



SYDNEY PROGRAM GUIDE

Sunday 15th 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

101523 The Noah Factor

If you want to know what it will be like on earth before Jesus returns, then one way to understand is to study what earth was like before the Flood.

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

ALL NEW EPISODES

494 - Hope For The End Times

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, banana

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 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 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.

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.



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SPECIAL ENCORE PRESENTATION

12:00 pm Shark Tank (Rpt) CC G

Mixed reactions from the Sharks tonight as a string of memorable Entrepreneurs enter the Tank. From a nostalgic camera to a new style of earphone, who will sink and who will swim?

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
Coarse Language

Andy Allen aims to dazzle his peers by creating a new age Asian beef salad. He and fellow chefs Mark and Daz search for exotic flavours in Cabramatta.

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 Cook With Luke CC G

Your home of quick, tasty, good food. Cooking healthy and delicious meals has never been easier with Luke Hines in your kitchen.

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.

04:30 pm Taste Of Australia - BBQ Special CC G

ALL NEW EPISODES

Manly Cove

Hayden starts the day with an early morning run with his running club, before he gets his BBQ on to serve up a glazed salmon side, hot pork rolls, and a mushroom and ricotta pizza.



SYDNEY PROGRAM GUIDE

Sunday 15th 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.

06:30 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,
Mature Themes

ALL NEW EPISODES

Family First

The shooting of a corrections officer leads the team to an ex-Marine who has gone rogue ever since he returned from Afghanistan. Tiff's sister looks to her for guidance when their brother lashes out.

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

09:30 pm NCIS: Hawaii (Rpt)

CC M
Violence,
Mature Themes

Desperate Measures

When Commander Chase is abducted from her home by an Army Ranger accused of murder, the NCIS team must act quickly to find her and the suspect.

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

10:30 pm To Be Advised

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



SYDNEY PROGRAM GUIDE

Sunday 15th October 2023

01:30 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 Burseson.



SYDNEY PROGRAM GUIDE

Monday 16th October 2023

06:00 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!
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	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.
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	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.
09:00 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 is stunned when Carter reveals how Eric's new line will impact Forrester Creations. Meanwhile, Finn demands that Liam stop interfering in his marriage.
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 16th October 2023

01:00 pm Dr Phil (Rpt)

CC PG
Coarse Language,
Mature Themes

South Florida neighbours are furious at animal lover Darren, who feeds green iguanas that destroy people's yards and plants and damage their property. Will Darren change his ways? Find out today.

02:00 pm To Be Advised

03:10 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
Mild Themes

ALL NEW EPISODES

R.J. is torn between Eric and Ridge. Meanwhile, Taylor counsels Finn about Steffy and his family.

04:30 pm Neighbours

CC PG
Mature Themes

ALL NEW EPISODES

The Kennedys find themselves questioning their allegiances. Wendy is forced into an uncomfortable situation. Mackenzie finds herself at the center of a dangerous ticking time-bomb.

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 16th October 2023

ALL NEW EPISODES

07:30 pm The Masked Singer Australia **NO CC**

ALL NEW EPISODES

08:40 pm Have You Been Paying Attention? CC M
Sexual References, Coarse Language, Mature Themes, Nudity, May Contain:

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

ALL NEW EPISODES

09:40 pm The Betoota Advocate Presents CC M
Sexual References, Coarse Language, Mature Themes

The Hillsong Story: Houston We Have A Problem
The Betoota Advocate explores the rise and fall of Hillsong founder, Brian Houston. Clancy & Errol attempt to show how an unremarkable pastor became the leader of one of the world's biggest churches

10:40 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 FBI: Most Wanted (Rpt) CC M
Violence

Winner
Soon after a killer jumps bail and escapes trial, he goes on a murder spree, leading to the fugitive task force partnering with bail bondsperson Jackie Ward in order to track him down.

