



SYDNEY PROGRAM GUIDE

Sunday 19th May 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

523 What Makes No Weapon Prosper Against 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 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.

08:00 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.

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

Lara, Dr Mel and expert guests share tips and advice on how to treat dog anxiety and tear stains, Guide Dog etiquette and doggy daycare tips, creating a tasty and healthy birthday cake for your dog.



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09:30 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.
10:00 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.
10:30 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.
11:00 am	Pat Callinan's 4x4 Adventures (Rpt)	CC G	Explore Australia's most breathtaking destinations with our very own "Mr 4X4", Pat Callinan.
SPECIAL ENCORE PRESENTATION			
12:00 pm	MasterChef Australia (Rpt)	CC G	
01:10 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.
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 PG Mild Coarse Language	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.



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Sunday 19th May 2024

03:00 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.

03:30 pm The Brighter Side: Save. Grow. Dream. CC G
(Rpt)

SPECIAL ENCORE PRESENTATION

Learn how an Aussie dad's backyard generates enough cash to cover the mortgage, Georgie grills Neil Perry on business wisdom, and finance expert Jess Irvine helps a graduate set herself up for success

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

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

04:30 pm Good Chef Bad Chef (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.

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 MasterChef Australia CC PG
Coarse Language

ALL NEW EPISODES

08:55 pm FBI CC M
Violence

ALL NEW EPISODES

Behind The Veil

When a bombing at a local restaurant leaves several injured or dead, including a congresswoman and someone close to Isobel, the team races to apprehend the suspect before another explosive goes off.

Starring: Missy Peregrym, Zeeko Zaki, Jeremy Sisto, John Boyd, Katherine Renee Kane, Alana De La Garza



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Sunday 19th May 2024

09:55 pm **FBI** (Rpt)

CC M
Violence

Scar Tissue

After a woman's body is found tied up with a sophisticated knot, the team realise they have a cross-country serial killer on their hands. Could an MMA fighter or one of his entourage be the murderer?

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

10:55 pm **FBI** (Rpt)

CC M
Violence,
Mature Themes

Protective Details

After an ICE agent is fatally shot at an ICE vs. DEA hockey game, the team attempts to find the shooter who they believe may also be targeting Congressman Curtis Grange, who was also at the game.

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

11:55 pm **The Sunday Project Encore** (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

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02:00 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 Bursleson.



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07:00 am	The Talk	CC PG Mature Themes	<p>ALL NEW EPISODES</p> <p>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.</p>
08:00 am	Entertainment Tonight (Rpt)	CC	<p>SPECIAL ENCORE PRESENTATION</p> <p>Kevin Frazier and Nischelle Turner bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.</p>
08:30 am	The Yes Experiment (Rpt)	CC G	When the four children from the Tanna Family are put in charge for the day there is hesitation but also excitement as the parents figure out a new dynamic.
09:00 am	The Bold & The Beautiful (Rpt)	CC PG Mild Themes	Steffy and Hope are in lock step about their stance on Deacon and Sheila. Meanwhile, Ridge gives Brooke good news. In return, Brooke delivers bad news.
09:30 am	Deal Or No Deal (Rpt)	CC G	Join Grant Denyer in Deal or No Deal, the high-pressure, high-stakes game of risk versus reward where contestants must beat the Banker to win a huge cash prize of \$100,000.
10:00 am	Good Chef Bad Chef (Rpt)	CC G	<p>SPECIAL ENCORE PRESENTATION</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>



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Monday 20th May 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

LIVE

12:00 pm 10 News First: Midday

CC

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

01:00 pm Entertainment Tonight

CC

ALL NEW EPISODES

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

01:30 pm MasterChef Australia Encore (Rpt)

CC PG
Coarse Language

SPECIAL ENCORE PRESENTATION

03:00 pm Good Chef Bad Chef

CC G

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

A mistake puts Abigail's life at risk. Karl's last day doesn't go to plan. Toadie crosses a boundary.

