



SYDNEY PROGRAM GUIDE

Sunday 14th April 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

518 - Wisdom For Financial Success

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 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.

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	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.
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 Reilly have got it covered. From a room make-over to the latest idea, innovation, power tool, pool, building or construction.
12:00 pm	To Be Advised			
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	Destination Dessert (Rpt)	CC	G	From the coastlines to the red centre, discover the best spots to eat, stay and play. Pack your bags and join the team as they explore Australia, reminding you that life is short - make it sweet.
02:30 pm	Hungry (Rpt)	CC	G	Renowned chef George Calombaris is going back to his roots with an unapologetically candid new series and he's taking restaurateur Sarah Todd along the food journey.
03:00 pm	Taste Of Australia With Hayden Quinn (Rpt)	CC	G	Coff Coast 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	I'm A Celebrity...Get Me Out Of Here!	CC PG Sexual References, Coarse Language, Mature Themes	ALL NEW EPISODES After many long weeks in the jungle, the celebrities finally receive letters from home.
09:00 pm	FBI	CC M Violence, Mature Themes	ALL NEW EPISODES Remorse After the president of the NY Fed is gunned down trying to help a young woman in peril, the team races to find the killer and the missing woman. Starring: Missy Peregrym, Zeeko Zaki, Jeremy Sisto, John Boyd, Katherine Renee Kane, Alana De La Garza
10:00 pm	FBI (Rpt)	CC M Violence	Charlotte's Web After a suburban woman is kidnapped from her home, the team looks into trysts on both sides of a seemingly perfect marriage. Meanwhile, OA feels pressure from Mona to make changes in his career path. Starring: Missy Peregrym, Zeeko Zaki, Jeremy Sisto, Alana De La Garza, John Boyd, Katherine Renee Turner



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11:00 pm **FBI** (Rpt)

CC M
Violence,
Sexual References

Allegiance

The team must track down a shooter targeting detectives from the same precinct and unit, while facing mounting tension from the NYPD.

Starring: Missy Peregrym, Zeeko Zaki, Jeremy Sisto, Alana De La Garza, 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)

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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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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	Silvia's Italian Masterclass (Rpt)	CC G	No meat, no worries! Silvia demonstrates that you do not need meat to create a delicious, authentic Italian meal. These recipes will both fill you up yet still leave you wanting more.
09:00 am	The Bold & The Beautiful (Rpt)	CC PG Mature Themes	SPECIAL ENCORE PRESENTATION Hope's decision causes emotional fallout from the Logans and Forresters. Meanwhile, Steffy's anger at Hope hits an all-time high.
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 G	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.



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CC PG

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

11:00 am Dr Phil (Rpt)

CC PG
Sexual References,
Coarse Language,
Mature Themes

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

12:00 pm 10 News First: Midday

CC

LIVE

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

01:00 pm Entertainment Tonight

CC

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

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03:30 pm 10 News First: Afternoon

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

04:00 pm Neighbours

CC PG
Mature Themes

ALL NEW EPISODES

Krista closes in on the truth. Paul's generosity raises eyebrows. Karl finds himself in a tight spot.

04:30 pm The Bold & The Beautiful

CC PG
Sexual References,
Mild Themes

ALL NEW EPISODES

Carter attempts to convince Liam that Thomas has changed. Meanwhile, Their feud reignites when Hope stands up to Steffy.



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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	I'm A Celebrity...Get Me Out Of Here!	CC PG Sexual References, Coarse Language, Mature Themes	ALL NEW EPISODES	8 celebrities are still in camp, but by the end of the night only 7 will still be fighting it out to be King or Queen of the jungle.
09:00 pm	FBI: Most Wanted (Rpt)	CC M Frequent Violence	<u>Man Without A Country, A</u>	The team chases an oligarch who goes on a terror spree in NYC in a desperate attempt to escape an impossible situation. Starring: Dylan McDermott, Roxy Sternberg, Miguel Gomez, Alexa Davalos, Keisha Castle-Hughes
10:00 pm	FBI: Most Wanted (Rpt)	CC M Violence	<u>Iron Pipeline</u>	When a family of four from New York is found dead in a Georgia motel room, the Fugitive Task Force investigates a connection between the victims and the sale of illegal firearms. Starring: Dylan McDermott, Alexa Davalos, Roxy Sternberg, Keisha Castle-Hughes, Rebecca Brooksher
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.



