



SYDNEY PROGRAM GUIDE

Sunday 17th 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

516 - The God Who Goes Before You

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, banana

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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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

01:00 pm Planet Shapers (Rpt) CC G

Planet Shapers

Sustainability stories about innovating and adapting to create a more sustainable world.

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

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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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

08:30 pm NCIS: Hawaii (Rpt) CC M
Violence

Breach

When a ransomware attempt causes a dam to malfunction, Ernie and a team of hackers are tasked to find the culprit quickly, before all power and water is cut off on the island.

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

09:30 pm NCIS: Hawaii (Rpt) CC M
Violence

Nurture

The NCIS team investigates a shipwreck carrying exotic animals that now threaten the native wildlife on Oahu. Alex sustains a career-ending injury and Kai asks a fish and wildlife agent out on a date.

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



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10:30 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

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

CC

SPECIAL ENCORE PRESENTATION

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

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

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04:30 am **CBS Mornings**

CC

ALL NEW EPISODES

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



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



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Monday 18th March 2024

11:00 am Dr Phil (Rpt)	CC PG Coarse Language, Mature Themes	Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness.
12:00 pm 10 News First: Midday	CC	<p>LIVE</p> <p>Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.</p>
01:00 pm Entertainment Tonight	CC	<p>ALL NEW EPISODES</p> <p>Kevin Frazier and Nischelle Turner bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.</p>
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 Australian Survivor Encore (Rpt)	CC	<p>SPECIAL ENCORE PRESENTATION</p>
03:00 pm Good Chef Bad Chef	CC	<p>SEASON PREMIERE</p> <p>Hosts Dr Joanna McMillann, Tim Bone, Jacqueline Alwill and Mike Reid present a daily cooking series showing both the healthy and indulgent ways to cook and eat.</p>
03:30 pm 10 News First: Afternoon	CC	<p>LIVE</p> <p>Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.</p>
04:00 pm Neighbours	CC PG Mature Themes	<p>ALL NEW EPISODES</p> <p>Krista feels empowered following her string of wins. Felix makes an admission to his brother. Paul paves his path back to Leo.</p>



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Monday 18th March 2024

04:30 pm The Bold & The Beautiful

CC PG
Mild Violence,
Sexual References,
Mature Themes

ALL NEW EPISODES

Sheila approaches Kelly while she's on a playdate with a friend. Meanwhile, Steffy and Liam unite in their concern over Sheila.

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 MA15+
Strong Violence

Overlooked

The team race to prevent more killings as they search for an embezzling businessman who is wanted for his wife and daughter's murder. Jess takes advantage of his empty nest to properly court Sarah.

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

09:30 pm FBI: Most Wanted (Rpt)

CC M
Strong Violence,
Drug Use,
Mature Themes

Shattered

The team pursues an abusive man on the war path to find his ex-girlfriend, who is trying to escape him for good. Also, Jess and Sarah make plans to take their dream vacation together.

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



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

CC M
Violence

Incel

The team deal with their grief in the wake of Jess' murder but are soon called to track down a jealous and deranged member of the incel community who is targeting beautiful people for death.

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

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.

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ALL NEW EPISODES		
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SPECIAL ENCORE PRESENTATION		
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04:00 pm Neighbours CC PG
Mature Themes

ALL NEW EPISODES

Feeling threatened, Chelsea doubles down on her plans. Mackenzie makes a grand gesture. Toadie scrambles to make amends.



SYDNEY PROGRAM GUIDE

Tuesday 19th March 2024

04:30 pm The Bold & The Beautiful

CC PG
Violence,
Mature Themes

ALL NEW EPISODES

Steffy and Sheila's argument gets physical, fast.

05:00 pm 10 News First

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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

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07:30 pm Australian Survivor

CC

ALL NEW EPISODES

09:00 pm Aaron Chen Comedy Special

CC PG
Coarse Language,
Mature Themes

SPECIAL EVENT

Aaron Chen- If Weren't Filmed, Nobody Would Believe

Welcome to Aaron Chen's first stand-up special! Lucky we're filmed.

