



SYDNEY PROGRAM GUIDE

Sunday 04th February 2024

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 Key Of David CC PG
Mature Themes

ALL NEW EPISODES

The Key of David covers today's most important events with a unique perspective. Not only does the program tell you what's happening to our society and our world, it tells you why.

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

ALL NEW EPISODES

510 - Answers For Dark Nights And Difficult Seasons

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 in Singapore, which has a congregation of more than 31,000 attendees.

07:30 am Escape Fishing With ET (Rpt) CC G

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.

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 Luca's Key Ingredient (Rpt) CC G

Luca shows us his favourite recipes using today's key ingredient, mozzarella.

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 04th February 2024

10:00 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.

10:30 am To Be Advised

12:00 pm Pat Callinan's 4x4 Adventures (Rpt) CC G

Explore Australia's most breathtaking destinations with our very own "Mr 4X4", Pat Callinan.

01:00 pm Buy To Build (Rpt) CC G

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

01:30 pm 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.

02:00 pm Cook With Luke (Rpt) CC G

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

02:30 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.

03:00 pm Roads Less Travelled CC G

A travel and Road trip series that uncovers the hidden gems in each location that we visit

03:30 pm Farm To Fork (Rpt) CC G

Courtney Roulston, Michael Weldon and Louis Tikaram take you on a food journey across Australia seeking the freshest and best produce to create inspiring recipes in the kitchen.

ALL NEW EPISODES



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Sunday 04th February 2024

04:00 pm 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!

04:30 pm Taste Of Australia With Hayden Quinn (Rpt) CC G

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

LIVE

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

07:30 pm Australian Survivor CC

ALL NEW EPISODES

09:00 pm NCIS: Hawaii (Rpt) CC M
Violence

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 NCIS: Hawaii (Rpt) CC M
Violence

The Tourist

When Tennant and NCIS are tasked with finding a kidnapped globe-trotting social media star, they find that she is not who her husband, or her followers, think she is.

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

11:00 pm To Be Advised



SYDNEY PROGRAM GUIDE

Sunday 04th February 2024

12:00 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.

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS Mornings CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Monday 05th February 2024

06:00 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.
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	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.
08:00 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.
08:30 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	The Bold & The Beautiful (Rpt)	CC PG Mature Themes	SPECIAL ENCORE PRESENTATION Xander remains steadfast to Finn that Thomas is a murderer. Luna is surprised to find Zende, not R.J., when she arrives for her romantic date.
09:30 am	Deal Or No Deal Encore		
10:00 am	Farm To Fork (Rpt)	CC G	Courtney Roulston, Michael Weldon and Louis Tikaram take you on a food journey across Australia seeking the freshest and best produce to create inspiring recipes in the kitchen.
10:30 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.
11:00 am	Dr Phil (Rpt)	CC PG Mature Themes	Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness.



SYDNEY PROGRAM GUIDE

Monday 05th February 2024

12:00 pm 10 News First: Midday CC

LIVE

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

01:00 pm Entertainment Tonight CC

ALL NEW EPISODES

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

01:30 pm To Be Advised

ALL NEW EPISODES

03:00 pm Farm To Fork CC G

Courtney Roulston, Michael Weldon and Louis Tikaram take you on a food journey across Australia seeking the freshest and best produce to create inspiring recipes in the kitchen.

03:30 pm 10 News First Afternoon CC

LIVE

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

04:00 pm Neighbours CC PG
Mature Themes

ALL NEW EPISODES

The residents of Ramsay Street come to grips with their loss.

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

ALL NEW EPISODES

R.J. flips when Luna reveals Zende's ploy to get alone time with her. Steffy is stunned that Xander is not easing on his accusations against Thomas.

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 Deal Or No Deal NO
CC

ALL NEW EPISODES



SYDNEY PROGRAM GUIDE

Monday 05th February 2024

06:30 pm The Project

CC

LIVE

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

07:30 pm Australian Survivor

CC

ALL NEW EPISODES

09:00 pm FBI: Most Wanted (Rpt)

CC M
Violence,
Mature Themes

Rangeland

After two Land Management agents go missing while executing a land seizure warrant, the Fugitive Task Force heads to a hostile Wyoming county to track them down, while Hana's catfishing turns deadly.

