



SYDNEY PROGRAM GUIDE

Sunday 25th 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

513 - Hear Jesus Only And Be Uplifted

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, small goods.

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 Prahran Market cooking a variety of delicious and easy to follow recipes.



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Sunday 25th 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 PG
Mild Coarse
Language

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

ALL NEW EPISODES

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



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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

The Game

When evidence to put away a drug kingpin is stolen, Lucy goes undercover at an underground poker tournament to find out which high-roller is behind the crime

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

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

Spies, Part 1

When NCIS investigates the mysterious death of a navy engineer, it leads them to Maggie Shaw, Jane's mentor and friend who has been kidnapped.

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



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Sunday 25th February 2024

11:00 pm **The Sunday Project Encore** (Rpt) CC

SPECIAL ENCORE PRESENTATION

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

12:00 am **Home Shopping** (Rpt)

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

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

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

Home Shopping

04:30 am **CBS Mornings** CC

ALL NEW EPISODES

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





SYDNEY PROGRAM GUIDE

Monday 26th 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	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 Prahran Market cooking a variety of delicious and easy to follow recipes.
09:00 am	The Bold & The Beautiful (Rpt)	CC PG Mature Themes	SPECIAL ENCORE PRESENTATION Luna becomes suspicious of Poppy's secrets. Meanwhile, Brooke and Ridge are on opposing sides of the Thomas/Hope proposal.
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.



SYDNEY PROGRAM GUIDE

Monday 26th 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

Sexual References,
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 Australian Survivor Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

03:00 pm Farm To Fork

CC G

ALL NEW EPISODES

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03:30 pm 10 News First: Afternoon

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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 makes a surprise confession. Toadie struggles to redeem himself. Andrew has a big decision to make.



SYDNEY PROGRAM GUIDE

Monday 26th February 2024

04:30 pm The Bold & The Beautiful

CC PG
Sexual References,
Mature Themes

ALL NEW EPISODES

Zende purposely interrupts R.J. and Luna's time together. Meanwhile, Thomas makes an emotional promise to Hope.

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

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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 M
Violence

Inherited

The team must determine if the kidnapping of a young Chinese-American woman is a random hate crime or if she was specifically targeted, in order to find her.

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

09:30 pm FBI: Most Wanted (Rpt)

CC M
Violence,
Sexual References,
Mature Themes

Unhinged

Things have changed for Hana as she rejoins the team, who discover that a deadly fire at a bowling arcade was just the first step in an intricate plan to exact revenge on one of the victims.

Starring: Julian McMahon, Roxy Sternberg, Miguel Gomez, Alexa Davalos, Keisha Castle-Hughes



SYDNEY PROGRAM GUIDE

Monday 26th February 2024

10:30 pm **FBI: Most Wanted** (Rpt)

CC M
Frequent Violence

Lovesick

The team attempts to hunt down a family annihilator before he continues his murder spree. Barnes' intrusive mother puts pressure on her marriage.

Starring: Julian McMahon, Roxy Sternberg, Miguel Gomez, Alexa Davalos, Keisha Castle-Hughes

SPECIAL ENCORE PRESENTATION

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11:30 pm **The Project Encore** (Rpt)

CC

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.

12:30 am **The Late Show With Stephen Colbert** CC PG

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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

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Mature Themes

ALL NEW EPISODES

Andrew goes out on a limb. Sadie has her eyes on someone. JJ finds himself in trouble.



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CC PG
Sexual References,
Mature Themes

ALL NEW EPISODES

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09:00 pm NCIS (Rpt)

CC M
Frequent Violence,
Strong Adult Themes

Nearly Departed

While trying to find the serial killer Gibbs was after, the NCIS team discovers another person has been tracking the case as well, on NCIS

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

10:00 pm NCIS: Los Angeles (Rpt)

CC M
Violence,
Mature Themes

Maybe Today

The NCIS team is tasked with assisting NCIS' cold case homicide unit with a case from 2003 and a missing Navy petty officer. Meanwhile, Kilbride and his son, Alex, work to rebuild their relationship.

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



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CC PG
Coarse Language,
Drug References,
Mature Themes

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LIVE

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CC PG
Mature Themes

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CC PG
Sexual References,
Mature Themes

ALL NEW EPISODES

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06:30 pm The Project

CC

LIVE

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07:30 pm AFC Olympic Qualifiers

CC

LIVE

Matildas V Uzbekistan

Tune in and catch all the action from the AFC Olympic Qualifiers as the Matildas take on Uzbekistan. LIVE from Marvel Stadium. Kick off 8.10pm (AEDT).

10:30 pm FBI: International

CC M
Violence,
Mature Themes

ALL NEW EPISODES

Hail Mary

Vo goes undercover when the Fly Team investigates the mysterious death of an American model in Milan. Plus, Kellett is caught off-guard when Dandridge arrives looking for visibility on the case.

Starring: Heida Reed, Vinessa Vidotto, Eva-Jane Willis, Carter Redwood, Michael Torpey

11:30 pm FBI: International (Rpt)

CC M
Violence,
Mature Themes

ONE Kind Of Madman

Raines gets the chance to prove his field skills when a Bulgarian concert hall filled with multinational student performers and their families is held hostage by a group of Albanian terrorists.

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



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CC PG

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11:00 am Dr Phil (Rpt)

CC PG
Coarse Language,
Mature Themes

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12:00 pm 10 News First: Midday

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CC PG
Mature Themes

ALL NEW EPISODES

The walls close in on an anxious JJ. Chelsea attempts to control the narrative. Tension simmers in Number Twenty-Four.

04:30 pm The Bold & The Beautiful

CC PG
Sexual References,
Mature Themes

ALL NEW EPISODES

Luna and RJ spend a magical night together. Meanwhile, Eric decides to celebrate his recovery by hosting a grand party.