10:00 pm NCIS (Rpt)

CC M
Violence,
Drug References

False Start

NCIS investigates the death of a beloved Navy commander who trained some of the best athletes in the country

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

11:00 pm NCIS (Rpt)

CC M
Violence

Docked

NCIS investigates the death of a man on a cruise ship whose body is discovered in the ship's sauna by none other than McGee's mother-in-law, Judy

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



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ALL NEW EPISODES

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

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CC PG

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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.

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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ALL NEW EPISODES

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04:00 pm Neighbours

CC PG
Mature Themes

ALL NEW EPISODES

Toadie is at a crossroads. Haz is the target of a terrible attack. The neighbours band together for a good cause.



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04:30 pm The Bold & The Beautiful

CC PG
Violence,
Coarse Language,
Mild Themes

ALL NEW EPISODES

Finn and Deacon break up Sheila and Steffy's brawl. Meanwhile, Deacon worries about Sheila's current state of mind.

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07:30 pm Ambulance Australia

CC M
Mature Themes

ALL NEW EPISODES

In this heart-warming episode, NSW Ambulance heroes deliver a baby, save a 4-year-old with a critical heart condition, assist a 91-year-old gentleman, and respond to a serious motorcycle accident.

08:30 pm FBI: International

CC M
Violence,
Mature Themes

ALL NEW EPISODES

Someone She Knew

As the clock ticks on Forrester's reassignment, the Fly Team races to Austria find an American teen who was kidnapped as a child, and whose abductors are now holding a second young girl captive.

Starring: Luke Kleintank, Heida Reed, Vinessa Vidotto, Eva-Jane Willis, Kelley Missal, Michael Torpey

09:30 pm FBI: International (Rpt)

CC PG
Violence,
Mature Themes

The Kill List

The Fly Team must figure out how to keep the U.S. Attorney General safe while she's in Hungary for an important meeting, after the suspicious death of an aide suggests a possible security breach.

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



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Violence,
Drug References,
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Shouldn't Have Left Her

Raines goes rogue when his sister gets abducted in Kosovo, putting his job and his life on the line to find her. Meanwhile, Kellett and Forrester face further scrutiny from inside the Bureau.

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

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CC PG
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ALL NEW EPISODES

Felix is backed into a corner. Haz hides a terrible truth. Melanie walks into an awkward situation.

04:30 pm The Bold & The Beautiful

CC PG
Violence,
Mature Themes

ALL NEW EPISODES

Finn confesses to Hope his true feelings about Steffy and Sheila's altercation. Steffy is overwhelmed by an ominous feeling about Sheila

05:00 pm 10 News First

CC

LIVE

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

06:00 pm Deal Or No Deal

CC G

ALL NEW EPISODES

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

06:30 pm The Project

CC

LIVE

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

07:30 pm The Dog House Australia

CC

ALL NEW EPISODES

Jill wants a pal for her Staffy, but can anxious pup Sainra overcome her shyness? The Lyon family are looking for an active dog, but will cattle dog cross, Bonnie, be the right fit?

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 21st March 2024

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

CC M
Violence,
Mature Themes

Gimme Shelter- Part Two

As SVU team up with Elliot Stabler on one of the Organized Crime Unit's cases, they find themselves hunting down an evil mastermind who has a plan to explode a gigantic bomb somewhere in New York City

Starring: Mariska Hargitay, Kelli Giddish, Ice T , Christopher Meloni, Jeffrey Donovan, Camryn Manheim

10:30 pm Blue Bloods (Rpt)

CC M
Violence

Fire Drill

Jamie searches for the arsonist responsible for a huge fire that destroys all Danny's evidence against a cartel leader. Eddie faces trouble over the divisive arrest of an anti-cop protestor at a rally

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 21st 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 22nd 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 Gbajabamila, 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 Felix is backed into a corner. Haz hides a terrible truth. Melanie walks into an awkward situation.
09:00 am	The Bold & The Beautiful (Rpt)	CC PG Violence, Mature Themes	SPECIAL ENCORE PRESENTATION Finn confesses to Hope his true feelings about Steffy and Sheila's altercation. Steffy is overwhelmed by an ominous feeling about Sheila
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	Good Chef Bad Chef (Rpt)	CC	SPECIAL ENCORE PRESENTATION Hosts Dr Joanna McMillann, Tim Bone, Jacqueline Alwill and Mike Reid present a daily cooking series showing both the healthy and indulgent ways to cook and eat.