Starring: Dylan McDermott, Alexa Davalos, Roxy Sternberg, Edwin Hodge, Keisha Castle-Hughes

10:00 pm FBI: Most Wanted (Rpt)

CC M
Violence,
Sexual References,
Mature Themes

Bad Seed

A news anchor is shot dead in her TV station's parking lot, and an extraordinary case comes to light as the Fugitive Task Force dives into a story she was working on in order to track down her killer.

Starring: Dylan McDermott, Alexa Davalos, Roxy Sternberg, Edwin Hodge, Keisha Castle-Hughes

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



SYDNEY PROGRAM GUIDE

Monday 05th February 2024

02:00 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)

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 06th February 2024

06:00 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.
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	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.
08:00 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.
08:30 am	Neighbours Encore (Rpt)	CC PG Mature Themes	SPECIAL ENCORE PRESENTATION The residents of Ramsay Street come to grips with their loss.
09:00 am	The Bold & The Beautiful (Rpt)	CC PG Sexual References, Mature Themes	SPECIAL ENCORE PRESENTATION R.J. flips when Luna reveals Zende's ploy to get alone time with her. Steffy is stunned that Xander is not easing on his accusations against Thomas.
09:30 am	Deal Or No Deal Encore		SPECIAL ENCORE PRESENTATION
10:00 am	Farm To Fork (Rpt)	CC G	Courtney Roulston, Michael Weldon and Louis Tikaram take you on a food journey across Australia seeking the freshest and best produce to create inspiring recipes in the kitchen.
10:30 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.



SYDNEY PROGRAM GUIDE

Tuesday 06th February 2024

11:00 am Dr Phil (Rpt)	CC PG Coarse Language, Mature Themes	Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness.
12:00 pm 10 News First: Midday	CC	<p>LIVE</p> <p>Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.</p>
01:00 pm Entertainment Tonight	CC	<p>ALL NEW EPISODES</p> <p>Kevin Frazier and Nischelle Turner bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.</p>
01:30 pm To Be Advised		
03:00 pm Farm To Fork	CC G	<p>ALL NEW EPISODES</p> <p>Courtney Roulston, Michael Weldon and Louis Tikaram take you on a food journey across Australia seeking the freshest and best produce to create inspiring recipes in the kitchen.</p>
03:30 pm 10 News First Afternoon	CC	<p>LIVE</p> <p>Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.</p>
04:00 pm Neighbours	CC PG Mature Themes	<p>ALL NEW EPISODES</p> <p>A shocking attack brings Ramsay Street to a standstill. Paul battles his demons. Toadie takes charge.</p>
04:30 pm The Bold & The Beautiful	CC PG Mature Themes	<p>ALL NEW EPISODES</p> <p>Finn pressures Steffy to point blank ask Thomas about Emma's death. Liam is shocked to learn of Thomas's proposal to Hope.</p>



SYDNEY PROGRAM GUIDE

Tuesday 06th February 2024

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 Deal Or No Deal

**NO
CC**

ALL NEW EPISODES

06:30 pm The Project

CC

LIVE

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

07:30 pm Australian Survivor

CC

ALL NEW EPISODES

09:00 pm NCIS (Rpt)

CC M
Violence

Kompromat

NCIS probes a string of Russian spy encounters after a murder in the classified section of the National Archive. Jimmy makes a confession that could change the course of his relationship with Knight.

Starring: Gary Cole, Sean Murray, Wilmer Valderrama, Katrina Law, Brian Dietzen, David McCallum

10:00 pm NCIS: Los Angeles (Rpt)

CC M
Violence,
Strong Adult Themes

Shame

A petty officer is found dead with an apparent suicide note, and the NCIS team must investigate the mystery surrounding his death. Also, Callen and Anna begin planning their wedding.

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

11:00 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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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.



