



# SYDNEY PROGRAM GUIDE

Sunday 31st 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

### 521 - Healed And Whole By His Resurrection Life

Pastor Joseph Prince is a leading voice in proclaiming the gospel of grace around the world. He is the senior pastor of New Creation Church in Singapore, which has a congregation of more than 31,000 attendees.

**07:30 am Good Chef Bad Chef (Rpt)**

CC G

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

**08:00 am Everyday Gourmet With Justine Schofield (Rpt)**

CC G

Justine Schofield along with special guests, present a variety of delicious recipes for the home cook.

**08:30 am Freshly Picked With Simon Toohey (Rpt)**

CC G

Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them.

**09:00 am 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.

**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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<b>10:00 am Farm To Fork</b> (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.
<b>10:30 am Pooches At Play</b> (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.
<b>11:00 am Buy To Build</b> (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.
<b>11:30 am Healthy Homes</b> (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.
<b>12:00 pm Roads Less Travelled</b> (Rpt)	CC G	A travel and Road trip series that uncovers the hidden gems in each location that we visit
<b>12:30 pm To Be Advised</b>		
<b>01:30 pm Cook With Luke</b> (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.
<b>02:00 pm Pat Callinan's 4x4 Adventures</b>	CC	<b>ALL NEW EPISODES</b> 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.
<b>03:00 pm Taste Of Australia With Hayden Quinn</b> (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.



# SYDNEY PROGRAM GUIDE

## Sunday 31st March 2024

<b>03:30 pm</b>	<b>Farm To Fork</b> (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.
<b>04:00 pm</b>	<b>My Market Kitchen</b> (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.
<b>04:30 pm</b>	<b>Good Chef Bad Chef</b> (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.
<b>05:00 pm</b>	<b>10 News First</b>	CC	<b>LIVE</b> Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.
<b>06:30 pm</b>	<b>The Sunday Project</b>	CC	<b>LIVE</b> Join the Sunday Project hosts as they dissect and digest the daily news, events and hottest topics.
<b>07:30 pm</b>	<b>I'm A Celebrity...Get Me Out Of Here!</b>	CC PG Sexual References, Coarse Language, Mature Themes	<b>ALL NEW EPISODES</b> The celebrities celebrate Easter in camp, but there will be no chocolate treats for them! And the celebrity teams must now face off for food.
<b>09:15 pm</b>	<b>NCIS: Hawaii</b> (Rpt)	CC M Violence, Mature Themes	<b>Ohana</b> Captain Milius continues to work with Tennant and her team in the aftermath of the prisoner exchange. Also, Whistler takes Ernie's advice and makes a grand gesture in the hope of winning back Lucy.  Starring: Vanessa Lachey, Alex Tarrant, Enver Gjokaj, Noah Mills, Yasmine Al-Bustami, Jason Antoon
<b>10:15 pm</b>	<b>FBI</b> (Rpt)	CC MA15+ Violence, Strong Adult Themes	<b>All That Glitters</b> A young woman is killed on her way home from a lavish yacht party, and Most Wanted's Agent Crosby is brought in when a suspect is identified as a veteran who had been on Army operations with him.  Starring: Missy Peregrym, Zeeko Zaki, Jeremy Sisto, Alana De La Garza  Guest Starring: Julian McMahon, Kellan Lutz



# SYDNEY PROGRAM GUIDE

## Sunday 31st March 2024

11:10 pm **FBI** (Rpt)

CC M  
Violence,  
Mature Themes

### Hacktivist

The FBI must stop a hacker with an unusual ransom demand who has disabled critical equipment in several New York City hospitals, including the hospital where Jubal's son awaits life-saving surgery.

