



SYDNEY PROGRAM GUIDE

Sunday 29th 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

102923 Live Like You Were Dying

Since Christ will return at any moment, how should we live as we wait for His return? Thankfully, God's Word gives us insight and wisdom in answer to this question.

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

ALL NEW EPISODES

496 - Why Does God Allow Delays?

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 Healthy Homes (Rpt) CC G

Home, garden, lifestyle or build - Walt Collins and Dani Wales have got it covered. From a room make-over to the latest idea, innovation, power tool, pool, building or construction.

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 My Market Kitchen (Rpt) CC G

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.



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Sunday 29th 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 The Amazing Race Australia: Celebrity CC
(Rpt)

SPECIAL ENCORE PRESENTATION

The final five celeb teams visit a floating village on Tonle Sap in Cambodia, to learn a song in Khmer, and harvest local food sources. Relationships are tested ending in a tense race to the pitstop.

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 Everyday Gourmet With Justine Schofield (Rpt) CC G

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

02:00 pm Food Trail: South Africa (Rpt) CC G

Kruger Safari

Warren's first stop is the inimitable Kruger Shalati or "Train on the Bridge", where he shows us the incredible structure, indulges in an unforgettable safari and cooks up a delectable dessert.

02:30 pm Australia By Design: Architecture CC G

ALL NEW EPISODES

Now in it's sixth season, Australia By Design: Architecture uncovers the outstanding projects that exemplify excellence in Australian architectural, interior, landscape and urban design.

03:00 pm Cook With Luke CC G

ALL NEW EPISODES

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 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.



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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	<p>LIVE</p> <p>Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.</p>
06:00 pm Football: Matildas V Philippines (Rpt)	CC	<p>LIVE</p> <p><u>Matildas V Philippines</u></p> <p>Tune in and catch all the AFC Olympic Qualifiers action, as our Matildas take on Philippines from Optus Stadium, Perth. Kick-Off starts 6:00PM (AEDT).</p>
08:00 pm The Sunday Project	CC	<p>ALL NEW EPISODES</p> <p>Join The Sunday Project hosts as they dissect and digest the daily news, events and hottest topics.</p>
09:00 pm The Graham Norton Show	CC	<p>ALL NEW EPISODES</p> <p>Together on Graham's sofa tonight: Judi Dench discusses her book, the Terminator himself Arnold Schwarzenegger, Jack Whitehall, Jay Blades talks about his memoir & music from the legendary Duran Duran</p>
10:00 pm FBI	CC M Violence	<p>ALL NEW EPISODES</p> <p><u>Obligation</u></p> <p>When the deputy commander of an Air National Guard Base is kidnapped and forced to give over missile access codes, the team must work quickly to find the suspect along with stolen ammunition.</p> <p>Starring: Zeeko Zaki, Missy Peregrym, Jeremy Sisto, John Boyd, Katherine Renee Kane, Alana De La Garza</p>
11:00 pm NCIS: Hawaii (Rpt)	CC M Violence	<p><u>Rising Sun</u></p> <p>When Pike is ambushed while working undercover with a Japanese crime family, the team must find the person responsible. Kai goes deeper into his investigation regarding an old friend turned criminal.</p> <p>Starring: Vanessa Lachey, Alex Tarrant, Noah Mills, Yasmine Al-Bustami, Jason Antoon, Tori Anderson</p>



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Sunday 29th October 2023

12:00 am Heat Encore (Rpt)

CC M
Violence,
Sexual References,
Coarse Language,
Drug References

SPECIAL ENCORE PRESENTATION

Fuelled by anger after Sarah confesses her affair, Steve confronts Brad as the fire moves at a deadly pace toward the house. Who will get out alive?

01:00 am 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.

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 30th October 2023

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Akbar Gbajabiamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day.

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

Intrigued, R.J. becomes determined to learn Luna's life story. Meanwhile, Hope is floored when the truth about Sheila and Deacon is revealed.

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 30th October 2023

01:00 pm Dr Phil (Rpt)

CC PG
Mature Themes

The DEA warns that over-prescription of ADHD medication could be as bad as the opioid crisis. Doctors and parents of formerly wayward boys discuss whether kids are over-diagnosed and over-medicated.

