



SYDNEY PROGRAM GUIDE

Sunday 11th 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

511 - Prosperity With A Purpose

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 Good Chef Bad Chef (Rpt) CC G

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

08:00 am Everyday Gourmet With Justine Schofield (Rpt) CC G

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, potato.

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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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 Pooches At Play (Rpt) CC G

Hosted by Dog Trainer & Behaviourist, Lara Shannon find out tips and tricks on how to be the best carer and friend to your favourite furry pals.

11:00 am 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.

11:30 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.

12:00 pm To Be Advised

01:30 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.

ALL NEW EPISODES

02:00 pm Pat Callinan's 4x4 Adventures CC

Pat Callinan's 4X4 Adventures is Australia's longest-running 4X4 show. You'll be captivated by the inspirational destinations, great characters and superb camping and 4X4 tips.

ALL NEW EPISODES

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

ALL NEW EPISODES

03:30 pm The Placemakers: Expedition Kimberley CC G

The Placemakers: Expedition Kimberley

Join Captain Nathan Clarke and the crew of Coral Discoverer on an expedition to The Kimberley, one of the world's most remote and pristine wilderness destinations.



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Sunday 11th February 2024

04:00 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.

04:30 pm Good Chef Bad Chef (Rpt) CC G

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

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

Rescuers

When a Navy petty officer is murdered, Jane and the team investigate while protecting the victim's friend and colleague

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

10:00 pm NCIS: Hawaii (Rpt) CC M
Violence

Legacy

When an anti-capitalist protestor is murdered, Jane and the team investigate and find themselves caught in a war between eco-activists and a tech billionaire fighting over a piece of land.

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

11:00 pm FBI: International Encore (Rpt) CC PG
Violence,
Mature Themes

SPECIAL ENCORE PRESENTATION

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



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12:00 am The Sunday Project Encore (Rpt) CC

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01:00 am Home Shopping (Rpt)

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01:30 am Home Shopping (Rpt)

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02:00 am Home Shopping (Rpt)

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03:00 am Home Shopping (Rpt)

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03:30 am Home Shopping (Rpt)

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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.



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06:30 am	My Market Kitchen (Rpt)	CC G	Chefs Mike Reid and Laura Sharrad are joined by a variety of guests in the iconic Prahran Market cooking delicious, easy to follow recipes.
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 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.
09:30 am	Deal Or No Deal Encore (Rpt)	CC G	Join Grant Denyer in Deal or No Deal, the high-pressure, high-stakes game of risk versus reward where contestants must beat the Banker to win a huge cash prize of \$100,000.
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

Monday 12th 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

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

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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

Sadie uncovers a devastating secret. Chelsea offers an olive branch. The sharehouse offers refuge to an unlikely guest.

04:30 pm The Bold & The Beautiful

CC PG
Mild Themes

ALL NEW EPISODES

Li gives Poppy a verbal lashing about her date with Bill Spencer. Meanwhile, The Forrester family celebrates Eric's impending release from the hospital.



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06:30 pm The Project

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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

08:30 pm FBI: Most Wanted (Rpt)

CC M
Strong Violence,
Coarse Language

These Walls

The witness Remy and Kristen are visiting in prison is put in danger when a riot breaks out, leaving the staff and visitors held hostage by two murderous gangs.

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

09:30 pm FBI: Most Wanted (Rpt)

CC M
Violence,
Mature Themes

Clean House

The Fugitive Task Force searches for a missing migrant teen they believe was lured into unlawful work by a dangerous man. Remy learns of a previously undisclosed witness in his brother's murder case.

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

10:30 pm FBI: Most Wanted (Rpt)

CC M
Violence

Heaven Falling

The team helps Remy try to catch his brother's real killer 25 years after Mikey was murdered.

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



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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.

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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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Mature Themes

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CC PG
Mature Themes

ALL NEW EPISODES

Ramsay street is in mourning. Sadie carries a terrible secret. Chelsea is thwarted.



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Tuesday 13th February 2024

04:30 pm The Bold & The Beautiful

CC PG
Mature Themes

ALL NEW EPISODES

Poppy enchants and delights Bill during their second date at Il Giardino. Meanwhile, Deacon and Sheila try to wrap their heads around Bill and Poppy.

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09:00 pm NCIS (Rpt)

CC M
Violence

Black Sky

Agent Torres finds himself in a dangerous predicament inside prison as the NCIS team try to unravel a complex trail of clues in a race against time to stop an impending terror attack on U.S soil.

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

10:00 pm NCIS: Los Angeles (Rpt)

CC M
Violence

The Other Shoe

Sam Hanna must go undercover as a fighter to catch the leader of a gang dealing drugs on the streets.