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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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Tuesday 16th April 2024

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06:30 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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08:30 am	Neighbours Encore (Rpt)	CC PG Mature Themes	SPECIAL ENCORE PRESENTATION Krista closes in on the truth. Paul's generosity raises eyebrows. Karl finds himself in a tight spot.
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11:00 am Dr Phil (Rpt)

CC PG
Violence,
Mature Themes

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

12:00 pm 10 News First: Midday

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LIVE

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

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04:00 pm Neighbours

CC PG
Mature Themes

ALL NEW EPISODES

Krista falls into a trap. Melanie attempts to rebuild. Cara and Remi fight for their son.

04:30 pm The Bold & The Beautiful

CC PG
Sexual References,
Mild Themes

ALL NEW EPISODES

Spiraling, Thomas rages to Ridge about how Hope's decision blindsided him. Meanwhile, The conflict between Steffy and Hope, both defiant and angry, reaches a tipping point.



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

CC PG
Sexual References,
Coarse Language,
Mature Themes

ALL NEW EPISODES

The celebrities face their final food trial, and yet another celebrity will be eliminated from the jungle.

09:00 pm NCIS

CC M
Violence

ALL NEW EPISODES

Lifeline

When the NCIS team engages in Walk-a-Mile Day to gain a new perspective on different departments, things take a turn when Kasie receives a distress call from a mysterious man.

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

10:00 pm NCIS (Rpt)

CC M
Violence

Pledge Of Allegiance

NCIS is called in when Navy Chief Warrant Officer Rafi Nazar is suspected of trying to sell stolen classified Navy software used to pilot combat drones.

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

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Violence,
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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.

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04:00 pm Neighbours

CC PG
Mature Themes

ALL NEW EPISODES

Mackenzie digs into the past. JJ exhausts his options. Karl gets his moment in the spotlight.

04:30 pm The Bold & The Beautiful

CC PG
Sexual References,
Mild Themes

ALL NEW EPISODES

Ridge demands answers from Hope, while Brooke defends her. Meanwhile, Steffy pushes Thomas to see a drastic cure for him to move past his heartbreak.



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

CC PG
Sexual References,
Coarse Language,
Mature Themes

ALL NEW EPISODES

After weeks in the jungle, with no outside news, the celebrities will find out what has been happening in the world without them. And yet another celebrity will be eliminated.

09:00 pm FBI: International

CC M
Strong Violence

ALL NEW EPISODES

Trust

Kellett questions both her teammates and her new relationship as The Fly Team lends a helping hand to the Hungarian National Police after Lt. Erdős is implicated in the mob murder of a Budapest couple

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

10:00 pm FBI: International (Rpt)

CC M
Violence,
Mature Themes

Get That Revolution Started

The team works to hunt down the sniper responsible for killing an American scientist during an attack targeting a Belgian biomedical lab. Jaeger clashes with her boss over her loyalty to the Fly Team.

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

Haz races against the clock as his deadline approaches. Erinsborough tackles a fresh crime wave. Sadie faces a trial by fire.

04:30 pm The Bold & The Beautiful

CC PG
Mild Coarse Language,
Mild Themes

ALL NEW EPISODES

Brooke and Steffy express clashing views about the crisis between Hope and Thomas. Meanwhile, Hope is blindsided when Thomas announces a life-changing decision.



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ALL NEW EPISODES

Hosts Julia Morris & Robert Irwin will say goodbye to two more celebrities in a double elimination. Who will become the Top 3?

09:00 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.

10:00 pm Law & Order: S.V.U (Rpt)

CC M

Mature Themes

Breakwater

A young lifesaver asks the SVU for help when he suspects his boss is preying on his sister. After tragedy strikes, Velasco tries to convince a reluctant witness to testify in court.

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

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

Thursday 18th 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)

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 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

Friday 19th April 2024

06:00 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.
06:30 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.
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 Haz races against the clock as his deadline approaches. Erinsborough tackles a fresh crime wave. Sadie faces a trial by fire.
09:00 am	The Bold & The Beautiful (Rpt)	CC PG Mild Coarse Language, Mild Themes	SPECIAL ENCORE PRESENTATION Brooke and Steffy express clashing views about the crisis between Hope and Thomas. Meanwhile, Hope is blindsided when Thomas announces a life-changing decision.
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 19th 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
Coarse Language,
Drug References,
Mature Themes

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

12:00 pm 10 News First: Midday

CC

LIVE

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

01:00 pm Entertainment Tonight

CC

ALL NEW EPISODES

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

01:30 pm Judge Judy (Rpt)

CC PG

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

02:00 pm 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 19th 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
Mature Themes

Thomas and Hope disagree about a heart-wrenching decision they must make concerning Douglas. Steffy is pleased with her glorious victory.

