



SYDNEY PROGRAM GUIDE

Sunday 18th 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

512 - Set Free To Reign In Life

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, Parmigiano Reggiano

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 18th 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 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 Australian Survivor Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

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.

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

ALL NEW EPISODES

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.

03:00 pm Roads Less Travelled CC G

ALL NEW EPISODES

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



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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.

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

Imposter

The NCIS team investigates a cold case involving WWII-era bones on the 80th anniversary of the Pearl Harbor bombings, and are shocked to learn they belong to a 100-year-old survivor of the attack

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

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

Lost

NCIS crosses paths with Whistler's team while investigating a shipping container found filled with contraband weapons.

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



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Sunday 18th February 2024

11:00 pm **FBI: International** (Rpt)

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

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)

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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 Sexual References, Mature Themes	SPECIAL ENCORE PRESENTATION Hope gives Thomas a decision about their relationship. Meanwhile, Luna is stunned to catch her mom and Bill together.
09:30 am	Deal Or No Deal (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 19th 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.

LIVE

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

ALL NEW EPISODES

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

SPECIAL ENCORE PRESENTATION

ALL NEW EPISODES

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ALL NEW EPISODES

Toadie fights to keep his emotions in check. An angry resident reaches breaking point.

ALL NEW EPISODES

Li, Luna, and Poppy have a heated disagreement about Bill Spencer. Meanwhile, Ridge and Eric share a poignant father-son conversation.

12:00 pm 10 News First: Midday

CC

01:00 pm Entertainment Tonight

CC

01:30 pm Australian Survivor Encore (Rpt)

CC

03:00 pm Farm To Fork

CC G

03:30 pm 10 News First: Afternoon

CC

04:00 pm Neighbours

CC PG
Mature Themes

04:30 pm The Bold & The Beautiful

CC PG
Sexual References,
Mature Themes



SYDNEY PROGRAM GUIDE

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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

08:30 pm FBI: Most Wanted (Rpt)

CC MA15+
Violence,
Sexual References

Exposed

The body count starts to escalate as a local FBI case involving two murdered women and a sea of powerful men turns into a manhunt for the dangerous leader of a far-reaching criminal enterprise.

Starring: Julian McMahon, Roxy Sternberg, Miguel Gomez, Alexa Davalos

Guest Starring: Zeeko Zaki, Alana De La Garza

09:30 pm FBI: Most Wanted (Rpt)

CC M
Violence

Patriots

Kristin Gaines joins the Fugitive Task Force as they head to Washington to find a dangerous fugitive from a right-wing militia group who is killing people in support of the January 6th Capitol rioters

Starring: Julian McMahon, Roxy Sternberg, Miguel Gomez, Alexa Davalos, Jen Landon

10:30 pm FBI: Most Wanted (Rpt)

CC M
Strong Violence,
Mature Themes

Tough Love

When a judge known for serving harsh sentences to juveniles is murdered, the team looks into his lengthy list of cases in the hunt for his killer.

Starring: Julian McMahon, Roxy Sternberg, Miguel Gomez, Alexa Davalos



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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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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

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LIVE

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

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04:00 pm Neighbours

CC PG
Mature Themes

ALL NEW EPISODES

Shared grief continues to push the residents of Ramsay Street to their limits. JJ's heroics catch up with him. The members of the sharehouse come up with a selfless plan.



SYDNEY PROGRAM GUIDE

Tuesday 20th February 2024

04:30 pm The Bold & The Beautiful

CC PG
Mature Themes

ALL NEW EPISODES

Emotions get heated when Li makes an accusation against Poppy. Meanwhile, R.J. plants a thought into Luna's head about her mom's past with Bill.

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09:00 pm NCIS (Rpt)

CC M
Violence

Blood In The Water

As the team searches for Gibbs after wreckage from his boat is discovered, they find out he was tracking a serial killer with journalist Marcie Warren, who wrote an exposé on him.

Starring: Mark Harmon, Gary Cole, Sean Murray, Wilmer Valderrama, Katrina Law, Rocky Carroll

10:00 pm NCIS: Los Angeles (Rpt)

CC M
Violence

Sleeping Dogs

When the NCIS team receives an urgent cryptic message, Fatima and Rountree must work together to solve the case. Also, Kilbride plans to visit his son, and Callen asks Sam to be his best man.

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



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SPECIAL ENCORE PRESENTATION

03:00 pm Farm To Fork

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ALL NEW EPISODES

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CC PG
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ALL NEW EPISODES

Nicolette's grief comes to a head. Chelsea makes a power play. Toadie tries to gain control of the narrative.