SPECIAL ENCORE PRESENTATION

Tonight, our masks pay tribute to Heroes, Legends and Icons. Our final five are some of the best singers ever to grace The Masked Singer stage and everyone wants that golden trophy at the Grand Final.

02:00 pm The Masked Singer Australia Encore (Rpt)

CC

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 Neighbours

CC PG
Mature Themes

ALL NEW EPISODES

Remi faces a potentially deadly threat, throwing the Varga-Murphy's lives into turmoil. Haz and Holly come face to face with Holly's violent ex, putting their safety on the line.

04:30 pm The Bold & The Beautiful

CC PG
Mild Themes

ALL NEW EPISODES

Deacon valiantly attempts to diffuse the situation with Hope. Meanwhile, R.J. and Luna's romance burgeons, and they share a kiss.

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

Monday 30th 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 The Masked Singer Australia

CC

ALL NEW EPISODES

Oops, we did it again! A new Wild Card is sailing in and is not holding back. Is it too late to upset the competition and send one of our final four home? Or will this Wild Card be a one show wonder?

08:40 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!

09:40 pm The Betoota Advocate Presents

CC M

Coarse Language

ALL NEW EPISODES

Australia's Biggest Racing Scandal: Fine Cotton

The Betoota Advocate explores the biggest gambling scandal in Australia's history. It's a story that involves corrupt cops, crooks and a can of spray paint.

10:40 pm FBI: Most Wanted (Rpt)

CC M

Frequent Violence

Spiderwebs

The FBI's quest for answers uncovers a web of conspiracy after Crosby's old army buddy is attacked in an apparent drug deal gone wrong, while two gang members are brutally killed by a prison guard.

Starring: Julian McMahon, Kellan Lutz, Roxy Sternberg, Keisha Castle-Hughes, Miguel Gomez, Jen Landon

11:40 pm FBI: Most Wanted (Rpt)

CC M

Strong Violence

Obstruction

After a double murder takes place in a small town, the team goes after a vigilante who is relying on dubious internet reports to exact revenge on suspects in the name of justice.

Starring: Julian McMahon, Kellan Lutz, Roxy Sternberg, Keisha Castle-Hughes, Miguel Gomez, Jen Landon

12:30 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.



SYDNEY PROGRAM GUIDE

Monday 30th October 2023

01:30 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.

02:30 am Home Shopping (Rpt)

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03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 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

Tuesday 31st October 2023

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Akbar Gbajabiamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day.

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.

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SPECIAL ENCORE PRESENTATION

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

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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

Deacon valiantly attempts to diffuse the situation with Hope. Meanwhile, R.J. and Luna's romance burgeons, and they share a kiss.

09:30 am Neighbours Encore (Rpt)

CC PG
Mature Themes

SPECIAL ENCORE PRESENTATION

Remi faces a potentially deadly threat, throwing the Varga-Murphy's lives into turmoil. Haz and Holly come face to face with Holly's violent ex, putting their safety on the line.

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 31st 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

Dr. Phil shows parents the reality of what many teens are doing behind the wheels of their vehicles and offers advice on what they can do to keep their teenagers safe on the road.

02:00 pm The Masked Singer Australia Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

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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 Neighbours CC PG
Mature Themes

ALL NEW EPISODES

JJ drops a bombshell that throws the Varga-Murphys and the Rodwells into survival mode. Haz struggles to grapple with his priorities, leading to a personal cross-roads.

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

ALL NEW EPISODES

Finn and Hope commiserate over their parents being in love. Hope confides in Ridge and Brooke, hoping they will stop Deacon from doing something he will regret.



SYDNEY PROGRAM GUIDE

Tuesday 31st 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 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 Masked Singer Australia

CC

ALL NEW EPISODES

Time for the semi-finals! Who will make Grand Finale? Four masks remain who will be saying goodbye tonight?

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

Too Many Cooks

NCIS agents from L.A., Washington and Hawai'i are all in D.C. to attend the retirement party of a beloved training centre professor, but find themselves jointly investigating his shocking suicide.

Starring: Gary Cole, Sean Murray, David McCallum

Guest Starring: Chris O'Donnell, LI Cool J , Vanessa Lachey

10:40 pm NCIS: Hawaii (Rpt)

CC M
Violence

Deep Fake

Jane, Jimmy Palmer and Sam Hanna get captured in D.C. by a woman claiming to be a CIA agent demanding intel from the team, and it all ties into the mysterious apparent suicide of the professor.