Starring: Julian McMahon, Kellan Lutz, Roxy Sternberg

Guest Starring: Amy Carlson, Jen Landon, Brooke Smith

SPECIAL ENCORE PRESENTATION

12:30 am The Project Encore (Rpt) CC

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

01:30 am The Late Show With Stephen Colbert CC PG

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



SYDNEY PROGRAM GUIDE

Monday 16th October 2023

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

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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 17th October 2023

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			SPECIAL ENCORE PRESENTATION
07:30 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.
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	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.
09:00 am	The Bold & The Beautiful (Rpt)	CC PG Mild Themes	R.J. is torn between Eric and Ridge. Meanwhile, Taylor counsels Finn about Steffy and his family.
			SPECIAL ENCORE PRESENTATION
09:30 am	Neighbours Encore (Rpt)	CC PG Mature Themes	The Kennedys find themselves questioning their allegiances. Wendy is forced into an uncomfortable situation. Mackenzie finds herself at the center of a dangerous ticking time-bomb.
			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

Tuesday 17th October 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

Social media companies should be held accountable for what experts warn is a link between heavy social media use and childrens' mental health issues including eating disorders, depression and suicide.

02:00 pm To Be Advised

ALL NEW EPISODES

03:10 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

Taylor surprises Ridge and Brooke with her return to Los Angeles. Meanwile, Deacon makes a life-altering decision.

04:30 pm Neighbours

CC PG
Mature Themes

ALL NEW EPISODES

Byron steps outside of his comfort zone as two worlds collide. Mackenzie's faith is restored, but not everyone shares her confidence. Toadie raises concerns that could threaten his marriage.

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

Tuesday 17th 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 Shark Tank

CC G

SEASON FINALE

In tonight's thrilling season finale, each Shark will dive headfirst into new, innovative, and extraordinary products, including a new sunscreen for children and a suit hire rental business.

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,
Mature Themes

Turkey Trot

After an unknown shooter causes chaos at an annual Thanksgiving 5K, time is of the essence for the NCIS team to find the culprit. Kasie joins Knight for Thanksgiving lunch at Knight's sister's house.

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

10:40 pm NCIS: Hawaii (Rpt)

CC M
Violence,
Mature Themes

Desperate Measures

When Commander Chase is abducted from her home by an Army Ranger accused of murder, the NCIS team must act quickly to find her and the suspect.

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

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CC

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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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Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 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.

05:30 am Socceroos V New Zealand

CC

LIVE

Socceroos V New Zealand



SYDNEY PROGRAM GUIDE

Wednesday 18th October 2023

06:00 am	Socceroos V New Zealand (Rpt)	CC
08:15 am	My Market Kitchen (Rpt)	CC G
08:30 am	Judge Judy (Rpt)	CC PG
09:00 am	The Bold & The Beautiful (Rpt)	CC PG Mild Themes
09:30 am	Neighbours Encore (Rpt)	CC PG Mature Themes
10:00 am	Studio 10	CC PG
12:00 pm	10 News First: Midday	CC
01:00 pm	Dr Phil (Rpt)	CC PG Coarse Language, Mature Themes
02:00 pm	Shark Tank Encore (Rpt)	CC G

LIVE

Socceroos V New Zealand

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

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

Taylor surprises Ridge and Brooke with her return to Los Angeles. Meanwhile, Deacon makes a life-altering decision.

SPECIAL ENCORE PRESENTATION

Byron steps outside of his comfort zone as two worlds collide. Mackenzie's faith is restored, but not everyone shares her confidence. Toadie raises concerns that could threaten his marriage.

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.

LIVE

Catch the latest breaking news stories from around the country and the world with 10 News First: Midday.

It's no secret that children who play contact and collision sports are at risk for head trauma and concussions. But the question is, should children be allowed to play these sports?

SPECIAL ENCORE PRESENTATION

In tonight's thrilling season finale, each Shark will dive headfirst into new, innovative, and extraordinary products, including a new sunscreen for children and a suit hire rental business.



