th October 2023

05:00 am Home Shopping (Rpt)

Home Shopping

05:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Saturday 07th October 2023

06:00 am What's Up Down Under (Rpt) CC PG

Love a driving or Caravanning holiday? Join Macca and the crew as they show you the best touring routes and destinations to visit!

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

ALL NEW EPISODES

2341 Hope Ireland Celebration - Dublin/belfast

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 Road To The Melbourne Cup Carnival (Rpt)

SPECIAL ENCORE PRESENTATION

Road To The Melbourne Cup Carnival

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

European Cruise

Natalie Bassingthwaighe and actor Matt Le Nevez set sail aboard two luxury cruise ships through the Mediterranean, visiting the sights of Israel, Egypt and Corsica.



SYDNEY PROGRAM GUIDE

Saturday 07th October 2023

12:30 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 in an all new season of Everyday Gourmet.

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.

ALL NEW EPISODES

02:00 pm Buy To Build CC G

Each episode, Walt Collins helps house hunters explore the country's latest display homes and land developments to find the perfect home to suit their needs.

02:30 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

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!

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

Join Warren Mendes on an authentic culinary journey through selected regions of South Africa to explore its people, the diversity of its regional flavours and its widely heralded cooking culture.



SYDNEY PROGRAM GUIDE

Saturday 07th October 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

Maldives

Cameron Daddo and Love Me's Heather Mitchell experience overwater luxury in the magnificent Maldives.

06:30 pm Bondi Rescue (Rpt)

CC PG
Coarse Language,
Mature Themes

As thousands flock Bondi at the height of Coronavirus and social distancing, the State Police Minister arrives to bar people from the beach - the first time it's been done since World War 2.

07:00 pm Football: Australia Cup Final

CC

LIVE

Australia Cup Final

10:30 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.

11:30 pm So Help Me Todd Encore (Rpt)

CC PG
Mild Themes

SPECIAL ENCORE PRESENTATION

The First Date Is The Deepest

Margaret helps a client who lost his mother during a routine surgery at Allison's hospital, performed by her colleague Dr. Woods. Also, Todd is asked by the firm to investigate Gus.

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

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

Saturday 07th October 2023

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am Authentic

CC PG

ALL NEW EPISODES

You and I were designed to read and write. Shawn Boonstra explains how a deep-seated need we have to communicate is critical to living an authentic human life.

05:00 am Hour Of Power

ALL NEW EPISODES