Starring: Missy Peregrym, Jeremy Sisto, Alana De La Garza, Kathleen Munroe, John Boyd, Katherine Renee Turner

12:00 am **The Sunday Project Encore** (Rpt)

CC

### **SPECIAL ENCORE PRESENTATION**

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

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

### Home Shopping

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

### Home Shopping

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

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### 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 01st April 2024

<b>06:00 am</b>	<b>Everyday Gourmet With Justine Schofield</b> (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.
<b>06:30 am</b>	<b>My Market Kitchen</b> (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.
<b>07:00 am</b>	<b>Ready Steady Cook</b> (Rpt)	CC G	This is RSC easter special, with Adam D'Sylva & Sarah Todd has 2 rounds. Round one has them cook with five ingredients in 20 minutes, next round is a challenge with easter ingredients.
<b>SPECIAL ENCORE PRESENTATION</b>			
<b>08:00 am</b>	<b>Entertainment Tonight</b> (Rpt)	CC	Kevin Frazier and Nischelle Turner bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.
<b>08:30 am</b>	<b>Good Chef Bad Chef</b> (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.
<b>09:00 am</b>	<b>The Bold &amp; The Beautiful</b> (Rpt)	CC PG Violence, Coarse Language, Mature Themes	Steffy confides in Liam that she is concerned that her marriage may not withstand this latest tragedy.
<b>SPECIAL ENCORE PRESENTATION</b>			
<b>09:30 am</b>	<b>Deal Or No Deal</b> (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.
<b>SPECIAL ENCORE PRESENTATION</b>			
<b>10:00 am</b>	<b>Good Chef Bad Chef</b> (Rpt)	CC G	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.
<b>10:30 am</b>	<b>Judge Judy</b> (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 01st April 2024

**11:00 am Dr Phil (Rpt)**

CC PG  
Sexual References,  
Mature Themes

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

### LIVE

**12:00 pm 10 News First: Midday**

CC

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

### ALL NEW EPISODES

**01:00 pm Entertainment Tonight**

CC

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

**01:15 pm To Be Advised**

### ALL NEW EPISODES

**03:00 pm Good Chef Bad Chef**

CC G

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.

### LIVE

**03:30 pm 10 News First: Afternoon**

CC

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

### ALL NEW EPISODES

**04:00 pm Neighbours**

CC PG  
Mature Themes

Felix faces a setback. Wendy and Andrew struggle to accept their evolving relationship with Sadie. Aaron deals with a fresh wave of grief.

### ALL NEW EPISODES

**04:30 pm The Bold & The Beautiful**

CC PG  
Violence,  
Mature Themes

Liam threatens Finn, saying he will step up for Steffy if Finn won't. Hope consoles Deacon and helps him process his grief.



# SYDNEY PROGRAM GUIDE

Monday 01st April 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 I'm A Celebrity...Get Me Out Of Here!**

CC PG  
Sexual References,  
Coarse Language,  
Mature Themes

## ALL NEW EPISODES

The 12th celebrity joins the jungle... find out who is joining camp!

**09:00 pm FBI: Most Wanted (Rpt)**

CC MA15+  
Strong Violence

## Reaper

Special Agent Remy Scott and the team investigate the homicides of two Army veterans in a murder spree connected to their time in Afghanistan. Hana receives surprising news about her birth mother.

Starring: Dylan McDermott, Miguel Gomez, Alexa Davalos, Keisha Castle-Hughes

**10:00 pm FBI: Most Wanted (Rpt)**

CC M  
Violence

## Whack Job

The team goes after the killer of a man in witness protection but finds there's more to the case than meets the eye. Also, Remy is challenged by what he discovers when he reconnects with his mother.