SYDNEY PROGRAM GUIDE

Wednesday 18th October 2023

03:00 pm	Entertainment Tonight	CC
03:30 pm	Everyday Gourmet With Justine Schofield	CC
04:00 pm	The Bold & The Beautiful	CC PG Sexual References, Mild Themes
04:30 pm	Neighbours	CC PG Mature Themes
05:00 pm	10 News First	CC
06:30 pm	The Project	CC
07:30 pm	The Amazing Race Australia: Celebrity	CC PG Coarse Language
09:00 pm	Heat	CC M Sex Scenes, Coarse Language, Drug Use

ALL NEW EPISODES

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

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.

ALL NEW EPISODES

Shocked to learn that Thomas and Hope are sleeping together, Taylor takes action.

ALL NEW EPISODES

Paul comes up against a hard line of questioning. Byron makes a shock admission that threatens his relationship. Mackenzie's besties are determined to find out more about the new spark in her life.

LIVE

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

ALL NEW EPISODES

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

ALL NEW EPISODES

The race continues as our celebs push on without a break. After a day of hustle and heat our stars camp on the beach. When the teams fly to Penang, it'll be the end of the line for one battling pair.

ALL NEW EPISODES

Tom witnesses his mother's betrayal and Brad's obsession with his sister, resulting in a life and death pursuit into the smoky wilderness as the bushfire races towards the property.



SYDNEY PROGRAM GUIDE

Wednesday 18th October 2023

10:00 pm So Help Me Todd

CC PG
Violence

ALL NEW EPISODES

86'd

Margaret goes undercover as a dishwasher after a hostile work environment lawsuit against a Michelin-starred restaurant unexpectedly turns into a murder trial when the head chef is found dead.

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)

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02:00 am Home Shopping (Rpt)

Home Shopping

02:30 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 Bursleson.



SYDNEY PROGRAM GUIDE

Thursday 19th October 2023

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06:30 am	My Market Kitchen (Rpt)	CC G	Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes.
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09:00 am	The Bold & The Beautiful (Rpt)	CC PG Sexual References, Mild Themes	Shocked to learn that Thomas and Hope are sleeping together, Taylor takes action.
09:30 am	Neighbours Encore (Rpt)	CC PG Mature Themes	SPECIAL ENCORE PRESENTATION Paul comes up against a hard line of questioning. Byron makes a shock admission that threatens his relationship. Mackenzie's besties are determined to find out more about the new spark in her life.
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.



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Thursday 19th October 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

Alex Murdaugh was just convicted of the murders of his wife and youngest son. We hear from one of the jurors and learn how the timeline of the night of the murders was so crucial in his conviction.

02:00 pm To Be Advised

ALL NEW EPISODES

03:30 pm Everyday Gourmet With Justine Schofield CC

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
Mature Themes

ALL NEW EPISODES

04:30 pm Neighbours CC PG
Mature Themes

ALL NEW EPISODES

The Varga-Murphy's past comes back to haunt them in a violent display. Reece is troubled by a personal discovery. Terese is pushed well and truly outside of her comfort zone.

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 Amazing Race Australia: Celebrity CC

ALL NEW EPISODES

Our Celebrities are racing in George Town, the vibrant capital of the Malaysian island, Penang, where a daring detour choice leaves more than one team feeling queasy!



SYDNEY PROGRAM GUIDE

Thursday 19th October 2023

08:40 pm Gogglebox Australia CC

ALL NEW EPISODES

Australia's favourite friends and families are here to dissect another week of TV, as the Goggleboxers laugh, shout, cry and increasingly argue about what appeared on television this week.

09:40 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

The ONE You Feed

A group of teens terrorizing tourists has the SVU squad working overtime when Chief McGrath teams them up with the Bronx gang unit to track down the perps. Rollins struggles on her return to work

Starring: Mariska Hargitay, Ice T , Kelli Giddish, Peter Scanavino, Octavio Pisano, Molly Burnett

11:30 pm The Project Encore (Rpt) CC

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

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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

Friday 20th October 2023

01:00 pm Dr Phil (Rpt)

CC PG
Mature Themes

Dr. Phil and a panel of experts analyze Alex Murdaugh's behaviour during his double murder trial and breakdown his body language, including three key behaviours that they say were glaring red flags.

