



SYDNEY PROGRAM GUIDE

Sunday 03rd July 2022

06:00 am Mass For You At Home

CC G

ALL NEW EPISODES

Weekly Catholic Mass for those unable to travel to church.

06:30 am Turning Point With David Jeremiah

CC PG
Mature Themes

ALL NEW EPISODES

After hearing from Epaphras about the false teaching that was infiltrating the church in Colossae, Paul wrote to them to remind them of the superiority of Christ.

07:00 am Joseph Prince

CC G

ALL NEW EPISODES

429 - Leadership Keys

Religious program.

07:30 am Joel Osteen

CC G

ALL NEW EPISODES

Religious.

08:00 am Good Chef Bad Chef (Rpt)

CC G

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

08:30 am The Living Room Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Baz makes a cameo in our favourite soap, Neighbours. Miguel passes on his training tips with trainer Shannan Ponton and Chris meets a very special Labrador. Plus, funnyman Jimeoin drops in for dinner!

09:30 am Studio 10: Sunday

CC PG

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

12:00 pm MasterChef Australia Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Split into teams of two, contestants select two ingredients from two pantries but can't see what their teammate is choosing. Teams will cook a dish using their four ingredients for a shot at immunity.



SYDNEY PROGRAM GUIDE

Sunday 03rd July 2022

01:15 pm MasterChef Australia Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

Today, contestants purchase their ingredients, using time as their currency. The more ingredients they purchase, the less time on the clock. For an immunity taste, they have no time to waste!

02:30 pm Destination Dessert (Rpt) CC G

Join us as we travel across Australia, taking the roads less travelled, supporting local businesses and discovering a world of flavour and adventure in our own backyard.

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

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

03:30 pm Bondi Rescue (Rpt) CC PG
Coarse Language

In the throes of massive swell and unpredictable weather, the Bondi lifeguards push each other to their limits in the annual lifeguard challenge.

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 With Hayden Quinn CC

ALL NEW EPISODES

Taste of Australia with Hayden Quinn explores the unique personalities shaping the food scene in Australia. Experience the characters, produce and creative forces contributing to our food culture.

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.



SYDNEY PROGRAM GUIDE

Sunday 03rd July 2022

07:30 pm MasterChef Australia

CC

ALL NEW EPISODES

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

09:00 pm NCIS: Hawaii

CC M
Violence

ALL NEW EPISODES

Gaijin

When a Japanese sailor is murdered on American soil, the NCIS team must find the killer before the wrong person is accused and the case triggers a diplomatic crisis.

Starring: Vanessa Lachey, Alex Tarrant, Enver Gjokaj, Noah Mills, Yasmine Al-Bustami, Jason Antoon

10:00 pm FBI (Rpt)

CC M
Violence

American Idol

A front-running female presidential candidate is targeted with a car bomb, and OA and Maggie must hurry to track down the bomber before they strike again.

Starring: Missy Peregrin, Zeeko Zaki, Jeremy Sisto, Alana De La Garza, Ebonée Noel

Guest Starring: Sasha Alexander

11:00 pm The Sunday Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

12:00 am Home Shopping (Rpt)

Home Shopping

12:30 am Home Shopping (Rpt)

Home Shopping

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Sunday 03rd July 2022

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 04th July 2022

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

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

07:00 am Judge Judy (Rpt)

CC PG

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

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

SPECIAL ENCORE PRESENTATION

Eric promises a bright future to an overjoyed Donna. Quinn and Bridget learn a shocking truth about Eric's pickleball "exercise."

08:00 am 10 News First: Breakfast

CC

LIVE

Get ready for the day with the latest news from the 10 News First: Breakfast team.

08:30 am Studio 10

CC PG

LIVE

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

12:00 pm Dr Phil (Rpt)

CC PG
Mature Themes

ALL NEW EPISODES

More than three decades after New York undercover Detective Dennis Wustenhoff's murder, his family claims they know who killed their beloved husband and father – and they want justice.