Starring: Dylan McDermott, Alexa Davalos, Miguel Gomez, Keisha Castle-Hughes

**11:00 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.



# SYDNEY PROGRAM GUIDE

Monday 01st April 2024

**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)

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

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

**Home Shopping**

**04:30 am CBS Mornings** CC

## ALL NEW EPISODES

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





# SYDNEY PROGRAM GUIDE

Tuesday 02nd April 2024

<b>06:00 am</b>	<b>Everyday Gourmet With Justine Schofield</b> (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.
<b>06:30 am</b>	<b>My Market Kitchen</b> (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.
<b>07:00 am</b>	<b>Ready Steady Cook</b> (Rpt)	CC	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!
<b>08:00 am</b>	<b>Entertainment Tonight</b> (Rpt)	CC	<b>SPECIAL ENCORE PRESENTATION</b> Kevin Frazier and Nischelle Turner bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.
<b>08:30 am</b>	<b>Neighbours Encore</b> (Rpt)	CC PG Mature Themes	<b>SPECIAL ENCORE PRESENTATION</b> Felix faces a setback. Wendy and Andrew struggle to accept their evolving relationship with Sadie. Aaron deals with a fresh wave of grief.
<b>09:00 am</b>	<b>The Bold &amp; The Beautiful</b> (Rpt)	CC PG Violence, Mature Themes	<b>SPECIAL ENCORE PRESENTATION</b> Liam threatens Finn, saying he will step up for Steffy if Finn won't. Hope consoles Deacon and helps him process his grief.
<b>09:30 am</b>	<b>Deal Or No Deal</b> (Rpt)	CC G	<b>SPECIAL ENCORE PRESENTATION</b> 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.
<b>10:00 am</b>	<b>Good Chef Bad Chef</b> (Rpt)	CC G	<b>SPECIAL ENCORE PRESENTATION</b> 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

Tuesday 02nd April 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 To Be Advised**

**03:00 pm Good Chef Bad Chef**

CC

## ALL NEW EPISODES

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.

**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

Jane is cruelly targeted. Andrew oversteps the mark. JJ steps up for Felix.

**04:30 pm The Bold & The Beautiful**

CC PG  
Sexual References,  
Drug References,  
Mature Themes

## ALL NEW EPISODES

Finn and Steffy come together for the first time since the tragedy.



# SYDNEY PROGRAM GUIDE

Tuesday 02nd April 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 I'm A Celebrity...Get Me Out Of Here!

CC PG  
Sexual References,  
Coarse Language,  
Mature Themes

## ALL NEW EPISODES

Split camp continues to pit the celebrities against each other.

09:00 pm NCIS

CC M  
Violence,  
Mature Themes

## SEASON PREMIERE

### Algun Dia

The NCIS team must help Torres when he puts his future at stake by confronting the man who tormented his family when he was a child.

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

10:00 pm NCIS Los Angeles (Rpt)

CC M  
Violence

## SEASON FINALE

### New Beginnings - Part 2

In the nail-biting season finale, the team could be walking into an ambush as they continue working the case of the stolen military-grade weapons. Also, Callen and Anna decide on an impromptu wedding.

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



# SYDNEY PROGRAM GUIDE

Tuesday 02nd April 2024

**11:00 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.

**12:00 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)

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

**Home Shopping**

**04:30 am CBS Mornings** CC

## ALL NEW EPISODES

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





# SYDNEY PROGRAM GUIDE

Wednesday 03rd April 2024

<b>06:00 am</b>	<b>Everyday Gourmet With Justine Schofield</b> (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.
<b>06:30 am</b>	<b>My Market Kitchen</b> (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.
<b>07:00 am</b>	<b>The Talk</b>	CC PG Mature Themes	<b>ALL NEW EPISODES</b> 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.
<b>08:00 am</b>	<b>Entertainment Tonight</b> (Rpt)	CC	<b>SPECIAL ENCORE PRESENTATION</b> Kevin Frazier and Nischelle Turner bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.
<b>08:30 am</b>	<b>Neighbours Encore</b> (Rpt)	CC PG Mature Themes	<b>SPECIAL ENCORE PRESENTATION</b> Jane is cruelly targeted. Andrew oversteps the mark. JJ steps up for Felix.
<b>09:00 am</b>	<b>The Bold &amp; The Beautiful</b> (Rpt)	CC PG Sexual References, Drug References, Mature Themes	<b>SPECIAL ENCORE PRESENTATION</b> Finn and Steffy come together for the first time since the tragedy.
<b>09:30 am</b>	<b>Deal Or No Deal</b> (Rpt)	CC G	<b>SPECIAL ENCORE PRESENTATION</b> 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.
<b>10:00 am</b>	<b>Good Chef Bad Chef</b> (Rpt)	CC	<b>SPECIAL ENCORE PRESENTATION</b> 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

## Wednesday 03rd April 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 To Be Advised**

**03:00 pm Good Chef Bad Chef**

CC

### ALL NEW EPISODES

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.