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



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04:00 pm Neighbours

CC PG
Mature Themes

ALL NEW EPISODES

The neighbours reel from a shock confession. Terese defends her beliefs. Chelsea sees an opportunity.

04:30 pm The Bold & The Beautiful

CC PG
Sexual References,
Mature Themes

ALL NEW EPISODES

Eric and Ridge share an emotional father-and-son moment. Meanwhile, R.J. takes Luna to his newly rented beach house as Bill romances Poppy at the same spot.



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06:30 pm The Project

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LIVE

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07:30 pm Ambulance Australia

CC M
Sexual References,
Medical Procedures

ALL NEW EPISODES

Tonight, a child's alarming call about a 5-year-old stuck in mud, but all is not as it seems. Meanwhile, a suspected stroke at an alleged workplace, only to find a severely intoxicated man at a party.

08:30 pm FBI: International

CC M
Violence

ALL NEW EPISODES

Call IT Anarchy

Vo's friend from the U.S. Navy calls in a favour to help find her missing nephew in Crete. Meanwhile, Forrester hangs back in Budapest to take care of personal business.

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

09:30 pm FBI: International (Rpt)

CC M
Violence

The Soul Of Chess

Jamie accuses Forrester of being overprotective as the team suspect Russian involvement in an American journalist's death by poison, after his attempt to meet with an anonymous source in Poland.

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



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Wednesday 14th February 2024

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CC M
Violence,
Mature Themes

The Secrets She Knows

After a U.S. intelligence negotiator goes missing and her Paris apartment is found covered in her blood, the team races to find her before the country's nuclear secrets fall into the wrong hands.

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

11:30 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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CC

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ALL NEW EPISODES

Toadie feels betrayed. Paul reaches rock bottom. Melanie makes a shocking confession.



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Thursday 15th February 2024

04:30 pm The Bold & The Beautiful

CC PG
Sexual References,
Mature Themes

ALL NEW EPISODES

Finn and Li argue over Luna's true intentions. Meanwhile, Bill, Poppy, R.J. and Luna's worlds collide at the Malibu Beach House.

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CC

ALL NEW EPISODES

Will Staffy Nala be the perfect match for widower Lino? The Starkeys are ready for their first dog - will they find one? Heart broken Lorena lost her dog Ivy - can Terrier cross Gracie heal her heart?

08:30 pm The Dog Hospital With Graeme Hall

CC PG
Mature Themes

ALL NEW EPISODES

Tonight, on The Dog Hospital, sixteen-month-old Doberman Nova has a deadly congenital condition and has a hole in her heart which requires a lifesaving operation.

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

CC M
Drug References,
Mature Themes

Bubble Wrap

A construction tycoon interferes with an SVU investigation into her family. Carisi struggles to get an indictment when the complainant backs down.

Starring: Mariska Hargitay, Ice T , Peter Scanavino, Molly Burnett, Jasmine Batchelor

Guest Starring: Michelle Gomez



SYDNEY PROGRAM GUIDE

Thursday 15th February 2024

10:30 pm Blue Bloods (Rpt)

CC M
Violence,
Mature Themes

Collision Course

Eddie's former partner, Rachel Whitten, accuses an officer of excessive force. Danny clashes with a foster child involved in his latest case and Erin must make a tough decision about her run for D.A.

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

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)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS Mornings

CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Friday 16th 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 Toadie feels betrayed. Paul reaches rock bottom. Melanie makes a shocking confession.
09:00 am	The Bold & The Beautiful (Rpt)	CC PG Sexual References, Mature Themes	SPECIAL ENCORE PRESENTATION Finn and Li argue over Luna's true intentions. Meanwhile, Bill, Poppy, R.J. and Luna's worlds collide at the Malibu Beach House.
09:30 am	Deal Or No Deal Encore (Rpt)	CC G	SPECIAL ENCORE PRESENTATION Join Grant Denyer in Deal or No Deal, the high-pressure, high-stakes game of risk versus reward where contestants must beat the Banker to win a huge cash prize of \$100,000.
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.



SYDNEY PROGRAM GUIDE

Friday 16th February 2024

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
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

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 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

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 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.



SYDNEY PROGRAM GUIDE

Friday 16th February 2024

04:30 pm The Bold & The Beautiful

CC PG
Sexual References,
Mature Themes

ALL NEW EPISODES

Hope gives Thomas a decision about their relationship. Meanwhile, Luna is stunned to catch her mom and Bill together.

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

CC G

ALL NEW EPISODES

Join Grant Denyer in Deal or No Deal, the high-pressure, high-stakes game of risk versus reward where contestants must beat the Banker to win a huge cash prize of \$100,000.

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 Ian McKellen and Michael Sheen.