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04:30 pm The Bold & The Beautiful

CC PG
Mature Themes

ALL NEW EPISODES

Poppy reminisces about the unforgettable night she and Bill met. Smitten, Bill prepares for another magical night with Poppy.

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06:30 pm The Project

CC

LIVE

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07:30 pm Ambulance Australia

CC M
Coarse Language,
Medical Procedures

ALL NEW EPISODES

Tonight!, ambulance NSW responds to an 88-year old's severe head wound, a hair-raising motorbike accident, a life-saving CPR call, a serious burns incident and a challenging 170kg patient extraction.

08:30 pm FBI: International

CC M
Violence,
Sexual References,
Mature Themes

ALL NEW EPISODES

Proven Liar, A

When an American businessman's girlfriend and bodyguard are kidnapped just feet away from him in Barcelona, the team questions if the man is as innocent as he claims. Could he be a Tinder Swindler?

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

09:30 pm FBI: International (Rpt)

CC M
Violence,
Sexual References,
Mature Themes

Trying To Grab Smoke

When an American founder of an illegal adults-only site is killed in Prague, the team is tasked to locate his co-founder, who is still on the run in the Czech Republic.

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



SYDNEY PROGRAM GUIDE

Wednesday 21st February 2024

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CC M
Violence

Voice Of The People

When Vo's new boyfriend is badly wounded among the victims of a bombing at a festival in Budapest, the team is brought in to find the perpetrators before they can strike again.

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

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ALL NEW EPISODES

Terese is left reeling after a shock revelation. Paul is desperate to bring his family back together. Andrew harbors a secret from Wendy.



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Thursday 22nd February 2024

04:30 pm The Bold & The Beautiful

CC PG
Mature Themes

ALL NEW EPISODES

Ridge figures out that Thomas proposed to Hope. Meanwhile, Luna demands the truth from Poppy about Bill Spencer.

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07:30 pm The Dog House Australia

CC

ALL NEW EPISODES

Can itchy Millie fulfill Lisa's longing for a dog? Will Jerry's shyness scupper her chance at a life with Chris and Ollie? Will boisterous puppy Reil prove too much for the Steele family to handle?

08:30 pm Gogglebox Australia

**NO
CC**

SEASON PREMIERE

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

CC M
Violence,
Sexual References,
Mature Themes

Bend The Law

Carisi must tread carefully when Trial Division Chief Lorraine Maxwell's husband becomes a person of interest in an SVU investigation. Benson sends Velasco to take his old friend Chilly into custody.

Starring: Mariska Hargitay, Ice T , Peter Scanavino, Octavio Pisano, Molly Burnett, Betty Buckley, Kevin Kane, Jasmine Batchelor



SYDNEY PROGRAM GUIDE

Thursday 22nd February 2024

10:30 pm Blue Bloods (Rpt)

CC M
Violence

Close To Home

Danny helps Texas Ranger Waylon Gates deliver an infamous drug cartel boss to arraignment, Erin takes on a high profile assault case, and Eddie forms an unlikely alliance to solve a cold murder case.

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

Guest Starring: Lyle Lovett

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 Bursleson.



SYDNEY PROGRAM GUIDE

Friday 23rd 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 Terese is left reeling after a shock revelation. Paul is desperate to bring his family back together. Andrew harbors a secret from Wendy.
09:00 am	The Bold & The Beautiful (Rpt)	CC PG Mature Themes	SPECIAL ENCORE PRESENTATION Ridge figures out that Thomas proposed to Hope. Meanwhile, Luna demands the truth from Poppy about Bill Spencer.
09:30 am	Deal Or No Deal (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 23rd 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 Dr Phil (Rpt)

CC M
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.

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.



SYDNEY PROGRAM GUIDE

Friday 23rd February 2024

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.

ALL NEW EPISODES

04:30 pm The Bold & The Beautiful

CC PG
Mature Themes

Luna becomes suspicious of Poppy's secrets. Meanwhile, Brooke and Ridge are on opposing sides of the Thomas/Hope proposal.

LIVE

05:00 pm 10 News First

CC

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

ALL NEW EPISODES

06:00 pm Deal Or No Deal

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.

LIVE

06:30 pm The Project

CC

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

ALL NEW EPISODES

07:30 pm The Graham Norton Show

CC

Get ready for another hilarious, wickedly cheeky episode of The Graham Norton Show, with celebrity guests and amusing stories in this fast-paced interview show.