**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

JJ's decision has catastrophic consequences. Felix is focused on his endgame. Melanie reads between the lines. Chelsea makes an inspired declaration.



# SYDNEY PROGRAM GUIDE

Wednesday 03rd April 2024

**04:30 pm The Bold & The Beautiful**

CC PG  
Violence,  
Sexual References,  
Mature Themes

## ALL NEW EPISODES

Poppy and Zende interfere in Luna's decision to come clean to R.J. Memories of Sheila haunt Finn.

**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**

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## LIVE

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

**07:30 pm I'm A Celebrity...Get Me Out Of Here!**

CC PG  
Sexual References,  
Coarse Language,  
Mature Themes

## ALL NEW EPISODES

The latest celebrity will need to work hard in a challenge to receive their luxury item.

**09:00 pm FBI: International**

CC M  
Violence

## ALL NEW EPISODES

### Indefensible

The Fly Team investigates the car bombing death of an American lawyer working out of Budapest. Kellett begins to grow close to Hungarian police lieutenant Erdős as the critical case progresses.

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

**10:00 pm FBI: International (Rpt)**

CC M  
Violence

### Uprooting

When an American vintner is shot and killed on his wine estate in France, the Fly Team must determine if the region's local protest group with a history of violence against foreigners is to blame.

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



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Wednesday 03rd April 2024

11:00 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.

12:00 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.

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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.







# SYDNEY PROGRAM GUIDE

Thursday 04th April 2024

<b>06:00 am</b> <b>Everyday Gourmet With Justine Schofield</b> (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.
<b>06:30 am</b> <b>My Market Kitchen</b> (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.
<b>ALL NEW EPISODES</b>		
<b>07:00 am</b> <b>The Talk</b>	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.
<b>SPECIAL ENCORE PRESENTATION</b>		
<b>08:00 am</b> <b>Entertainment Tonight</b> (Rpt)	CC	Kevin Frazier and Nischelle Turner bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.
<b>SPECIAL ENCORE PRESENTATION</b>		
<b>08:30 am</b> <b>Neighbours Encore</b> (Rpt)	CC PG Mature Themes	JJ's decision has catastrophic consequences. Felix is focused on his endgame. Melanie reads between the lines. Chelsea makes an inspired declaration.
<b>09:00 am</b> <b>The Bold &amp; The Beautiful</b> (Rpt)	CC PG Violence, Sexual References, Mature Themes	Poppy and Zende interfere in Luna's decision to come clean to R.J. Memories of Sheila haunt Finn.
<b>SPECIAL ENCORE PRESENTATION</b>		
<b>09:30 am</b> <b>Deal Or No Deal</b> (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.
<b>SPECIAL ENCORE PRESENTATION</b>		
<b>10:00 am</b> <b>Good Chef Bad Chef</b> (Rpt)	CC	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

Thursday 04th April 2024

**10:30 am Judge Judy** (Rpt)

CC PG

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

**11:00 am Dr Phil** (Rpt)

CC PG  
Sexual References,  
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 To Be Advised**

**03:00 pm Good Chef Bad Chef**

CC

## ALL NEW EPISODES

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.

**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 family process Felix's deception. Chelsea's jealousy blooms. JJ prepares for a tough conversation.

**04:30 pm The Bold & The Beautiful**

CC PG  
Sexual References,  
Mature Themes

## ALL NEW EPISODES



# SYDNEY PROGRAM GUIDE

Thursday 04th April 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 I'm A Celebrity...Get Me Out Of Here!

CC PG

Sexual References,  
Coarse Language,  
Mature Themes

## ALL NEW EPISODES

12 celebrities face the ultimate test of the jungle - all in the hope of winning money for their chosen charity.

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.

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

CC M

Violence,  
Mature Themes

## Mirror Effect

Benson tries to help a pop star in a volatile relationship, Rollins struggles with taking the stress of work home with her, and Fin teaches rookie Grace Muncy a lesson in respecting fellow officers.