SYDNEY PROGRAM GUIDE

Friday 22nd 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 Albert Park All Access CC

SPECIAL EVENT

Albert Park All Access

Join Network 10's expert commentary team ahead of the Formula 1 Rolex Australian Grand Prix 2024 with exclusive interviews, track and paddock access and expert opinion of this year's race from Melbourne.

12:00 pm 2024 Formula 1 Australian Grand Prix CC

LIVE

F1- Australia- Day 1 Live

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

SEASON FINALE

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.



SYDNEY PROGRAM GUIDE

Friday 22nd March 2024

09:30 pm The Graham Norton Show (Rpt)

CC M
Coarse Language,
Mature Themes

Graham is joined by actors Geena Davis and Stephen Graham, and by Strictly judge Motsi Mabuse. Closing out the show is the wizard of wordplay, British rapper Stormzy, with a banger from his new album.

10:30 pm Albert Park All Access (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Albert Park All Access

Join Network 10's expert commentary team ahead of the Formula 1 Rolex Australian Grand Prix 2024 with exclusive interviews, track and paddock access and expert opinion of this year's race from Melbourne.

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 Fire Country (Rpt)

CC M
Violence,
Medical Procedures

Mama Bear

A former inmate firefighter harboring a grudge against Sharon returns to carry out his revenge.

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

01:30 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.

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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SYDNEY PROGRAM GUIDE

Friday 22nd March 2024

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 23rd March 2024

06:00 am What's Up Down Under (Rpt) CC

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

24/11 The Reality Of Hell

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 Ready Steady Cook Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

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!

09:00 am Albert Park All Access (Rpt) CC

SPECIAL EVENT

Albert Park All Access

Join Network 10's expert commentary team ahead of the Formula 1 Rolex Australian Grand Prix 2024 with exclusive interviews, track and paddock access and expert opinion of this year's race from Melbourne.

10:00 am 2024 Formula 1 Australian Grand Prix CC

F1- Australia- Day 2 Live

05:30 pm 10 News First CC

LIVE

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



SYDNEY PROGRAM GUIDE

Saturday 23rd March 2024

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

SPECIAL ENCORE PRESENTATION

Jill wants a pal for her Staffy, but can anxious pup Sainra overcome her shyness? The Lyon family are looking for an active dog, but will cattle dog cross, Bonnie, be the right fit?

07:30 pm The Dog House

CC PG
Mild Themes

ALL NEW EPISODES

Cockapoo pup Annie is a whirlwind - 7yr old Lottie is immediately in love. Will the rest of her family agree? Paul is mourning his dog Baxter, and his wife is sure the only solution is another dog.

08:30 pm Ambulance Australia Encore (Rpt)

CC M
Mature Themes

SPECIAL ENCORE PRESENTATION

In this heart-warming episode, NSW Ambulance heroes deliver a baby, save a 4-year-old with a critical heart condition, assist a 91-year-old gentleman, and respond to a serious motorcycle accident.

09:30 pm Ambulance UK (Rpt)

CC M
Coarse Language,
Medical Procedures

A 999 call for a patient who is stuck on a bus after dislocating her knee kicks off another busy nightshift for the team as they care for the 1.4 million people of Merseyside.

10:30 pm So Help Me Todd (Rpt)

CC PG
Mature Themes

Side Effects May Include Murder

When Margaret's client faces an attempted murder charge, she mounts a creative defense to prove her client's innocence, and Todd decides to take an experimental drug to find evidence.

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

11:30 pm FBI: International Encore (Rpt)

CC M
Violence,
Mature Themes

SPECIAL ENCORE PRESENTATION

Someone She Knew

As the clock ticks on Forrester's reassignment, the Fly Team races to Austria find an American teen who was kidnapped as a child, and whose abductors are now holding a second young girl captive.

Starring: Luke Kleintank, Heida Reed, Vinessa Vidotto, Eva-Jane Willis, Kelley Missal, Michael Torpey



SYDNEY PROGRAM GUIDE

Saturday 23rd March 2024

12:30 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 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.