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

CC PG
Mild Themes

Jack and Amelia's dog is more baby than hound. Earl, Wollongong teacher Erin's Greyhound, won't get in the car and on the Goldcoast, Jane and Brent ask for Graeme's help with their noisy dog Ruby.

09:30 pm Fire Country (Rpt)

CC PG
Violence,
Sexual References,
Drug References

Happy To Help

Bode's crew is accused of stealing a designer watch from a fire mop up, and the crew responds to a high-stakes call about an extremely dangerous gas leak.

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



SYDNEY PROGRAM GUIDE

Friday 23rd February 2024

10:30 pm **So Help Me Todd** (Rpt)

CC PG
Mature Themes

Long Lost Lawrence

Todd tries to convince his brother, Lawrence, to come home to attend the family's Thanksgiving dinner. Also, Margaret's family inadvertently helps her crack a case involving a bank robbery.

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)

Home Shopping

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

Home Shopping

04:30 am **Home Shopping** (Rpt)

Home Shopping

05:00 am **Home Shopping** (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Friday 23rd February 2024

05:30 am Home Shopping (Rpt)

Home Shopping





SYDNEY PROGRAM GUIDE

Saturday 24th 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

2407 Discipleship 101: Part 2 "God's Holiness"

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.

Guest Starring: Brett Lee

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 10 Minute Kitchen (Rpt) CC G

The impossible is now possible with 10 Minute Kitchen - a celebration of creative, easy, budget & family-friendly meals that anyone can cook at home.

08:30 am Roads Less Travelled (Rpt) CC G

SPECIAL ENCORE PRESENTATION

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

09:00 am Tough Tested (Rpt) CC PG
Mild Coarse
Language,
Mild Themes

The What's Up Downunder team Tough Test the Outdoor Lifestyle Products on an obstacle course at one of Australia's toughest venues!

09:30 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.



SYDNEY PROGRAM GUIDE

Saturday 24th February 2024

10:00 am Australia By Design: Architecture (Rpt) CC G

Uncovering the stories behind some of Australia's finest architectural designs, we visit Bruny Island's house and shine a spotlight on renowned Victorian Government Architect, Jill Garner.

10:30 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.

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
Mild 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

ALL NEW EPISODES

Silvia Colocca highlights that you don't have to give up the food you love regardless of dietary requirements. Whether you're cooking savoury or sweet, Italian food is for everyone.

01:00 pm Australian Survivor Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

02:00 pm Wildlife Rescue Australia (Rpt) CC PG
Mature Themes

Sandy The Eastern Grey Kangaroo

Dr Bree is worried about the gas in Sandy the Eastern Grey Kangaroo joey's tummy and Willow the Owlet Nightjar has fallen out of his nest and needs a check up.

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!



SYDNEY PROGRAM GUIDE

Saturday 24th February 2024

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.

ALL NEW EPISODES

04:00 pm My Market Kitchen 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.

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.

LIVE

05:00 pm 10 News First CC

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

06:00 pm Bondi Rescue (Rpt) CC PG

A rough tackle brings a game of beach gridiron to a shuddering halt. Is it the intense pain or five hours of drinking that leads to the patient leaving a mess on the promenade?

06:30 pm To Be Advised

ALL NEW EPISODES

07:30 pm The Dog House CC G

Harry is hoping to find a best friend that likes to play fetch, and Ollie the Spaniel seems perfect. Roz & John want to help their recently blind Cockapoo Marnie. Will she accept guidance from Bella?

08:30 pm To Be Advised

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

As the second wave of Covid-19 grips the country, the pressure mounts on the NHS in Merseyside. With hospitals almost full, ambulance crews know they must try to keep most of their patients at home.



SYDNEY PROGRAM GUIDE

Saturday 24th February 2024

10:30 pm **FBI: International Encore** (Rpt)

CC M

Violence,
Sexual References,
Mature Themes

SPECIAL ENCORE PRESENTATION

Proven Liar, A

When an American businessman's girlfriend and bodyguard are kidnapped just feet away from him in Barcelona, the team questions if the man is as innocent as he claims. Could he be a Tinder Swindler?

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

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

CC M

Violence,
Sexual References,
Mature Themes

Trying To Grab Smoke

When an American founder of an illegal adults-only site is killed in Prague, the team is tasked to locate his co-founder, who is still on the run in the Czech Republic.

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 **Home Shopping** (Rpt)

Home Shopping

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.