



SYDNEY PROGRAM GUIDE

Sunday 03rd March 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

514 - You Are Blessed To Be A Blessing

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, coffee

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 03rd March 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

Spies, Part 2

While Jane investigates Maggie's kidnapping, she's shocked when she learns the truth and enlists her team and Whistler to prove her findings.

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

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

Broken

While Jane is questioned following Maggie Shaw's arrest, the rest of the team investigates a mysterious case of Marines with damaged ear canals from a weapon that emits ultrasonic waves.

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



SYDNEY PROGRAM GUIDE

Sunday 03rd March 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)

Home Shopping

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

Home Shopping

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

Home Shopping

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

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

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

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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 **CBS Mornings** CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Monday 04th 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	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 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.
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.
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 04th March 2024

11:00 am Dr Phil (Rpt)

CC PG
Coarse Language,
Drug 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 Australian Survivor Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

Nicolette makes a divisive choice. Chelsea is taken on a 'Paul Robinson's Greatest Hits' tour. Toadie seeks comfort in all the wrong places

04:30 pm The Bold & The Beautiful

CC PG
Mature Themes

ALL NEW EPISODES

Zende and RJ decide to make Eric their priority. Meanwhile, Surrounded by friends and family, Eric proposes to Donna.



SYDNEY PROGRAM GUIDE

Monday 04th March 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

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 Australian Survivor

CC

ALL NEW EPISODES

08:40 pm FBI: Most Wanted (Rpt)

CC MA15+
Strong Violence

Gladiator

Missteps along the way lead to more death as the team investigates the high-profile murder of a professional basketball player's wife, who was a famous supermodel-turned lifestyle guru.

Starring: Julian McMahon, Roxy Sternberg, Miguel Gomez, Alexa Davalos, Keisha Castle-Hughes, Alana De La Garza

09:40 pm FBI: Most Wanted (Rpt)

CC M
Violence

Sport Of Kings

After a prized Kentucky racehorse is stolen and its groomer is taken hostage, the team quickly learns they may be the only ones who consider the young woman's safety a priority over the horse's.

Starring: Julian McMahon, Roxy Sternberg, Miguel Gomez, Alexa Davalos, Keisha Castle-Hughes, Terry O'Quinn

10:30 pm FBI: Most Wanted (Rpt)

CC M
Violence

Run-Hide-Fight

While Christmas shopping with their families, all hell breaks loose as Barnes and Jess are caught in the middle of a mall shooting with the exits rigged with explosives so no one can escape.

Starring: Julian McMahon, Roxy Sternberg, Terry O'Quinn, Alexa Davalos, Miguel Gomez, Keisha Castle-Hughes



SYDNEY PROGRAM GUIDE

Monday 04th March 2024

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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.

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

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Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

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 05th 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 Nicolette makes a divisive choice. Chelsea is taken on a 'Paul Robinson's Greatest Hits' tour. Toadie seeks comfort in all the wrong places
09:00 am	The Bold & The Beautiful (Rpt)	CC PG Mature Themes	SPECIAL ENCORE PRESENTATION Zende and RJ decide to make Eric their priority. Meanwhile, Surrounded by friends and family, Eric proposes to Donna.
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

Tuesday 05th 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,
Drug 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.

01:20 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.

01:50 pm Australian Survivor Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

Sadie's night takes an unexpected turn. Jane struggles to keep her family together. Mike has an update.



SYDNEY PROGRAM GUIDE

Tuesday 05th March 2024

04:30 pm The Bold & The Beautiful

CC PG
Mild Themes

ALL NEW EPISODES

Bill asks Poppy if he is Luna's father. Meanwhile, Donna and Eric exchange wedding vows.

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

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07:30 pm Australian Survivor

CC

ALL NEW EPISODES

09:00 pm NCIS (Rpt)

CC M
Frequent Violence

Road To Nowhere

Gibbs and Parker go on a road trip to find one of the serial killer's victims. Meanwhile, Agent Knight goes undercover at a large manufacturing company with ties to the murders.

Starring: Mark Harmon, Sean Murray, Wilmer Valderrama, David McCallum, Katrina Law, Gary Cole

10:00 pm NCIS: Los Angeles (Rpt)

CC M
Violence,
Mature Themes

Sensu Lato

The NCIS team investigates when a Navy reservist is stabbed and his lab full of pesticides and insects is ransacked. Sam is offered the interim operations manager role and Rountree ponders his future.