01:00 pm MasterChef Australia Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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



SYDNEY PROGRAM GUIDE

Monday 04th July 2022

02:30 pm Entertainment Tonight CC

ALL NEW EPISODES

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

03:00 pm Judge Judy (Rpt) CC PG

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

03:30 pm My Market Kitchen CC

ALL NEW EPISODES

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

04:00 pm Everyday Gourmet With Justine Schofield CC

ALL NEW EPISODES

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

04:30 pm The Bold & The Beautiful CC

ALL NEW EPISODES

Quinn and Bridget bust Eric and Donna in bed! As Carter and Paris' wedding begins, Quinn grapples with having lost her two true loves.

05:00 pm 10 News First CC

LIVE

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

06:30 pm The Project CC

ALL NEW EPISODES

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

07:30 pm MasterChef Australia CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Monday 04th July 2022

08:40 pm Have You Been Paying Attention?

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

ALL NEW EPISODES

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

09:40 pm Celia Pacquola: Let Me Know How It All Works Out

CC M
Sexual References,
Coarse Language

SPECIAL EVENT

Celia Pacquola: Let Me Know How IT All Works Out

Celia Pacquola has always been obsessed with the future but plans for none of it. Watch it now...you could get hit by a bus tomorrow.

11:10 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.

12:10 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

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

Monday 04th July 2022

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 05th July 2022

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

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

07:00 am Judge Judy (Rpt)

CC PG

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

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

CC

SPECIAL ENCORE PRESENTATION

Quinn and Bridget bust Eric and Donna in bed! As Carter and Paris' wedding begins, Quinn grapples with having lost her two true loves.

08:00 am 10 News First: Breakfast

CC

LIVE

Get ready for the day with the latest news from the 10 News First: Breakfast team.

08:30 am Studio 10

CC PG

LIVE

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

12:00 pm Dr Phil (Rpt)

CC PG
Mature Themes

ALL NEW EPISODES

5-year-old Summer Wells vanished from her home in 2021, and her parents claim that she was abducted. Were they involved in Summer's disappearance? Body language experts analyse Don and Candus Wells.

01:00 pm MasterChef Australia Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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



SYDNEY PROGRAM GUIDE

Tuesday 05th July 2022

02:10 pm Entertainment Tonight CC

ALL NEW EPISODES

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

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.

03:00 pm Judge Judy (Rpt) CC PG

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

03:30 pm My Market Kitchen CC

ALL NEW EPISODES

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

04:00 pm Everyday Gourmet With Justine Schofield CC

ALL NEW EPISODES

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

04:30 pm The Bold & The Beautiful CC

ALL NEW EPISODES

05:00 pm 10 News First CC

LIVE

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

06:30 pm The Project CC

ALL NEW EPISODES

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

07:30 pm MasterChef Australia CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Tuesday 05th July 2022

08:40 pm The Cheap Seats

CC M
Coarse Language,
Mature Themes,
May Contain:

ALL NEW EPISODES

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

09:40 pm NCIS (Rpt)

CC M
Violence

Head Of The Snake

Gibbs and Fornell's crusade to find the head of the drug ring responsible for Fornell's daughter's overdose comes to a climax.

Starring: Mark Harmon, Sean Murray, Wilmer Valderrama

10:40 pm NCIS (Rpt)

CC M

1mm

Following a tip about smuggled weapons, Bishop and Torres engage in a shootout in a former sheriff's residence, only to find themselves locked in abandoned jail cells there.

Starring: Mark Harmon, Sean Murray, Wilmer Valderrama

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.

12:40 am The Late Show With Stephen Colbert

CC PG

ALL NEW EPISODES

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

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Tuesday 05th July 2022

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 06th July 2022

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

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

07:00 am Judge Judy (Rpt)

CC PG

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

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

CC

SPECIAL ENCORE PRESENTATION

08:00 am 10 News First: Breakfast

CC

LIVE

Get ready for the day with the latest news from the 10 News First: Breakfast team.

08:30 am Studio 10

CC PG

LIVE

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

12:00 pm Dr Phil (Rpt)

CC PG
Mature Themes

ALL NEW EPISODES

Don and Candus Wells speak out as Dr. Phil digs deeper into the story of 5-year-old Summer Well's disappearance, to discover whether there is any new information that might help solve the mystery.