04:30 pm The Bold & The Beautiful

CC PG
Sexual References,
Mild Themes

ALL NEW EPISODES

Finn and Deacon go on a search to find out the truth. Meanwhile, The Forrester family comes together to support R.J.



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Monday 20th May 2024

05:00 pm 10 News First

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LIVE

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

06:00 pm Deal Or No Deal

CC G

ALL NEW EPISODES

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

06:30 pm The Project

CC

LIVE

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

07:30 pm MasterChef Australia

CC PG
Mild Coarse
Language

ALL NEW EPISODES

08:40 pm Have You Been Paying Attention?

CC M
Sexual References,
Coarse Language,
Mature Themes,
Nudity,
May Contain:

ALL NEW EPISODES

Have Sam Pang, Ed Kavalee and our contestants been paying attention? Host Tom Gleisner and our special guest quizmaster are about to find out.

09:40 pm Mel Buttle: Let Me Know Either Way

CC MA15+
Sexual References,
Coarse Language

SPECIAL EVENT

Mel Buttle- Let Me Know Either Way

This show is an ode to our modern heroes, like people who can say 'my left your right' - wow, colour me impressed! Threethirtyitis sufferer Mel Buttle, returns with a brand-new hour!

10:50 pm 10's Late News

CC

LIVE

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

11:15 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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Monday 20th May 2024

12:20 am **The Late Show With Stephen Colbert** CC PG

ALL NEW EPISODES

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

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

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

Home Shopping

04:30 am **CBS Mornings** CC

ALL NEW EPISODES

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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.
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 A mistake puts Abigail's life at risk. Karl's last day doesn't go to plan. Toadie crosses a boundary.
09:00 am	The Bold & The Beautiful (Rpt)	CC PG Sexual References, Mild Themes	SPECIAL ENCORE PRESENTATION Finn and Deacon go on a search to find out the truth. Meanwhile, The Forrester family comes together to support R.J.
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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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

LIVE

12:00 pm 10 News First: Midday

CC

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

01:00 pm Entertainment Tonight

CC

ALL NEW EPISODES

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

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01:50 pm MasterChef Australia Encore (Rpt)

CC PG
Mild Coarse
Language

SPECIAL ENCORE PRESENTATION

03:00 pm Good Chef Bad Chef

CC G

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

Karl is twice surprised. Toadie confronts an uncomfortable truth. A surprise visitor challenges Mackenzie.



SYDNEY PROGRAM GUIDE

Tuesday 21st May 2024

04:30 pm The Bold & The Beautiful

CC PG
Mild Violence,
Mild Themes

ALL NEW EPISODES

Emotions are at an all-time high when Deacon and Finn find Sheila Carter tied up in an abandoned warehouse.

05:00 pm 10 News First

CC

LIVE

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

06:00 pm Deal Or No Deal

CC G

ALL NEW EPISODES

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06:30 pm The Project

CC

LIVE

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07:30 pm MasterChef Australia

CC PG
Coarse Language

ALL NEW EPISODES

08:40 pm The Cheap Seats

CC M
Coarse Language,
Mature Themes

ALL NEW EPISODES

Taking a fun look at the week that was are The Cheap Seats hosts Melanie Bracewell and Tim McDonald.

09:40 pm NCIS

CC M
Violence,
Medical Procedures

ALL NEW EPISODES

Heartless

The NCIS team looks for a motive behind the kidnapping and death of a famous heart surgeon.

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



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10:40 pm 10's Late News CC

LIVE

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

11:05 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.

12:10 am The Late Show With Stephen Colbert CC PG

ALL NEW EPISODES

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

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04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS Mornings CC

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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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

LIVE

12:00 pm 10 News First: Midday

CC

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

01:00 pm Entertainment Tonight

CC

ALL NEW EPISODES

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CC PG
Coarse Language

SPECIAL ENCORE PRESENTATION

03:00 pm Good Chef Bad Chef

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ALL NEW EPISODES

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03:30 pm 10 News First: Afternoon

CC

LIVE

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04:00 pm Neighbours

CC PG
Mature Themes

ALL NEW EPISODES

Mackenzie works through her feelings for Haz. Karl's determined to clear his name of dirty business. Sadie struggles under the burden of Vic's secret.