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01:30 am Home Shopping (Rpt)

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03:30 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 07th February 2024

06:00 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.
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09:00 am	The Bold & The Beautiful (Rpt)	CC PG Mature Themes	SPECIAL ENCORE PRESENTATION Finn pressures Steffy to point blank ask Thomas about Emma's death. Liam is shocked to learn of Thomas's proposal to Hope.
09:30 am	Deal Or No Deal Encore		SPECIAL ENCORE PRESENTATION
10:00 am	Farm To Fork (Rpt)	CC G	Courtney Roulston, Michael Weldon and Louis Tikaram take you on a food journey across Australia seeking the freshest and best produce to create inspiring recipes in the kitchen.
10:30 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.



SYDNEY PROGRAM GUIDE

Wednesday 07th February 2024

11:00 am Dr Phil (Rpt)

CC PG
Sexual References,
Mature Themes

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

12:00 pm 10 News First: Midday

CC

LIVE

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

01:00 pm Entertainment Tonight

CC

ALL NEW EPISODES

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

01:30 pm To Be Advised

03:00 pm Farm To Fork

CC G

ALL NEW EPISODES

Courtney Roulston, Michael Weldon and Louis Tikaram take you on a food journey across Australia seeking the freshest and best produce to create inspiring recipes in the kitchen.

03:30 pm 10 News First Afternoon

CC

LIVE

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

04:00 pm Neighbours

CC PG
Mature Themes

ALL NEW EPISODES

Terese chooses confrontation. Chelsea plots her next move. Haz goes above and beyond.

04:30 pm The Bold & The Beautiful

CC PG
Mature Themes

ALL NEW EPISODES

Thomas has a heart-to-heart with Steffy about what happened the night Emma died.



SYDNEY PROGRAM GUIDE

Wednesday 07th February 2024

05:00 pm 10 News First

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LIVE

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06:00 pm Deal Or No Deal

NO
CC

ALL NEW EPISODES

06:30 pm The Project

CC

LIVE

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07:30 pm Ambulance Australia

CC M
Mature Themes

SEASON PREMIERE

During this episode, paramedics are called to a 7-year-old boy gasping for air, a serious multi motor vehicle accident where a rescue is hampered by downed power lines and a childbirth emergency.

08:30 pm FBI: International

CC PG
Violence,
Mature Themes

ALL NEW EPISODES

Yesterday's Miracle

The Fly Team searches Bucharest for a Romanian surrogate who goes missing shortly before carrying the biological child of an American couple to term. Plus, Scott fears for his neighbour's safety.

Starring: Luke Kleintank, Heida Reed, Carter Redwood, Vinessa Vidotto, Eva-Jane Willis

09:30 pm FBI: International (Rpt)

CC M
Mature Themes

American Optimism

The team investigates an American citizen who is proclaiming his innocence after seeking sanctuary at Madrid's U.S. embassy while still covered in the blood of his murdered Spanish boyfriend.

Starring: Luke Kleintank, Heida Reed, Carter Redwood, Vinessa Vidotto, Christiane Paul

10:30 pm Blue Bloods (Rpt)

CC M
Violence

The Big Leagues

Danny helps a childhood friend to find his missing fiancée. Anthony surprises Erin with one last stakeout before her run for D.A., and Jamie helps a former officer caught committing a crime.

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

Guest Starring: Tom Cavanagh



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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.

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

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04:30 am **CBS Mornings** CC

ALL NEW EPISODES

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09:00 am	The Bold & The Beautiful (Rpt)	CC PG Mature Themes	SPECIAL ENCORE PRESENTATION Thomas has a heart-to-heart with Steffy about what happened the night Emma died.
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04:00 pm Neighbours	CC PG Mature Themes	<p>ALL NEW EPISODES</p> <p>Chelsea is called out. Paul's anger finds a home. Toadie voices his concerns.</p>
04:30 pm The Bold & The Beautiful	CC PG Mature Themes	<p>ALL NEW EPISODES</p> <p>Thomas's story about Emma rattles Hope. Meanwhile, Steffy attempts to convince Finn to believe Thomas, not Xander.</p>



SYDNEY PROGRAM GUIDE

Thursday 08th February 2024

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 Deal Or No Deal

NO
CC

ALL NEW EPISODES

06:30 pm The Project

CC

LIVE

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07:30 pm The Dog House Australia

CC

ALL NEW EPISODES

Will pup Boof be the bundle of joy that the Pikari family needs? Are Justine and Nick able to keep up with playful Labrador Taffy? Will Bonnie fit in with the Searle family's dogs, Daisy and Ralph?