01:00 pm MasterChef Australia Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

02:10 pm Entertainment Tonight

CC

ALL NEW EPISODES

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SYDNEY PROGRAM GUIDE

Wednesday 06th July 2022

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.
03:00 pm	Judge Judy (Rpt)	CC PG	Welcome to the court room of Judge Judith Sheindlin, the cases are real, the people are real and the rulings are final.
03:30 pm	My Market Kitchen	CC	ALL NEW EPISODES Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes.
04:00 pm	Everyday Gourmet With Justine Schofield	CC	ALL NEW EPISODES Justine Schofield along with special guests, present a variety of delicious recipes for the home cook.
04:30 pm	The Bold & The Beautiful	CC	ALL NEW EPISODES
05:00 pm	10 News First	CC	LIVE Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.
06:30 pm	The Project	CC	ALL NEW EPISODES Join the Project hosts as they dissect and digest the daily news, events and hottest topics.
07:30 pm	MasterChef Australia	CC	ALL NEW EPISODES The MasterChef kitchen welcomes 12 emerging home cooks and 12 of MasterChef's most loved past contestants. Together they will share their love of food and compete to become Australia's next MasterChef
08:45 pm	Five Bedrooms	CC M Sexual References, Coarse Language, Mature Themes	ALL NEW EPISODES <u>Three Messages</u> Flailing in his open relationship, Harry leaves a string of deeply regrettable voicemail messages on his boyfriend's phone. Starring: Kat Stewart, Stephen Peacocke, Doris Younane, Katie Robertson, Roy Joseph



SYDNEY PROGRAM GUIDE

Wednesday 06th July 2022

09:45 pm Bull (Rpt)

CC M
Violence

Wrecked

Bull and the TAC team help Taylor bring a civil suit against the woman who killed Taylor's friend in a hit-and-run when the driver evades criminal charges by claiming diplomatic immunity.

Starring: Michael Weatherly, Geneva Carr, Jaime Lee Kirchner, Chris Jackson

10:40 pm Good Sam

CC M
Mature Themes

ALL NEW EPISODES

Attachments

Sam is shocked to learn why a deep-pocketed donor is so loyal to her father, who in turn offers to mentor Sam and assure her succession – if he returns to his role as Head of Cardiothoracic Surgery.

Starring: Sophia Bush, Jason Isaacs, Skye P. Marshall, Michael Stahl-David, Wendy Crewson, Edwin Hodge, Omar Maskati

11:30 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

12:30 am The Late Show With Stephen Colbert

CC PG

ALL NEW EPISODES

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

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

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Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Wednesday 06th July 2022

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 07th July 2022

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

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

07:00 am Judge Judy (Rpt)

CC PG

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

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

CC

SPECIAL ENCORE PRESENTATION

08:00 am 10 News First: Breakfast

CC

LIVE

Get ready for the day with the latest news from the 10 News First: Breakfast team.

08:30 am Studio 10

CC PG

LIVE

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

12:00 pm Dr Phil (Rpt)

CC PG
Mature Themes

ALL NEW EPISODES

A woman who has been diagnosed with terminal cancer but strives to maintain a positive outlook on life says she is Dr. Phil's biggest fan! Dr. Phil and Robin give her inspiration and surprises!

01:00 pm MasterChef Australia Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