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



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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.

01:00 am Home Shopping (Rpt)

Home Shopping

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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)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS Mornings CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Wednesday 06th March 2024

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09:00 am	The Bold & The Beautiful (Rpt)	CC PG Mild Themes	SPECIAL ENCORE PRESENTATION Bill asks Poppy if he is Luna's father. Meanwhile, Donna and Eric exchange wedding vows.
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.
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CC PG

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11:00 am Dr Phil (Rpt)

CC PG
Coarse Language,
Drug 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 Australian Survivor Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

The Rodwell house expands as three become four. Byron feels betrayed. Toadie is propelled into action.



SYDNEY PROGRAM GUIDE

Wednesday 06th March 2024

04:30 pm The Bold & The Beautiful

CC PG
Mature Themes

ALL NEW EPISODES

Poppy panics when she cannot find her special mints. Meanwhile, The Forrester family toasts the marriage of Eric and Donna.

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 Ambulance Australia

CC M
Mature Themes

ALL NEW EPISODES

Join NSW Ambulance on the longest night of the year, the end of daylight saving. They deal with a diabetic coma, a rescue from a burning car, an anaphylactic child, and an explosion in China Town.

08:30 pm FBI: International

CC M
Violence

ALL NEW EPISODES

Wheelman

Raines takes on the role of wheelman as the team races through the streets of Budapest to put a halt to a major art heist. Also, Forrester grows angry as Dandridge watches every move the team makes

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

09:30 pm FBI: International (Rpt)

CC M
Violence

Close To The Sun

The Fly Team investigates IRA gun running in Northern Ireland when a shifty, yet valuable informant of Kellett's wants help clearing his name after being arrested in connection with a cop's murder.

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



SYDNEY PROGRAM GUIDE

Wednesday 06th March 2024

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

CC M
Violence,
Mature Themes

Chew Toy

The Fly Team questions an NYPD officer who is under arrest for assault in the breakaway Moldovan state of Transnistria, amid claims that a sex trafficking ring is being concealed by those in power.

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

Guest Starring: Jeremy Sisto

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

CC

SPECIAL ENCORE PRESENTATION

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

Home Shopping

04:30 am **CBS Mornings**

CC

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SYDNEY PROGRAM GUIDE

Thursday 07th March 2024

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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.
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08:30 am	Neighbours Encore (Rpt)	CC PG Mature Themes	SPECIAL ENCORE PRESENTATION The Rodwell house expands as three become four. Byron feels betrayed. Toadie is propelled into action.
09:00 am	The Bold & The Beautiful (Rpt)	CC PG Mature Themes	SPECIAL ENCORE PRESENTATION Poppy panics when she cannot find her special mints. Meanwhile, The Forrester family toasts the marriage of Eric and Donna.
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

Thursday 07th 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
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.

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

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SYDNEY PROGRAM GUIDE

Thursday 07th March 2024

04:00 pm Neighbours

CC PG
Mature Themes

ALL NEW EPISODES

Felix is confronted by a terrifying possibility. Paul embarks on a less than glamorous mission. Toadie's commitment wavers.

04:30 pm The Bold & The Beautiful

CC PG
Sexual References,
Drug References

ALL NEW EPISODES

Li and Poppy argue over Poppy's life choices. Meanwhile, Luna wakes up to find her life has turned upside down.

05:00 pm 10 News First

CC

LIVE

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

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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 The Dog House Australia

CC

ALL NEW EPISODES

It's love at first sight for the Banken Family but is 3-month-old Jefford's destructive behaviour too much? Lovebirds Meg and Matt are smitten with Travis the staffy but is Travis smitten with them?

08:30 pm Gogglebox Australia

CC

ALL NEW EPISODES

Australia's favourite armchair critics are back on the couch and ready to share their honest and hilarious reactions to what appeared on television this week.



SYDNEY PROGRAM GUIDE

Thursday 07th March 2024

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

CC MA15+
Violence,
Sexual References,
Mature Themes

Bad Things

A selfie-taking rapist baffles Benson and Carisi when a series of assaults have the same M.O. but different DNA at each crime scene. Muncy believes Elias Olsen has struck again sets out to prove it.

