



SYDNEY PROGRAM GUIDE

Sunday 10th 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

515 - Is The Bible Still Relevant Today?

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, zucchini flowers

09:30 am My Market Kitchen (Rpt) CC G

Celebrity Cook and successful Restaurateur Laura Sharrad is joined by a variety of chefs and food producers in the iconic Prahlan Market cooking a variety of delicious and easy to follow recipes.



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

Packed with inspiring recipes we will take you on a food journey around Australia and meet some of our hardworking Australian farmers. Hosted by Courtney Roulston, Michael Weldon and Louis Tikaram.

10:30 am Pooches At Play (Rpt) CC G

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

11:00 am Buy To Build (Rpt) CC G

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

11:30 am Healthy Homes (Rpt) CC G

Home, garden, lifestyle or build - Walt Collins and Dani Wales have got it covered. From a room make-over to the latest idea, innovation, power tool, pool, building or construction.

12:00 pm 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
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 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.



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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	<p>LIVE</p> <p>Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.</p>
06:30 pm The Sunday Project	CC	<p>LIVE</p> <p>Join the Sunday Project hosts as they dissect and digest the daily news, events and hottest topics.</p>
07:30 pm Australian Survivor	CC	<p>ALL NEW EPISODES</p>
09:00 pm NCIS: Hawaii (Rpt)	CC M Frequent Violence	<p><u>Pirates</u></p> <p>As Jesse enjoys a day sailing with his daughter, pirates suddenly seize their yacht, take the passengers hostage and attack Jesse, leaving it up to his team to quickly locate and rescue his daughter.</p> <p>Starring: Vanessa Lachey, Alex Tarrant, Noah Mills, Yasmine Al-Bustami, Jason Antoon</p>
10:00 pm NCIS: Hawaii (Rpt)	CC M Frequent Violence	<p><u>Monster</u></p> <p>Kai goes undercover as a chef to gather intel on a notorious criminal kingpin who is connected to a local eatery. Jane learns that a school on the mainland has recruited Alex on a baseball scholarship</p> <p>Starring: Vanessa Lachey, Alex Tarrant, Noah Mills, Yasmine Al-Bustami, Jason Antoon</p>



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

SPECIAL ENCORE PRESENTATION

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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)

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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, Drug References	SPECIAL ENCORE PRESENTATION Zende and Luna talk about their shared night together. Meanwhile, Poppy is stunned by Luna's news.
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 11th March 2024

11:00 am Dr Phil (Rpt) CC PG

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

12:00 pm 10 News First: Midday CC

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 residents of Erinsborough come together for the Longest Lie-In, but it's not long before tensions begin to simmer.

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

ALL NEW EPISODES

Brooke assures R.J. of Luna's commitment. Poppy realizes she may be responsible for Luna's actions.



SYDNEY PROGRAM GUIDE

Monday 11th 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

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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

08:40 pm FBI: Most Wanted (Rpt)

CC M
Violence

Incendiary

Jess and the team struggle to find the killer's motivation as they hunt for a Vietnamese-American ex-marine who is using napalm-style bombs to attack his targets.

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

09:30 pm FBI: Most Wanted (Rpt)

CC MA15+
Strong Violence,
Mature Themes

Hunter

The Fugitive Task Force chases a disturbed killer who plays a twisted game of cat and mouse with his victims – those who he sees as being responsible for his abuse when he was in the Boy Scouts.

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

10:30 pm FBI: Most Wanted (Rpt)

CC M
Violence,
Drug References

El Pincho

The team go in search of a notorious Colombian drug lord who has escaped from prison and is on a killing spree, leading Kristin to open up to her ex-husband about a terrifying ordeal from her past.

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

Guest Starring: Molly Burnett



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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.

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

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10:30 am Judge Judy (Rpt)

CC PG

Welcome to the court room of Judge Judith Sheindlin, the cases are real, the people are real and the rulings are final.

11:00 am Dr Phil (Rpt)

CC PG
Mature Themes

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

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

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03:30 pm 10 News First: Afternoon

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LIVE

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04:00 pm Neighbours

CC PG
Mature Themes

ALL NEW EPISODES

Toadie discovers that actions have consequences. The Lie-In ends with surprising winners... And losers. Aaron receives a call that shakes him to the core.



SYDNEY PROGRAM GUIDE

Tuesday 12th March 2024

04:30 pm The Bold & The Beautiful

CC PG
Sexual References,
Drug References,
Mature Themes

ALL NEW EPISODES

Luna is incredulous that her mother is the reason she cheated on R.J. Meanwhile, Eric offers Zende a new opportunity.

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

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07:30 pm Australian Survivor

CC

ALL NEW EPISODES

08:30 pm NCIS (Rpt)

CC M

Great Wide Open

Gibbs and McGee head to Alaska while the team works at home to uncover the conspiracy behind the serial killer

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

09:30 pm NCIS (Rpt)

CC M
Violence

Face The Strange

The NCIS team investigates the death of a Navy commander whose body suddenly explodes before Jimmy can examine it

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



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Tuesday 12th March 2024

10:30 pm NCIS: Los Angeles (Rpt)

CC M
Violence

The Reckoning

When a CIA officer and three others are shot and killed in broad daylight, the NCIS team suspects the attacks have something to do with DRONA. Also, Pembroke gives Callen more insight into his past.