08:30 pm The Dog Hospital With Graeme Hall

CC PG
Mild Coarse
Language,
Medical Procedures

ALL NEW EPISODES

Tonight, on The Dog Hospital, Willow, the two-year-old Labrador has been rushed to the hospital because a severe infection has taken hold in her chest, leaving her struggling to breathe.

09:30 pm Law & Order: S.V.U (Rpt)

CC M
Mature Themes

Lime Chaser

The search for a suspect who is drugging women's drinks in crowded bars leads the SVU to Muncy's brother. Churlish makes a risky move to impress Benson, and Velasco reports on his progress.

Starring: Mariska Hargitay, Octavio Pisano, Molly Burnett, Peter Scanavino, Jasmine Batchelor, Kevin Kane

10:30 pm Blue Bloods (Rpt)

CC M
Violence,
Mature Themes

Past History

Danny races to catch a serial killer targeting young women, a clash occurs when Eddie intervenes in Erin's murder case, and Frank must discipline Joe when he breaks protocol while working with the FBI

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



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06:00 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.

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 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.

08:00 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.

08:30 am Neighbours Encore (Rpt) CC PG
Mature Themes

SPECIAL ENCORE PRESENTATION

Chelsea is called out. Paul's anger finds a home. Toadie voices his concerns.

09:00 am The Bold & The Beautiful (Rpt) CC PG
Mature Themes

Thomas's story about Emma rattles Hope. Meanwhile, Steffy attempts to convince Finn to believe Thomas, not Xander.

09:30 am Deal Or No Deal Encore

SPECIAL ENCORE PRESENTATION

10:00 am Farm To Fork (Rpt) CC G

Courtney Roulston, Michael Weldon and Louis Tikaram take you on a food journey across Australia seeking the freshest and best produce to create inspiring recipes in the kitchen.

10:30 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.



SYDNEY PROGRAM GUIDE

Friday 09th February 2024

11:00 am Dr Phil (Rpt)	CC PG Mature Themes	Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness.
12:00 pm 10 News First: Midday	CC	<p>LIVE</p> <p>Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.</p>
01:00 pm Entertainment Tonight	CC	<p>ALL NEW EPISODES</p> <p>Kevin Frazier and Nischelle Turner bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.</p>
01:30 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.
02:00 pm To Be Advised		
03:00 pm Farm To Fork	CC G	<p>ALL NEW EPISODES</p> <p>Courtney Roulston, Michael Weldon and Louis Tikaram take you on a food journey across Australia seeking the freshest and best produce to create inspiring recipes in the kitchen.</p>
03:30 pm 10 News First Afternoon	CC	<p>LIVE</p> <p>Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.</p>
04:00 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 in an all new season of Everyday Gourmet.
04:30 pm The Bold & The Beautiful	CC PG Mature Themes	<p>ALL NEW EPISODES</p> <p>Luna and R.J. decide to take the next step in their relationship. Meanwhile, Hope confides in Brooke that she has reservations about Thomas's past.</p>



SYDNEY PROGRAM GUIDE

Friday 09th February 2024

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 Deal Or No Deal

NO
CC

ALL NEW EPISODES

06:30 pm The Project

CC

LIVE

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

07:30 pm The Graham Norton Show

CC

ALL NEW EPISODES

Get ready for another hilarious, wickedly cheeky episode of The Graham Norton Show, with Celebrity guests, Dakota Johnson, Sterling K. Brown and a performance by Paul Russell.