SYDNEY PROGRAM GUIDE

Wednesday 22nd May 2024

04:30 pm The Bold & The Beautiful

CC PG
Mild Themes

ALL NEW EPISODES

Ivy Forrester returns to town and shares an unexpected kiss with an old flame. Finn realizes Sheila needs medical attention but doesn't know how to free her from her chains.

05:00 pm 10 News First

CC

LIVE

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

06:00 pm Deal Or No Deal

CC G

ALL NEW EPISODES

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06:30 pm The Project

CC

LIVE

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07:30 pm MasterChef Australia

CC G

ALL NEW EPISODES

08:40 pm NCIS: Sydney

CC M
Strong Violence

ALL NEW EPISODES

Snakes In The Grass

When a Navy Compliance Officer is found dead in a waterhole, the team's investigation uncovers a complex trafficking ring, whilst they manage new workplace teething problems ... and a talking galah.

09:40 pm FBI: International

CC M
Strong Violence

ALL NEW EPISODES

Tradition Of Secrets, A

After a cybersecurity expert robs one of Switzerland's largest and most secretive banks, the Fly Team is called to track down the fugitive. Smitty's brother's involvement puts her loyalty to the test.

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



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

11:00 am Dr Phil

LIVE

12:00 pm 10 News First: Midday CC

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

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Thursday 23rd May 2024

04:00 pm Neighbours

CC PG
Mature Themes

ALL NEW EPISODES

Nicolette and Byron digest some shocking news. Mackenzie is worried about her uncertain future. Cara attempts to get JJ a job.

04:30 pm The Bold & The Beautiful

CC PG
Mild Violence,
Mild Themes

ALL NEW EPISODES

Ridge and Steffy worry about Finn's susceptibility to Deacon's influence. Liam and Ivy reminisce about the feelings they once had for each other.

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07:30 pm Taskmaster Australia

CC

SEASON PREMIERE

Tough-love Taskmaster Tom Gleeson sets Anne Edmonds, Jenny Tian, Josh Thomas, Lloyd Langford & Wil Anderson a series of mind-bending, head-scratching challenges. Who will master the tricky tasks?

08:30 pm Law & Order: S.V.U

CC M
Violence,
Sexual References,
Mature Themes

ALL NEW EPISODES

Duty To Report

When Chief McGrath's daughter discloses a sexual assault, Benson must balance the intricacies of the investigation with McGrath's impulsive actions.

Starring: Mariska Hargitay, Ice T, Peter Scanavino, Octavio Pisano, Jasmine Batchelor, Kevin Kane, Terry Serpico



SYDNEY PROGRAM GUIDE

Thursday 23rd May 2024

09:30 pm **To Be Advised**

10:30 pm **10's Late News**

CC

LIVE

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

10:55 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)**

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 Bursleson.



SYDNEY PROGRAM GUIDE

Friday 24th May 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.
ALL NEW EPISODES		
07:00 am The Talk	CC PG Mature Themes	Join hosts Akbar Gbajabiamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day.
SPECIAL ENCORE PRESENTATION		
08:00 am Entertainment Tonight (Rpt)	CC	Kevin Frazier and Nischelle Turner bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.
SPECIAL ENCORE PRESENTATION		
08:30 am Neighbours Encore (Rpt)	CC PG Mature Themes	Nicolette and Byron digest some shocking news. Mackenzie is worried about her uncertain future. Cara attempts to get JJ a job.
09:00 am The Bold & The Beautiful (Rpt)	CC PG Mild Violence, Mild Themes	Ridge and Steffy worry about Finn's susceptibility to Deacon's influence. Liam and Ivy reminisce about the feelings they once had for each other.
SPECIAL ENCORE PRESENTATION		
09:30 am Deal Or No Deal (Rpt)	CC G	Join Grant Denyer in Deal or No Deal, the high-pressure, high-stakes game of risk versus reward where contestants must beat the Banker to win a huge cash prize of \$100,000.
SPECIAL ENCORE PRESENTATION		
10:00 am Good Chef Bad Chef (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.