Starring: Mariska Hargitay, Ice T, Kelli Giddish, Peter Scanavino, Octavio Pisano, Molly Burnett

10:30 pm Blue Bloods (Rpt)

CC M

Violence,  
Mature Themes

## Forgive Us Our Trespasses

Danny teams up with his old partner, Jackie, to find a copycat killer. Frank debates how to handle the city's homeless problem. Jamie, Eddie and Erin join forces to nab an ex-con committing assaults.

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



# SYDNEY PROGRAM GUIDE

Thursday 04th April 2024

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

## SPECIAL ENCORE PRESENTATION

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

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

## ALL NEW EPISODES

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

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

**Home Shopping**

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

**Home Shopping**

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

**Home Shopping**

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

**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

Friday 05th April 2024

<b>06:00 am</b>	<b>Everyday Gourmet With Justine Schofield</b> (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.
<b>06:30 am</b>	<b>My Market Kitchen</b> (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.
<b>07:00 am</b>	<b>The Talk</b>	CC PG Mature Themes	<b>ALL NEW EPISODES</b> 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.
<b>08:00 am</b>	<b>Entertainment Tonight</b> (Rpt)	CC	<b>SPECIAL ENCORE PRESENTATION</b> Kevin Frazier and Nischelle Turner bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.
<b>08:30 am</b>	<b>Neighbours Encore</b> (Rpt)	CC PG Mature Themes	<b>SPECIAL ENCORE PRESENTATION</b> The Rodwell family process Felix's deception. Chelsea's jealousy blooms. JJ prepares for a tough conversation.
<b>09:00 am</b>	<b>The Bold &amp; The Beautiful</b> (Rpt)	CC PG Sexual References, Mature Themes	<b>SPECIAL ENCORE PRESENTATION</b>
<b>09:30 am</b>	<b>Deal Or No Deal</b> (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.
<b>10:00 am</b>	<b>Good Chef Bad Chef</b> (Rpt)	CC	<b>SPECIAL ENCORE PRESENTATION</b> 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 05th April 2024

**10:30 am Judge Judy (Rpt)**

CC PG

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

**11:00 am Dr Phil (Rpt)**

CC PG  
Sexual References,  
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**

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 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!

**03:00 pm Good Chef Bad Chef**

CC

## ALL NEW EPISODES

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.

**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 05th April 2024

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

CC G

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

## ALL NEW EPISODES

**04:30 pm The Bold & The Beautiful**

CC PG  
Sexual References,  
Mature Themes

## LIVE

**05:00 pm 10 News First**

CC

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

## ALL NEW EPISODES

**06:00 pm Deal Or No Deal**

CC G

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

## LIVE

**06:30 pm The Project**

CC

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

## ALL NEW EPISODES

**07:30 pm Ready Steady Cook**

CC

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 (Rpt)**

CC PG  
Mature Themes

It's a show jam-packed with talent as Graham has fun on the couch with Daniel Craig, Clive Myrie, Sir Ian McKellen and John Bishop. Plus, Charlie Puth performs his song "Loser".

**09:30 pm Dogs Behaving (Very) Badly Australia (Rpt)**

CC PG  
Mild Themes

Graeme rounds out his Australian odyssey visting three very cheeky pups.



# SYDNEY PROGRAM GUIDE

Friday 05th April 2024

**10:30 pm Fire Country** (Rpt)

CC PG  
Mature Themes

### **You Know Your Dragon Best**

The crews work to contain a dangerous forest fire and save a group of environmentalists protesting a housing development.

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)

**Home Shopping**

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

**Home Shopping**

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

**Home Shopping**

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

**Home Shopping**

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

**Home Shopping**

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

**Home Shopping**

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

**Home Shopping**

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

**Home Shopping**





# SYDNEY PROGRAM GUIDE

Friday 05th April 2024

05:30 am Home Shopping (Rpt)

Home Shopping



# SYDNEY PROGRAM GUIDE

## Saturday 06th April 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

#### **2413 Stopping The Resurrection?**

Religious.