Starring: Vanessa Lachey, Alex Tarrant

Guest Starring: Gary Cole, Chris O'Donnell, LI Cool J , Brian Dietzen

11:30 pm NCIS: Los Angeles (Rpt)

CC M
Violence

Long Time Coming, A

The NCIS team learn that all their members have a \$200,000 bounty on their heads, and must swing into action to save Agent Rountree while every cartel, hit man, gang and psychopath hunts them down.

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



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12:30 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.

01:30 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.

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

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04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS Mornings CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Wednesday 01st November 2023

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Akbar Gbajabiamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am Farm To Fork (Rpt)

CC G

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

07:30 am 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 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

Finn and Hope commiserate over their parents being in love. Hope confides in Ridge and Brooke, hoping they will stop Deacon from doing something he will regret.

09:30 am Neighbours Encore (Rpt)

CC PG
Mature Themes

SPECIAL ENCORE PRESENTATION

JJ drops a bombshell that throws the Varga-Murphys and the Rodwells into survival mode. Haz struggles to grapple with his priorities, leading to a personal cross-roads.

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

Wednesday 01st November 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

What really happens behind closed doors when caregivers think no one is watching? Dr. Phil is joined by families who claim they have experienced horrific situations at the hands of daycare providers.

02:00 pm The Masked Singer Australia Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Time for the semi-finals! Who will make Grand Finale? Four masks remain who will be saying goodbye tonight?

03:10 pm Entertainment Tonight

CC

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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 Neighbours

CC PG
Mature Themes

ALL NEW EPISODES

Reece's search is spurred forward by a promising new lead. Sadie is concerned by an unsettling new development. Nell overhears something that can only lead to trouble.

04:30 pm The Bold & The Beautiful

CC PG
Mild Themes

ALL NEW EPISODES

Ridge comes clean to Brooke that he was already aware of Sheila and Deacon's love affair. Brooke and Ridge confront Deacon.

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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Wednesday 01st November 2023

06:30 pm	The Project	CC
07:30 pm	The Amazing Race Australia: Celebrity	CC
09:00 pm	Football: Matildas V Chinese Taipei	CC
12:30 am	The Project Encore (Rpt)	CC
01:30 am	The Late Show With Stephen Colbert	CC PG
02:30 am	Home Shopping (Rpt)	
03:00 am	Home Shopping (Rpt)	
03:30 am	Home Shopping (Rpt)	
04:00 am	Home Shopping (Rpt)	
04:30 am	CBS Mornings	CC

ALL NEW EPISODES

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

ALL NEW EPISODES

In an elimination leg, our top five celebrity teams' journey through Cambodia's second-largest city, Siem Reap, in the tightest race to the finish yet.

LIVE

Matildas V Chinese Taipei

Tune in and catch all the AFC Olympic Qualifiers action, as our Matildas take on Chinese Taipei from HBF Park, Perth. Kick-Off starts 10:00PM (AEDT).

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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.

Home Shopping

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



SYDNEY PROGRAM GUIDE

Thursday 02nd November 2023

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Akbar Gbajabiamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am Farm To Fork (Rpt)

CC G

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

07:30 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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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 Judge Judy (Rpt)

CC PG

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09:00 am The Bold & The Beautiful (Rpt)

CC PG
Mild Themes

Ridge comes clean to Brooke that he was already aware of Sheila and Deacon's love affair. Brooke and Ridge confront Deacon.

09:30 am Neighbours Encore (Rpt)

CC PG
Mature Themes

SPECIAL ENCORE PRESENTATION

Reece's search is spurred forward by a promising new lead. Sadie is concerned by an unsettling new development. Nell overhears something that can only lead to trouble.

10:00 am Studio 10

CC PG

LIVE

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SYDNEY PROGRAM GUIDE

Thursday 02nd November 2023

12:00 pm 10 News First: Midday CC

LIVE

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01:00 pm Dr Phil

SPECIAL ENCORE PRESENTATION

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02:00 pm The Amazing Race Australia: Celebrity CC
(Rpt)

ALL NEW EPISODES

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03:30 pm Everyday Gourmet With Justine Schofield CC

ALL NEW EPISODES

The pressure on Reece mounts as people start asking questions. Nell struggles to keep her story straight. Paul plays with fire in his mission to keep control over Lassiters.