02:00 pm To Be Advised

ALL NEW EPISODES

03:10 pm Entertainment Tonight

CC

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

ALL NEW EPISODES

03:30 pm Everyday Gourmet With Justine Schofield

CC

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.

ALL NEW EPISODES

04:30 pm The Bold & The Beautiful

CC PG
Mild Themes

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.

07:30 pm The Graham Norton Show

**NO
CC**

SPECIAL ENCORE PRESENTATION

08:30 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!



SYDNEY PROGRAM GUIDE

Friday 20th October 2023

09:30 pm The Graham Norton Show (Rpt) CC PG
Mature Themes

It's a show jam-packed with talent as Graham has fun on the couch with Daniel Craig, Clive Myrie, Sir Ian McKellen and John Bishop. Plus, Charlie Puth performs his song "Loser".

10:30 pm Road To The Melbourne Cup Carnival CC

ALL NEW EPISODES

Road To The Melbourne Cup Carnival

Join Michael Felgate, Glen Boss, Britt Taylor and David Gately as they delve into the Melbourne Cup Carnival's history, colour and examine the contenders for the 2023 race that stops a nation

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



SYDNEY PROGRAM GUIDE

Friday 20th October 2023

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 21st October 2023

06:00 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!

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

ALL NEW EPISODES **2342 Defending A Lion, Part 01**

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 G

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) CC

SPECIAL ENCORE PRESENTATION

Road To The Melbourne Cup Carnival

Join Michael Felgate, Glen Boss, Britt Taylor and David Gately as they delve into the Melbourne Cup Carnival's history, colour and examine the contenders for the 2023 race that stops a nation

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 Everyday Gourmet With Justine Schofield (Rpt) CC

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

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.



SYDNEY PROGRAM GUIDE

Saturday 21st October 2023

12:00 pm 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.

12:30 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.

01:00 pm 2023 Australian Motorcycle Grand Prix CC

LIVE

Round 17 Australian Motorcycle Grand Prix

04:00 pm My Market Kitchen CC

ALL NEW EPISODES

Celebrity Cook and successful Restaurateur Laura Sharrad is joined by a variety of chefs and food producers in the iconic Prahran Market cooking a variety of delicious and easy to follow recipes.

04:30 pm Food Trail: South Africa CC G

ALL NEW EPISODES

Beyond Blyde Canyon

As the final stanza in Warren's Food Trail of South Africa, he'll take a chopper ride over the largest canyon in Africa, whip up a biltong quiche and create a hearty vegetable soup.

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

South Africa

MasterChef's Melissa Leong and Camera Daddo take on the thrill of South Africa - from helicopter rides to close encounters with lions on safari.

06:30 pm The Dog House Australia (Rpt) CC PG
Mild Themes

How will flat mates Mercedes and Jason decide between exotic Catahoula pups Brynn and Bristol? And Is Vada a cattle x bull mastiff the right dog for Correan and her adorable son Rocco?



SYDNEY PROGRAM GUIDE

Saturday 21st October 2023

07:30 pm The Dog House Australia (Rpt)

CC PG
Mature Themes

After a terrible ordeal, will Goober's drool be too much for Scott and Adelaide? Can Mary and Danielle heal Coke's broken heart and in the battle of small dog vs big dog - will Paul or Samuel win?

08:30 pm Mission Impossible III (Rpt)(2006)

CC M
Action Violence

MOVIE

Retired IMF agent Ethan Hunt faces the toughest foe of his career: a cunning and ruthless international arms broker who threatens Hunt and all that he holds dear – including the woman Hunt loves.

Starring: Tom Cruise, Philip Seymour Hoffman, Ving Rhames, Michelle Monaghan, Simon Pegg

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

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 21st October 2023

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am Authentic

CC PG

ALL NEW EPISODES

We're talking about death, because, you know, your turn is definitely coming. Host: Shawn Boonstra.

05:00 am Hour Of Power

G

ALL NEW EPISODES