08:30 pm Dogs Behaving (Very) Badly Australia (Rpt)

CC PG
Mild Themes

Graeme attempts to play cupid between Dan and his companion dog, Tinka. A couple of rockstar Lowchens test Graeme's detective skills, and can The Dogfather curb Groodle Birdie's hungry habit?

09:30 pm Fire Country (Rpt)

CC PG
Mature Themes

Get Some, Be Safe

A vegetation fire gets tricky for the crew when a panicked horse refuses to leave a burning barn. Vince's ambitious brother Luke, the Cal Fire communications director, makes a surprise visit to town.

Starring: Max Thieriot, Billy Burke, Kevin Alejandro, Diane Farr, Jordan Calloway, Stephanie Arcila

10:30 pm So Help Me Todd (Rpt)

CC PG
Drug References

Let The Write ONE In

Margaret joins an elite philanthropy club and must represent a former employee accused of using the club to smuggle drugs. Todd goes undercover as a waiter to get information to help Margaret's case.

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



SYDNEY PROGRAM GUIDE

Friday 09th February 2024

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

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

Home Shopping

03:00 am **Home Shopping** (Rpt)

Home Shopping

03:30 am **Home Shopping** (Rpt)

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04:00 am **Home Shopping** (Rpt)

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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 10th February 2024

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

2405 Hope Ireland Celebration: Dublin

Religious.

07:00 am Reel Action (Rpt) CC G

Reel Action is that weekend trip out with your mates looking for some local fishing action. We focus on the fish, techniques and the right tools for the job.

07:30 am Escape Fishing With Et (Rpt) CC G

SPECIAL ENCORE PRESENTATION

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.

08:00 am iFish (Rpt) CC G

SPECIAL ENCORE PRESENTATION

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 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 Cook With Luke (Rpt) CC G

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

09:30 am Australia By Design: Innovations (Rpt) CC PG

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



SYDNEY PROGRAM GUIDE

Saturday 10th February 2024

10:00 am	Healthy Homes (Rpt)	CC G	Home, garden, lifestyle or build - Walt Collins and Dani Reilly have got it covered. From a room make-over to the latest idea, innovation, power tool, pool, building or construction.
10:30 am	The Chef's Garden (Rpt)	CC G	Massimo heads out to sea with fisherman Bryan Denny in search of Southern Rock Lobster. Bringing this culinary journey to a close, Massimo ends with two family favourites: panna cotta and zeppole
11:00 am	All 4 Adventure (Rpt)	CC PG Mild Coarse Language, Mature Themes	Jase and Simon rescue stranded travellers north of Cape York. They head off-shore into the Torres Strait before travelling south for a cool change on the wild west coast of Tassie.
12:00 pm	To Be Advised		
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	Wildlife Rescue Australia (Rpt)	CC PG Medical Procedures	<u>Manda The Wombat</u> 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.
03:00 pm	What's Up Down Under	CC G	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!
03:30 pm	Exploring Off The Grid (Rpt)	CC PG Coarse Language	ALL NEW EPISODES True adventure happens when the road ends, join Rick, Jamie and Johnno for exploration, adventure and a bloody good time.
04:00 pm	My Market Kitchen	CC G	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.



SYDNEY PROGRAM GUIDE

Saturday 10th February 2024

04:30 pm Taste Of Australia With Hayden Quinn CC PG
(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.

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 To Be Advised

07:00 pm AACTAS NO CC

SPECIAL EVENT

09:00 pm To Be Advised

10:00 pm To Be Advised

11:00 pm FBI: International (Rpt) CC M
Mature Themes

American Optimism

The team investigates an American citizen who is proclaiming his innocence after seeking sanctuary at Madrid's U.S. embassy while still covered in the blood of his murdered Spanish boyfriend.

Starring: Luke Kleintank, Heida Reed, Carter Redwood, Vinessa Vidotto, Christiane Paul

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



SYDNEY PROGRAM GUIDE

Saturday 10th February 2024

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am Authentic

CC PG

ALL NEW EPISODES

One of the most stunningly prophetic passages in Scripture has been mangled by modern Christians. Time to reconstruct a tapestry.

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.