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

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

CC M
Violence

Smoke & Mirrors

Jamie and Danny investigate a series of carjackings, Eddie helps a woman being stalked by a man she met on a dating app, and Erin seeks out the culprit behind online attacks on her boss, D.A. Crawford

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)

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

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SYDNEY PROGRAM GUIDE

Thursday 07th March 2024

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS Mornings

CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Friday 08th 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.
ALL NEW EPISODES		
07:00 am The Talk	CC PG Mature Themes	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.
SPECIAL ENCORE PRESENTATION		
08:00 am Entertainment Tonight (Rpt)	CC	Kevin Frazier and Nischelle Turner bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.
SPECIAL ENCORE PRESENTATION		
08:30 am Neighbours Encore (Rpt)	CC PG Mature Themes	Felix is confronted by a terrifying possibility. Paul embarks on a less than glamorous mission. Toadie's commitment wavers.
09:00 am The Bold & The Beautiful (Rpt)	CC PG Sexual References, Drug References	Li and Poppy argue over Poppy's life choices. Meanwhile, Luna wakes up to find her life has turned upside down.
SPECIAL ENCORE PRESENTATION		
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

Friday 08th 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,
Drug 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 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 08th 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, Drug References	Zende and Luna talk about their shared night together. Meanwhile, Poppy is stunned by Luna's news.
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.
07:30 pm To Be Advised		
ALL NEW EPISODES		
08:30 pm The Graham Norton Show	CC	Get ready for another hilarious, wickedly cheeky season of The Graham Norton Show, with celebrity guests and amusing stories in this fast-paced interview show.
09:30 pm The Graham Norton Show (Rpt)	CC M Sexual References	Graham Norton welcomes George Takai, Jamie Oliver and Claudia Winkleman for sparkling conversation and laughs with music from First Aid Kit - plus stories from his audience in the famous Big Red Chair



SYDNEY PROGRAM GUIDE

Friday 08th March 2024

10:30 pm Fire Country (Rpt)

CC M
Violence

No Good Deed

An internal investigation is launched after a life was lost following a difficult rescue that went awry, leaving Bode in a compromised position with his father, Vince.

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

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)

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02:00 am Home Shopping (Rpt)

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05:00 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Friday 08th March 2024

05:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Saturday 09th March 2024

06:00 am	What's Up Down Under (Rpt)	CC PG Mild Themes	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>2409 Discipleship 101: Part 4: "God's Indescribable Love"</u> Religious.
07:00 am	Camper Deals (Rpt)	CC G	Join Greg Evans and the team from Whats Up Downunder showcasing the latest products, innovations and great tips and hints to make your next outdoor adventure a fantastic experience!
			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	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.
			SPECIAL ENCORE PRESENTATION
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
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	Discover how a Perth architect decided he had to build a demo house to prove medium density is the future, and we visit a house built in the clouds above the Great Ocean Road.
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 09th 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

11:20 am Australian Survivor Encore (Rpt) CC

ALL NEW EPISODES

12:30 pm Silvia's Italian Masterclass CC G

Aperitivo, dinner, refreshments and dessert are served. Silvia guides you through a full Mediterranean feast fit for a king, whether you're looking for a delicious snack or something to end the night.

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

Pamela The Bearded Dragon

Pamela the Bearded Dragon has a piece of barbed wire embedded in her side and Dr Bree will operate to remove it. Squish the baby Puggle Echidna has lost his mum and will need a lot of care to survive.

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



SYDNEY PROGRAM GUIDE

Saturday 09th 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 The Dog House Australia Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

It's love at first sight for the Banken Family but is 3-month-old Jefford's destructive behaviour too much? Lovebirds Meg and Matt are smitten with Travis the staffy but is Travis smitten with them?

07:30 pm The Dog House CC G

ALL NEW EPISODES

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
Drug References,
Mature Themes

Linda and Emma respond to patients in mental health crisis across Liverpool, while an asylum seeker struggling with isolation is a cause of concern for the whole service.

10:30 pm So Help Me Todd (Rpt) CC PG
Mild Themes

Swipe Wright

Todd's investigation into a wrongful termination case over a dating app quickly becomes very complex, while tensions between Margaret and Gus simmer as they come across each other on a dating app.

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



SYDNEY PROGRAM GUIDE

Saturday 09th March 2024

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

CC M
Violence

SPECIAL ENCORE PRESENTATION

Wheelman

Raines takes on the role of wheelman as the team races through the streets of Budapest to put a halt to a major art heist. Also, Forrester grows angry as Dandridge watches every move the team makes

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

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

Home Shopping

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

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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.