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 M
Mature Themes

Graham brings you Everything Everywhere All at Once with Michelle Yeoh, Elvis star Austin Butler, Slow Horses actor Jack Lowden, Ashley Banjo from Dance Monsters and a performance by Mimi Webb.

09:30 pm The Graham Norton Show (Rpt)

CC M
Sexual References,
Coarse Language

Graham is joined by actors Cate Blanchett and Margot Robbie, comedian Alan Carr and West End star Beverley Knight. With music from RAYE, who performs her single Thrill Is Gone.



SYDNEY PROGRAM GUIDE

Friday 19th April 2024

10:30 pm Fire Country (Rpt)

CC M
Violence

False Promises

As Sharon and Jake wait for the transplant operation to begin, Eve's life is threatened when a massive tree falls on her during an assignment, forcing Bode to step up and lead the rescue efforts.

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 19th April 2024

05:30 am Home Shopping (Rpt)

Home Shopping





SYDNEY PROGRAM GUIDE

Saturday 20th 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

2415 Heaven Awaits: Part 02 "The 8 Beautiful Facets Of Heaven"

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 Exploring Off The Grid (Rpt) CC PG
Coarse Language

True adventure happens when the road ends, join Rick, Jamie and Johnno for exploration, adventure and a bloody good time.

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

Cape Town Spice

Warren has dedicated the entire episode to diving into a specific style of South African cooking known as 'Cape Malay'. he'll eat amazing, spiced lamb and will be cooking a comforting chicken curry.

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!



SYDNEY PROGRAM GUIDE

Saturday 20th April 2024

11:00 am I'm A Celebrity...Get Me Out Of Here!
(Rpt)

CC PG
Sexual References,
Coarse Language,
Mature Themes

SPECIAL ENCORE PRESENTATION

After weeks in the jungle, with no outside news, the celebrities will find out what has been happening in the world without them. And yet another celebrity will be eliminated.

12:30 pm Silvia's Italian Masterclass

CC G

ALL NEW EPISODES

There is nothing more Italian than the classic pizza. Silvia guides you through the many different forms this comes in. Her creative twist adds an appetising flair to a popular favourite meal.

01:00 pm All 4 Adventure (Rpt)

CC PG
Mild 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 2 part Road Trip series uncovering all the hidden gems that can be found in New Zealand.

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

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 (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.



SYDNEY PROGRAM GUIDE

Saturday 20th April 2024

04:30 pm Taste Of Australia - BBQ Special (Rpt) CC G

Little Manly Beach

The BBQ is setup on the pier overlooking Little Manly on a perfect day for Hayden's recipes: Portuguese chicken burgers, tarte Tatin, and mushroom-stuffed salmon.

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 To Be Advised

ALL NEW EPISODES

07:00 pm The Dog House CC PG
Mild Themes

Beth & Jemima are looking for an outgoing pup. Can Ollie the Spaniel stop playing to meet them? Trinity & Paul's dog Max is in mourning, and they're hoping a fellow pooch might lighten his load.

08:00 pm Ambulance UK CC M
Drug References,
Mature Themes

ALL NEW EPISODES

A busy weekend night shift across Lancashire sees crews attend to patients with mental health issues, while Advanced Paramedic Shaun is dispatched to a baby born in the passenger seat of a car.

Voices: Christopher Eccleston

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

The North East Ambulance Service and Great North Air Ambulance Service work as a team after multiple urgent 999 calls alert them to a crash on the motorway and a gas explosion in a Sunderland house.

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

Ivan The Terrible

Todd takes on the role of babysitter when Margaret faces off against her college nemesis while representing a gifted 17-year-old hacker who is charged with releasing classified defense documents.

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



SYDNEY PROGRAM GUIDE

Saturday 20th April 2024

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

CC M
Strong Violence

SPECIAL ENCORE PRESENTATION

Trust

Kellett questions both her teammates and her new relationship as The Fly Team lends a helping hand to the Hungarian National Police after Lt. Erdős is implicated in the mob murder of a Budapest couple

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

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.