02:15 pm Entertainment Tonight

CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Thursday 07th July 2022

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.
03:00 pm	Judge Judy (Rpt)	CC PG	Welcome to the court room of Judge Judith Sheindlin, the cases are real, the people are real and the rulings are final.
03:30 pm	My Market Kitchen	CC	ALL NEW EPISODES Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes.
04:00 pm	Everyday Gourmet With Justine Schofield	CC	ALL NEW EPISODES Justine Schofield along with special guests, present a variety of delicious recipes for the home cook.
04:30 pm	The Bold & The Beautiful	CC	ALL NEW EPISODES
05:00 pm	10 News First	CC	LIVE Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.
06:30 pm	The Project	CC	ALL NEW EPISODES Join the Project hosts as they dissect and digest the daily news, events and hottest topics.
07:30 pm	MasterChef Australia	CC	ALL NEW EPISODES Final Masterclass The MasterChef kitchen welcomes 12 emerging home cooks and 12 of MasterChef's most loved past contestants. Together they will share their love of food and compete to become Australia's next MasterChef
08:40 pm	Law & Order: S.V.U	CC M Violence, Strong Adult Themes	ALL NEW EPISODES Eighteen Wheels A Predator The probe into a brutal sexual assault in Central Park is turned upside-down when Benson receives an anonymous confession, sending Rollins and Fin to Kentucky, where an identical victim has been found Starring: Mariska Hargitay, Ice T , Kelli Giddish, Peter Scanavino, Terry Serpico



SYDNEY PROGRAM GUIDE

Thursday 07th July 2022

09:40 pm To Be Advised

10:40 pm To Be Advised

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.

12:40 am **The Late Show With Stephen Colbert** CC PG

ALL NEW EPISODES

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

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

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

Friday 08th July 2022

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

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

07:00 am Judge Judy (Rpt)

CC PG

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

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

CC

SPECIAL ENCORE PRESENTATION

08:00 am 10 News First: Breakfast

CC

LIVE

Get ready for the day with the latest news from the 10 News First: Breakfast team.

08:30 am Studio 10

CC PG

LIVE

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

12:00 pm Dr Phil (Rpt)

CC PG
Coarse Language,
Drug References,
Mature Themes

ALL NEW EPISODES

Arianna claims that her mother Cornelia locked her in the attic, abandoned her, and once, even resorted to waterboarding. Cornelia says Arianna is lying. Can Dr. Phil help salvage this relationship?

01:00 pm The Living Room Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Baz makes a cameo in our favourite soap, Neighbours. Miguel passes on his training tips with trainer Shannan Ponton and Chris meets a very special Labrador. Plus, funnyman Jimeoin drops in for dinner!

02:00 pm Entertainment Tonight

CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Friday 08th July 2022

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.
03:00 pm	Judge Judy (Rpt)	CC PG	Welcome to the court room of Judge Judith Sheindlin, the cases are real, the people are real and the rulings are final.
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04:30 pm	The Bold & The Beautiful	CC	ALL NEW EPISODES
05:00 pm	10 News First	CC	LIVE Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.
06:30 pm	The Project	CC	ALL NEW EPISODES Join the Project hosts as they dissect and digest the daily news, events and hottest topics.
07:30 pm	The Living Room	CC	ALL NEW EPISODES
08:30 pm	To Be Advised		
09:30 pm	The Graham Norton Show (Rpt)	CC M Sexual References, Coarse Language	Join the hilarious and cheeky Graham Norton as he chats with guests Andrew Garfield, Dawn French, Channing Tatum, Rob Beckett, Johannes Radebe and Natalie Imbruglia.



SYDNEY PROGRAM GUIDE

Friday 08th July 2022

10:30 pm	Just For Laughs Uncut (Rpt)	CC M Sexual References, Coarse Language	<u>Sarah Tiana, Sammy J And Randy, Daniel Sloss And Kristen Schaal</u> Nothing is off-limits in Just For Laughs Uncut where the biggest comics showcase their raunchiest material. Comics: Sarah Tiana, Sammy J and Randy, Daniel Sloss and Kristen Schaal.
11:00 pm	Just For Laughs Australia (Rpt)	CC M Sexual References, Coarse Language	Just For Laughs Australia Stand-up comedy recorded live from the Sydney Opera House. Hosted by Nick Cody, featuring; Judith Lucy, Micky Bartlett & Randy.
11:30 pm	The Project Encore (Rpt)	CC	SPECIAL ENCORE PRESENTATION Join the Project hosts as they dissect and digest the daily news, events and hottest topics.
12:30 am	The Late Show With Stephen Colbert	CC PG	ALL NEW EPISODES Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations.
01:30 am	Home Shopping (Rpt)		<u>Home Shopping</u>
02:00 am	Home Shopping (Rpt)		<u>Home Shopping</u>
02:30 am	Home Shopping (Rpt)		<u>Home Shopping</u>
03:00 am	Home Shopping (Rpt)		<u>Home Shopping</u>
03:30 am	Home Shopping (Rpt)		<u>Home Shopping</u>
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04:30 am	Home Shopping (Rpt)		<u>Home Shopping</u>