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

CC PG
Mild Coarse
Language,
Mild Themes

Chihuahua Zali takes issue with anyone who crosses her path. A groodle in the running for Australia's most loving dog award, and escape-artist cavoodle, Charlie, has an addiction to flying the coop.

09:30 pm Fire Country (Rpt)

CC M
Violence

Like Old Times

After a hiker falls from a steep cliff, Bode and Jake put aside their differences to make a daring rescue. Also, Sharon reveals devastating news to Bode about her health.

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



SYDNEY PROGRAM GUIDE

Friday 16th February 2024

10:30 pm So Help Me Todd (Rpt)

CC PG
Mature Themes

So Help Me Pod

Margaret enlists the help of popular true crime podcaster Lea Luna to help exonerate a client who is serving a life sentence, and Todd seeks dating advice when sparks fly between him and Lea.

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

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



SYDNEY PROGRAM GUIDE

Friday 16th February 2024

05:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Saturday 17th February 2024

06:00 am	What's Up Down Under (Rpt)	CC PG Sexual References	Love a driving or Caravanning holiday? Join Macca and the crew as they show you the best touring routes and destinations to visit!
ALL NEW EPISODES			
06:30 am	Leading The Way With Dr. Michael Youssef	CC G	<u>2406 Discipleship 101: Part 1 "god's Sovereignty"</u> 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.
SPECIAL ENCORE PRESENTATION			
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	iFish (Rpt)	CC G	iFish with BCF follows the journey of Paul Worsteling and his family as they travel around Australia and the globe in search of memorable fishing moments and encounters with classic characters.
08:30 am	Roads Less Travelled (Rpt)	CC G	A travel and Road trip series that uncovers the hidden gems in each location that we visit
SPECIAL ENCORE PRESENTATION			
09:00 am	The Placemakers: Expedition Kimberly (Rpt)	CC G	<u>The Placemakers: Expedition Kimberly</u> Join Captain Nathan Clarke and the crew of Coral Discoverer on an expedition to The Kimberley, one of the world's most remote and pristine wilderness destinations.
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 17th February 2024

10:00 am To Be Advised

11:00 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.

11:30 am **All 4 Adventure** (Rpt) CC PG
Coarse Language

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.

12:30 pm **Silvia's Italian Masterclass** CC G

SEASON PREMIERE

There are few things in this world more comforting than a bowl of warm, hearty pasta. Silvia Colloca breaks down her favourite home-made pasta recipes, straight from Nonna's handbook.

01:00 pm To Be Advised

02:00 pm **Wildlife Rescue Australia** (Rpt) CC PG
Mild Coarse Language,
Mature Themes

Winnie The Pelican

Winnie the Pelican is having a check up to see if she's ready to be released. Sunny the orphaned baby Flying Fox has clung to power lines for 3 days. Now Dr Bree needs to help her survive.

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 **Good Chef Bad Chef** (Rpt) CC G

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

04:00 pm **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 17th February 2024

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

When the big surf comes to Bondi, lifeguards are on high alert to help surfers separated from their boards in pounding seas. Later, Harrison performs his most challenging rescue yet on Australia Day.

06:30 pm To Be Advised

07:30 pm The Dog House CC G

SEASON PREMIERE

Meet the Tilburn girls and their dad James. Can Papaya fill the quiet in the house when the girls are at their mum's? Tom & Adele want a dog to get them out walking, but are delivered not one but two!

08:30 pm To Be Advised

09:30 pm Ambulance UK (Rpt) CC M
Coarse Language,
Mature Themes

Cameras follow crews from England's North West Ambulance Service as they respond to the impacts of the Covid-19 epidemic ravaging the country and flooding in the aftermath of Storm Christoph.

10:30 pm FBI: International Encore (Rpt) CC M
Violence

SPECIAL ENCORE PRESENTATION

Call IT Anarchy

Vo's friend from the U.S. Navy calls in a favour to help find her missing nephew in Crete. Meanwhile, Forrester hangs back in Budapest to take care of personal business.

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



SYDNEY PROGRAM GUIDE

Saturday 17th February 2024

11:30 pm **FBI: International** (Rpt)

CC M
Violence

The Soul Of Chess

Jamie accuses Forrester of being overprotective as the team suspect Russian involvement in an American journalist's death by poison, after his attempt to meet with an anonymous source in Poland.

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

12:30 am **Home Shopping** (Rpt)

Home Shopping

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

Home Shopping

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

Home Shopping

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

Home Shopping

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

Home Shopping

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

Home Shopping

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

Home Shopping

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

Home Shopping

04:30 am **Authentic**

CC PG

ALL NEW EPISODES

Everyone copes with anxiety in their own way. Sometimes a simple distraction like playing a game of Tetris or (on the stranger side) digging a big tunnel might be enough to make you feel better.

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.