**07:00 am Camper Deals** (Rpt) CC G

Join the What's Up Downunder team showcasing the latest products, accessories, and innovations with great tips'n'hints to make your next adventure a great 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 Healthy Homes** (Rpt) CC G

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

**09:30 am Food Trail: South Africa** (Rpt) CC G

#### **Madikwe Safari**

Sprawling across the northern border of South Africa. Madikwe Safari Lodge is home to rhinos and giraffes, Warren cooks a South African inspired dessert, a risotto and a sunset feast in the bush.



# SYDNEY PROGRAM GUIDE

Saturday 06th April 2024

**10:00 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!

**11:00 am I'm A Celebrity...Get Me Out Of Here! (Rpt)** CC PG  
Sexual References,  
Coarse Language,  
Mature Themes

## SPECIAL ENCORE PRESENTATION

Split camp continues to pit the celebrities against each other.

**12:30 pm Silvia's Italian Masterclass** CC G

## ALL NEW EPISODES

Running low on time or ingredients? Silvia Colocca shows you how to save time in the kitchen, while still executing recipes so good they'll be impossible to resist.

**01:00 pm All 4 Adventure (Rpt)** CC PG  
Coarse Language,  
Mature Themes

Armed with all-new rigs, Australia's favourite adventurers, Jase and Simon, along with their good mate Jesse, set out to tackle a remote track in the Kimberley.

**02:00 pm Roads Less Travelled (Rpt)** CC G

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

**02:30 pm Everyday Gourmet With Justine Scofield (Rpt)** CC G

Justine Schofield along with special guests, present a variety of delicious recipes for the home cook.

**03:00 pm 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!

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



# SYDNEY PROGRAM GUIDE

Saturday 06th April 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 The Dog House** (Rpt) CC PG

It's puppy-tastic this week at Wood Green as 9-year-old Kiya is given the best job ever, choosing a new furry friend out of a litter of three tiny cockapoos.

**07:00 pm The Dog House** CC PG  
Mild Themes

## ALL NEW EPISODES

Stunner Olaf, a pure white Husky, wows brothers Ben & Harry. Tracey has doubts anything can bring her spark back, Will Buster? Spaniel Storm needs a playmate that will keep up. Is Macie the answer?

**08:00 pm Ambulance UK** CC M  
Mature Themes

## SEASON PREMIERE

Follow the frontline workers in this new season of Ambulance UK as they care for the 7 million people of the Northwest, bringing an unprecedented insight into Britain's largest ambulance service.

Voices: Christopher Eccleston

**09:15 pm Ambulance UK** (Rpt) CC M  
Mature Themes

A 999 call for a patient driving the wrong way up a slip road kicks off another busy shift for the teams covering the 2,300 square miles of Teesside in England's North East.

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

## Wall Of Fire

Todd stumbles into a case Margaret agreed to co-counsel with Gus. Realising their cases are converging, a firewall is put into place to prevent Margaret and Todd from communicating with each other.

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



# SYDNEY PROGRAM GUIDE

Saturday 06th April 2024

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

CC M  
Violence

## SPECIAL ENCORE PRESENTATION

### Indefensible

The Fly Team investigates the car bombing death of an American lawyer working out of Budapest. Kellett begins to grow close to Hungarian police lieutenant Erdős as the critical case progresses.

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

**12:30 am** **FBI: International** (Rpt)

CC M  
Violence

### Uprooting

When an American vintner is shot and killed on his wine estate in France, the Fly Team must determine if the region's local protest group with a history of violence against foreigners is to blame.

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

**01:00 am** **FBI: Most Wanted** (Rpt)

CC MA15+  
Strong Violence

### Reaper

Special Agent Remy Scott and the team investigate the homicides of two Army veterans in a murder spree connected to their time in Afghanistan. Hana receives surprising news about her birth mother.

Starring: Dylan McDermott, Miguel Gomez, Alexa Davalos, Keisha Castle-Hughes

**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



# SYDNEY PROGRAM GUIDE

Saturday 06th April 2024

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.