SYDNEY PROGRAM GUIDE

Friday 08th July 2022

05:00 am Home Shopping (Rpt)

Home Shopping

05:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Saturday 09th July 2022

06:00 am Good Chef Bad Chef (Rpt) CC G

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

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

ALL NEW EPISODES

2228 - How To Live In A World Of Uncertainty (Jmy)

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

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

ALL NEW EPISODES

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

07:30 am Wildlife Rescue Australia (Rpt) CC PG
Medical Procedures

Sophia The Flying Fox

Dr Bree and the team check out a 5 week old Flying Fox with a sore wing. A Green Sea Turtle has had a run in with a boat propellor and a Python has injured himself stealing a chicken for dinner.

08:30 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!

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

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

09:30 am Studio 10: Saturday CC PG

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

12:00 pm The Living Room Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

01:00 pm The Offroad Adventure Show CC

ALL NEW EPISODES

Two old 1940's 4WD's, 1100 sand dunes, outback roads known to destroy even new 4WD's... Welcome to Simmo or Bust! An Offroad Adventure Show special.



SYDNEY PROGRAM GUIDE

Saturday 09th July 2022

02:00 pm Pooches At Play CC G

ALL NEW EPISODES

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.

02:30 pm Taste Of Australia With Hayden Quinn CC
(Rpt)

Taste of Australia with Hayden Quinn explores the unique personalities shaping the food scene in Australia. Experience the characters, produce and creative forces contributing to our food culture.

03:00 pm What's Up Down Under CC

ALL NEW EPISODES

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

04:00 pm Bondi Rescue (Rpt) CC PG
Coarse Language,
Mature Themes

The tower is on high alert when a swimmer's quick dip results in a possible spinal injury and the lifeguards farewell a much-loved member of the squad.

04:30 pm Farm To Fork (Rpt) CC PG

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

05:00 pm 10 News First CC

LIVE

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

06:00 pm Wildlife Rescue Australia CC PG
Medical Procedures

ALL NEW EPISODES

Manda The Wombat

Manda the Wombat has problems with her teeth. Cher the Squirrel Glider possum won't survive in the wild unless Dr Bree can repair her injured eye.

07:00 pm The Dog House CC PG

ALL NEW EPISODES

This week it's battle of the cutest as two very different puppies are offered to Sonia, Andy and their two girls. Plus, Winnie the Lhasa meets potential new bestie Lauren!



SYDNEY PROGRAM GUIDE

Saturday 09th July 2022

08:00 pm The Dog House (Rpt)

CC PG
Mature Themes

Follow a team of devoted matchmakers pairing homeless dogs with hopeful companions and explore the magic that can occur between people and dogs. The Dog House is heartwarming TV at its furriest.

09:00 pm Ambulance Australia (Rpt)

CC M
Coarse Language,
Drug References,
Medical Procedures

Paramedics Jeff and Tamara are called to help 92-year-old Ray, who is pinned under his mobility scooter after it tipped over, and then attend to a baby who is turning blue and struggling to breathe.

10:00 pm To Be Advised

11:00 pm My Life Is Murder (Rpt)

CC M
Drug References

Old School

Alexa's past catches up to her as she returns to her exclusive, private high school to investigate the mysterious death of her much beloved former teacher.

12:00 am My Life Is Murder (Rpt)

CC M
Violence

Remains To Be Seen

After a near-death experience, Alexa is confronted by her own mortality as she explores the "Big Death" industry to unravel the secrets of a murdered man whose body was found in someone else's grave.

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 09th July 2022

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am Authentic

PG

ALL NEW EPISODES

Authentic is the flagship television program of the Voice of Prophecy. Pastor Shawn Boonstra, pursues the deepest questions of human existence and tackles the issues we all face as humans.

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.