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

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

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01:30 am Home Shopping (Rpt)

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Welcome to the court room of Judge Judith Sheindlin, the cases are real, the people are real and the rulings are final.

11:00 am Dr Phil (Rpt)

CC PG
Sexual References

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.

01:00 pm Entertainment Tonight

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CC PG
Mature Themes

ALL NEW EPISODES

Toadie struggles with his new reality. Felix is drawn to JJ, despite his best efforts. Hugo finds himself in grave danger.



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04:30 pm The Bold & The Beautiful

CC PG
Sexual References,
Drug References,
Mature Themes

ALL NEW EPISODES

Zende is shocked when Poppy and Luna make a confession. Meanwhile, Luna is faced with making an unbearable choice.

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07:30 pm Ambulance Australia

CC M
Drug References,
Mature Themes

ALL NEW EPISODES

NSW Ambulance crews race to a call for a slashed throat, perform life-saving CPR on teens, treat a suspected drug overdose at a brothel and rush to a potential stroke at a building site.

08:30 pm FBI: International

CC M
Drug References

ALL NEW EPISODES

Bhitw

When an American basketballer suffers a heart attack in a Belgrade strip club, the Fly Team looks for foul play along with Zoey McKenna, the new agent appointed by U.S. Legal Attache Dandridge.

Starring: Luke Kleintank, Heida Reed, Carter Redwood, Eva-Jane Willis, Kelley Missal, Michael Torpey

09:30 pm FBI: International (Rpt)

CC M
Violence

ONE Point Million Followers

When a notorious American tech tycoon becomes involved in a murder in Frankfurt, the Fly Team must chase him down amid the local protesters he's incited with his conspiracy theories on social media.

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

Guest Starring: Elizabeth Mitchell



SYDNEY PROGRAM GUIDE

Wednesday 13th March 2024

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

CC PG
Mature Themes

Snakes

The Fly Team must contend with a menacing crime family as they try to track down a couple who have fled to Albania after bilking millions in COVID relief funds from the U.S. Government.

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

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04:00 pm Neighbours

CC PG
Mature Themes

ALL NEW EPISODES

Toadie tries to keep a level head in the face of a terrifying situation. JJ draws on Felix's advice. Felix makes a fateful decision.

04:30 pm The Bold & The Beautiful

CC PG
Sexual References,
Drug References,
Mature Themes

ALL NEW EPISODES

Unaware of her secret, R.J. consoles a troubled Luna. Meanwhile, Sheila lurks as Hope pleads for Deacon to end things with her.

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LIVE

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

06:00 pm Deal Or No Deal

CC G

ALL NEW EPISODES

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

06:30 pm The Project

CC

LIVE

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

07:30 pm The Dog House Australia

CC

ALL NEW EPISODES

Georgie and Diaz get along well, but will their energy be too much for mum, Deb? Lovebirds Mia & Josh have so much love to give a dog, will their home be the right one for nervous Rottweiler, Girlie?

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 14th March 2024

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

CC M
Violence,
Sexual References,
Mature Themes

All Pain Is ONE Malady

In the search for a revenge-for-hire crime ring, Benson and Stabler combine forces on a case that has now spread globally. Meanwhile, Fin and Bruno help a rape victim assaulted for a second time.

Starring: Mariska Hargitay, Ice T , Christopher Meloni, Peter Scanavino, Octavio Pisano, Molly Burnett, Terry Serpico

10:30 pm Blue Bloods (Rpt)

CC M
Violence

Family Matters

Danny grills feuding crime families in a grand larceny case, Erin worries that her D.A. push is compromising her day job, and Eddie needs help to bust a drug dealer responsible for fentanyl overdoses.

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

11:30 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

12:30 am The Late Show With Stephen Colbert

CC PG

ALL NEW EPISODES

Join The Late Show host Stephen Colbert as he shares his views on a number of trending news updates and catches up with guests to engage in candid conversations.

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Thursday 14th 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 15th 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 Toadie tries to keep a level head in the face of a terrifying situation. JJ draws on Felix's advice. Felix makes a fateful decision.
09:00 am	The Bold & The Beautiful (Rpt)	CC PG Sexual References, Drug References, Mature Themes	SPECIAL ENCORE PRESENTATION Unaware of her secret, R.J. consoles a troubled Luna. Meanwhile, Sheila lurks as Hope pleads for Deacon to end things with her.
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	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 15th 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
Mature Themes

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

12:00 pm 10 News First: Midday

CC

LIVE

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

01:00 pm Entertainment Tonight

CC

ALL NEW EPISODES

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

01:30 pm Judge Judy (Rpt)

CC PG

Welcome to the court room of Judge Judith Sheindlin, the cases are real, the people are real and the rulings are final.

02:00 pm To Be Advised

03:00 pm Farm To Fork

CC

SEASON FINALE

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

03:30 pm 10 News First: Afternoon

CC

LIVE

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

04:00 pm Everyday Gourmet With Justine Schofield (Rpt)

CC G

Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield in an all new season of Everyday Gourmet.