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LIVE

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07:30 pm The Dog House Australia

CC

ALL NEW EPISODES

Will Kelly be able to win over fluff ball Jinglebells? Is Alessio and Vittorio at risk of being bitten by an overwhelmed Maltese? And will Army Major David win the battle to gain Frankie's affection?

08:30 pm Gogglebox Australia

**NO
CC**

ALL NEW EPISODES

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

CC M
Sexual References,
Mature Themes

Debatable

Benson tries to help a student after she is assaulted on a field trip with her school debating team, while Fin suspects a witness in the case may not be telling the whole truth.

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



SYDNEY PROGRAM GUIDE

Thursday 29th February 2024

10:30 pm **Blue Bloods** (Rpt)

CC M
Violence

The Naked Truth

Jamie learns that Eddie's friend's restaurant may be a drug front, Erin is accused of causing a former colleague's death and Frank questions a female cop whose online profile features naked photos.

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





SYDNEY PROGRAM GUIDE

Friday 01st March 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 walls close in on an anxious JJ. Chelsea attempts to control the narrative. Tension simmers in Number Twenty-Four.
09:00 am	The Bold & The Beautiful (Rpt)	CC PG Sexual References, Mature Themes	SPECIAL ENCORE PRESENTATION Luna and RJ spend a magical night together. Meanwhile, Eric decides to celebrate his recovery by hosting a grand party.
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 01st March 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
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 01st March 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 Sexual References, Mature Themes	The Logan sisters share a special moment as they prepare for the soiree. Meanwhile, Eric is excited to celebrate a new chapter in his life.
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, Cate Blanchett, Kate Winslet and Dua Lipa.
08:30 pm	Dogs Behaving (Very) Badly Australia (Rpt)	CC PG Mild Themes	A busy week for Graeme as he meets Labrador Rosa, Bulldog Frank and Terrier Griffiin.
09:30 pm	The Graham Norton Show (Rpt)	CC M Coarse Language	The irrepressible Graham Norton is joined by Kate Winslet, Sir Lenny Henry, Jack Whitehall and chef Nadiya Hussain. Plus, Olly Murs performs and there are more stories from The Big Red Chair.
10:30 pm	Fire Country (Rpt)	CC M Violence, Mature Themes	Bad Guy Vince's judgment is compromised when a harrowing rescue of two siblings trapped in their crashed car on a bridge triggers emotional memories of the night his daughter died in a car accident. Starring: Max Thieriot, Billy Burke, Kevin Alejandro, Diane Farr, Jordan Calloway, Stephanie Arcila



SYDNEY PROGRAM GUIDE

Friday 01st March 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)

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

Home Shopping

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

Home Shopping

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

Home Shopping

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

Home Shopping

05:30 am **Home Shopping** (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Saturday 02nd March 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

2408 Discipleship 101: Part 3: "God's Guidance"

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 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

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 G

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

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

We explore a theatre in Sydney's West, how Brisbane's overlay preservation gave two engineers an idea, and how two young architects returned to a simple design principle on the Mornington Peninsula.

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.



SYDNEY PROGRAM GUIDE

Saturday 02nd March 2024

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.
SPECIAL ENCORE PRESENTATION			
11:30 am	Australian Survivor Encore (Rpt)	CC	
ALL NEW EPISODES			
12:30 pm	Silvia's Italian Masterclass	CC G	Silvia walks you through the classic, crowd pleasing recipes of your favourite Italian breads. All you need now is a little olive oil, balsamic and salt and you have yourself the perfect appetiser.
01:00 pm	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.
02:00 pm	Wildlife Rescue Australia (Rpt)	CC PG Medical Procedures	<u>Patsy The Echidna</u> Patsy the Echidna has arrived for a checkup of her broken beak but X rays reveal the fracture is getting worse. Crash the Bandicoot has lost his mum and needs a lot of care and attention.
ALL NEW EPISODES			
03:00 pm	What's Up Down Under	CC	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.
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.



SYDNEY PROGRAM GUIDE

Saturday 02nd March 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
Coarse Language,
Mature Themes

It's been a year like no other at Bondi Beach. Beach marshals work with the lifeguards to check numbers and enforce social distancing, but it's a challenge the lifeguards are only too keen to accept.

06:30 pm To Be Advised

SEASON PREMIERE

07:30 pm The Dog House CC G

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 Ambulance Australia (Rpt) CC M
Mature Themes

A woman stranded on a remote walking track, unable to make her way out, must rely on the help of Emergency Services and a devastating house fire causes a severe case of smoke inhalation.

09:45 pm Ambulance UK (Rpt) CC M
Mature Themes

A crew attend to a 20 weeks pregnant woman who has contracted Covid-19, while the North West Ambulance Call Centre is forced to take emergency calls from London, which is swamped with Covid cases.

11:00 pm So Help Me Todd (Rpt) CC PG
Mild Violence,
Mild Coarse
Language

Big Bang Theories

When Lyle's niece, Angie, is accused of committing a crime on her college campus, Lyle enlists Margaret and Todd to vindicate her.

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



SYDNEY PROGRAM GUIDE

Saturday 02nd March 2024

12:00 am **FBI: International Encore** (Rpt)

CC M
Violence,
Mature Themes

SPECIAL ENCORE PRESENTATION

Hail Mary

Vo goes undercover when the Fly Team investigates the mysterious death of an American model in Milan. Plus, Kellett is caught off-guard when Dandridge arrives looking for visibility on the case.

Starring: Heida Reed, Vinessa Vidotto, Eva-Jane Willis, Carter Redwood, Michael Torpey

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.