SYDNEY PROGRAM GUIDE

Friday 24th May 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

LIVE

12:00 pm 10 News First: Midday CC

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

01:00 pm Entertainment Tonight CC

ALL NEW EPISODES

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

01:30 pm 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 G

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 Everyday Gourmet With Justine Schofield (Rpt) CC G

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



SYDNEY PROGRAM GUIDE

Friday 24th May 2024

04:30 pm The Bold & The Beautiful

CC PG
Mild Violence,
Mild Themes

ALL NEW EPISODES

Sheila recounts the harrowing story of her encounter with Sugar to Finn and Deacon. Steffy directs hard questions to Ivy about her intentions.

05:00 pm 10 News First

CC

LIVE

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

06:00 pm Deal Or No Deal (Rpt)

CC G

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

06:30 pm The 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 To Be Advised

09:30 pm The Graham Norton Show (Rpt)

CC M
Sexual References,
Coarse Language

On another hilarious episode, Graham Norton speaks with celebrity guests Laura Linney, Dawn French, London Hughes and Adrian Edmondson. Plus, Sugababes perform their new single 'When The Rain Comes'

10:30 pm 10's Late News

CC

LIVE

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



SYDNEY PROGRAM GUIDE

Friday 24th May 2024

10:55 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)

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)

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03:30 am Home Shopping (Rpt)

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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 25th May 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

2420 Heaven Awaits: Part 06 "The 3 Heavens"

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 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.

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 The Brighter Side: Save. Grow. Dream. (Rpt) CC G

SPECIAL ENCORE PRESENTATION

Learn how an Aussie dad's backyard generates enough cash to cover the mortgage, Georgie grills Neil Perry on business wisdom, and finance expert Jess Irvine helps a graduate set herself up for success



SYDNEY PROGRAM GUIDE

Saturday 25th May 2024

10:00 am	Ready Steady Cook Encore (Rpt)	CC
11:00 am	MasterChef Australia Encore (Rpt)	CC PG Mild Coarse Language
12:10 pm	MasterChef Australia Encore (Rpt)	CC PG Coarse Language
01:20 pm	My Market Kitchen (Rpt)	CC G
01:30 pm	All 4 Adventure (Rpt)	CC PG Mild Coarse Language
02:30 pm	The Yes Experiment (Rpt)	CC G
03:00 pm	What's Up Down Under	CC
03:30 pm	Good Chef Bad Chef (Rpt)	CC G

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!

SPECIAL ENCORE PRESENTATION

SPECIAL ENCORE PRESENTATION

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.

Jase and Simon rescue stranded travellers north of Cape York. They head off-shore into the Torres Strait before travelling south for a cool change on the wild west coast of Tassie.

Elvis, Hemingway and Sinatra have cool parents, but when the kids are allowed to control their household for a day, what they ask for might just surprise their parents after all.

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!

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

Saturday 25th May 2024

04:00 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!

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 Saluki puppy Harry's turn to impress Charlie and Ali, and they can't get over his cute kangaroo jumps. Plus, Tia the ex-breeding spaniel is looking for a home to spend her (puppy free) retirement

07:00 pm To Be Advised

10:30 pm To Be Advised

11:30 pm Fire Country (Rpt) CC M
Violence

At The End Of My Rope

The crews respond to an explosion at an abandoned mine and learn that three Girl Scouts on an excursion are trapped inside. Plus, Bode faces a difficult decision that could have serious consequences.

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

12:30 am So Help Me Todd (Rpt) CC PG
Mild Themes

More Fang For Your Chuck

Margaret represents Chuck, who faces 20 years in prison after being accused of fixing a cash prize giveaway at the Portland Widows hockey game. Lyle finds a new love interest in a forensic accountant.

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

01:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Saturday 25th May 2024

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.