04:00 pm Neighbours CC PG
Mature Themes

ALL NEW EPISODES

LIVE

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

04:30 pm The Bold & The Beautiful CC PG
Sexual References,
Mature Themes

05:00 pm 10 News First CC

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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

Thursday 02nd November 2023

07:30 pm The Amazing Race Australia: Celebrity CC

ALL NEW EPISODES

Our celebrities embark on an adventure through Borneo with the grand final within sight. Teams will risk it all as the race goes to a whole new level.

08:40 pm Law & Order: S.V.U (Rpt)

CC M
Violence,
Mature Themes

Mirror Effect

Benson tries to help a pop star in a volatile relationship, Rollins struggles with taking the stress of work home with her, and Fin teaches rookie Grace Muncy a lesson in respecting fellow officers.

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

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 Blue Bloods (Rpt)

CC M
Violence

Keeping The Faith

The job takes a dangerous turn as Eddie and Jamie face tragedy while dealing with a domestic violence case. Frank goes on a mission to take an unfiltered look at the city and Erin's ex makes an offer.

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

11:30 pm The Project Encore (Rpt)

CC

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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

Friday 03rd November 2023

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Akbar Gbajabiamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am Farm To Fork (Rpt)

CC G

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

07:30 am 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.

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
Sexual References,
Mature Themes

SPECIAL ENCORE PRESENTATION

09:30 am Neighbours Encore (Rpt)

CC PG
Mature Themes

The pressure on Reece mounts as people start asking questions. Nell struggles to keep her story straight. Paul plays with fire in his mission to keep control over Lassiters.

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 03rd November 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

SPECIAL ENCORE PRESENTATION

02:00 pm The Amazing Race Australia: Celebrity (Rpt) CC

Our celebrities embark on an adventure through Borneo with the grand final within sight. Teams will risk it all as the race goes to a whole new level.

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 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
Mature 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 To Be Advised



SYDNEY PROGRAM GUIDE

Friday 03rd November 2023

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!

09:30 pm The Graham Norton Show (Rpt)

CC M
Sexual References,
Coarse Language

Graham is joined by actors Cate Blanchett and Margot Robbie, comedian Alan Carr and West End star Beverley Knight. With music from RAYE, who performs her single Thrill Is Gone.

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 and 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

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.

01:00 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

Friday 03rd November 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 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 04th November 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

2344 Defending A Lion, Part 03

Religious.

07:00 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.

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 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 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 and colour, and examine the contenders for the 2023 race that stops a nation

09:00 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.

11:00 am To Be Advised

LIVE

11:30 am Penfolds Victoria Derby Day CC

Penfolds Victoria Derby Day

LIVE

06:00 pm 10 News First CC

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



SYDNEY PROGRAM GUIDE

Saturday 04th November 2023

07:00 pm Jamie Cooks The Mediterranean CC G

ALL NEW EPISODES

Tunisia

Jamie is exploring Tunisia to meet traditional couscous makers, eat delicious street food and is invited to cook with local chefs. Jamie cooks crispy prawn parcels and a chicken & merguez sausage stew

08:00 pm Mission Impossible: Rogue Nation (Rpt) CC M
(2015) Action Violence

MOVIE

Ethan Hunt and his team take on their most impossible mission yet, eradicating the Syndicate – a shadowy rogue organization of highly-trained international assassins committed to destroying the IMF.

Starring: Tom Cruise, Jeremy Renner, Rebecca Ferguson, Simon Pegg, Ving Rhames

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 Blue Bloods (Rpt) CC M
Violence

Keeping The Faith

The job takes a dangerous turn as Eddie and Jamie face tragedy while dealing with a domestic violence case. Frank goes on a mission to take an unfiltered look at the city and Erin's ex makes an offer.

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

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



SYDNEY PROGRAM GUIDE

Saturday 04th November 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 Authentic

CC PG

ALL NEW EPISODES

Turns out medieval thinking and superstition still plague modern religion. Shawn Boonstra explores how the backstory can help you find a more meaningful life today.

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.