SYDNEY PROGRAM GUIDE

Friday 15th March 2024

04:30 pm The Bold & The Beautiful

CC PG
Sexual References,
Drug References,
Mature Themes

ALL NEW EPISODES

Thomas and Hope get passionate at work. Meanwhile, Luna is blindsided by Zende's pitch for a future together.

05:00 pm 10 News First

CC

LIVE

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

06:00 pm Deal Or No Deal

CC G

ALL NEW EPISODES

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

06:30 pm The Project

CC

LIVE

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

07:30 pm Ready Steady Cook

CC

ALL NEW EPISODES

Ready Steady Cook is back! showcasing the best Australian chefs who team up with home cooks to prepare delicious dishes with a live studio audience deciding who cooked it best!

08:30 pm The Graham Norton Show

CC

ALL NEW EPISODES

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,
Coarse Language,
Mature Themes

Put the phone on silent while Graham chats with actors Colin Farrell, Brendan Gleeson, Kate Hudson, Elizabeth Banks and British Vogue's head fashionista Edward Enninful. Plus, Self Esteem performs!



SYDNEY PROGRAM GUIDE

Friday 15th March 2024

10:30 pm Fire Country (Rpt)

CC M
Violence

Get Your Hopes Up

A box truck crashes into the fire station, causing a power outage and triggering a dangerous blaze. Meanwhile, both Sharon and Bode's ex-girlfriend Cara face multiple medical emergencies.

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

SPECIAL ENCORE PRESENTATION

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

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.

11:30 pm The Project Encore (Rpt)

CC

12:30 am The Late Show With Stephen Colbert

CC PG

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

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04:00 am Home Shopping (Rpt)

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04:30 am Home Shopping (Rpt)

Home Shopping

05:00 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Friday 15th March 2024

05:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Saturday 16th 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

2410 Cairo Celebration TV Special

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!

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 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.

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 discover a boldly designed party house in Brisbane's hottest suburb of Hamilton, and we shine the spotlight on internationally acclaimed Danish architect, Bjarke Ingles.

10:30 am Food Trail: South Africa (Rpt) CC G

Kruger Safari

Warren's first stop is the inimitable Kruger Shalati or "Train on the Bridge", where he shows us the incredible structure, indulges in an unforgettable safari and cooks up a delectable dessert.



SYDNEY PROGRAM GUIDE

Saturday 16th 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.

11:30 am Australian Survivor Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

12:30 pm Silvia's Italian Masterclass CC G

ALL NEW EPISODES

Who can resist a sweet treat, especially when it's an authentic Italian. From biscotti to an espresso swirl cake, Silvia's twist on classic recipes are sure to make your mouth water.

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

Ninja The Green Sea Turtle

Ninja the Green Sea Turtle has a fish hook embedded in his intestines and Dr Bree performs dangerous surgery to remove it. Carers have brought in Edwina the Kangaroo who has deteriorated overnight.

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!

03:30 pm Good Chef Bad Chef (Rpt) CC G

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

04:00 pm My Market Kitchen CC G

ALL NEW EPISODES

Celebrity Cook and successful Restaurateur Laura Sharrad is joined by a variety of chefs and food producers in the iconic Prahlan Market cooking a variety of delicious and easy to follow recipes.



SYDNEY PROGRAM GUIDE

Saturday 16th 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 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.

06:30 pm The Dog House Australia Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

Georgie and Diaz get along well, but will their energy be too much for mum, Deb? Lovebirds Mia & Josh have so much love to give a dog, will their home be the right one for nervous Rottweiler, Girlie?

07:30 pm The Dog House CC G

ALL NEW EPISODES

Barrie brought his sibling along for moral support. He's unlucky in love, could Bizzy the Spaniel change all that? Nicola & Matt dream of very different dogs, will they find a dog they both agree on?

08:30 pm Ambulance Australia Encore (Rpt) CC M
Drug References,
Mature Themes

SPECIAL ENCORE PRESENTATION

NSW Ambulance crews race to a call for a slashed throat, perform life-saving CPR on teens, treat a suspected drug overdose at a brothel and rush to a potential stroke at a building site.

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

North West Ambulance Service calls up military personnel to help them care for the public effectively as the Covid-19 pandemic takes its toll.



SYDNEY PROGRAM GUIDE

Saturday 16th March 2024

10:30 pm So Help Me Todd (Rpt)

CC PG
Mild Violence

The Devil You Know

When Margaret finds herself on the verge of losing a prominent case involving the murder of an investigative journalist, Todd seeks help from an unlikely source: his imprisoned ex-girlfriend, Veronica

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

11:30 pm FBI: International Encore (Rpt)

CC M
Drug References

SPECIAL ENCORE PRESENTATION

Bhitw

When an American basketballer suffers a heart attack in a Belgrade strip club, the Fly Team looks for foul play along with Zoey McKenna, the new agent appointed by U.S. Legal Attache Dandridge.

Starring: Luke Kleintank, Heida Reed, Carter Redwood, Eva-Jane Willis, Kelley Missal, Michael Torpey

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.