



SYDNEY PROGRAM GUIDE

Sunday 26th 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

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 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 PG
Mild Themes

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

Hear tips to boost your pet's gut health, home grooming advice & what you need to know when it comes to puppies & their exercise needs. They get down dirty at the Animal Aid Adventure Dog challenge.



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09:30 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!

10:30 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.

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 Encore (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 Roads Less Travelled (Rpt) CC G

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

03:00 pm Australia By Design: Architecture (Rpt) CC G

Uncovering the stories behind some of Australia's finest architectural designs, we visit Bruny Island's house and shine a spotlight on renowned Victorian Government Architect, Jill Garner.



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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.
04:30 pm 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.
05:00 pm 10 News First	CC	<p>LIVE</p> <p>Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.</p>
06:30 pm The Sunday Project	CC	<p>LIVE</p> <p>Join the Sunday Project hosts as they dissect and digest the daily news, events and hottest topics.</p>
07:30 pm MasterChef Australia	CC	<p>ALL NEW EPISODES</p>
08:50 pm Tulsa King (Rpt)	CC M Violence, Coarse Language, Drug References	<p>SERIES PREMIERE</p> <p><u>Go West, Old Man</u></p> <p>After being released from a 25 year stint in prison, Dwight Manfredi, a New York Mobster, is sent to Tulsa, Oklahoma to restart his life.</p>
09:40 pm FBI (Rpt)	CC M Violence, Mature Themes	<p><u>ONE Night Stand</u></p> <p>When a young couple is found murdered after a trip to Mexico, Scola struggles working alongside an agent he once had a one night stand with, as the FBI search for a suspect linked to the drug trade.</p> <p>Starring: John Boyd, Katherine Renee Turner, Jeremy Sisto, Alana De La Garza, Missy Peregrym, Zeeko Zaki</p>



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10:35 pm **FBI** (Rpt)

CC M
Violence

Fear Nothing

OA is forced to confront one of his biggest fears when the team discovers that deadly sarin gas may have been sold to terrorists.

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

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

CC

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

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

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04:30 am **CBS Mornings**

CC

ALL NEW EPISODES

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



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Monday 27th 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.
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	The Yes Experiment (Rpt)	CC G	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.
09:00 am	The Bold & The Beautiful (Rpt)	CC PG Mild Violence, Mild Themes	Sheila recounts the harrowing story of her encounter with Sugar to Finn and Deacon. Steffy directs hard questions to Ivy about her intentions.
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	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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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

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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01:40 pm MasterChef Australia Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

03:00 pm Good Chef Bad Chef

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03:30 pm 10 News First: Afternoon

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04:00 pm Neighbours

CC PG
Mature Themes

ALL NEW EPISODES

JJ and Nell are stuck in teen misery. Byron struggles with his conflicting emotions. Terese finds herself on the wrong end of an assumption.



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Monday 27th May 2024

04:30 pm The Bold & The Beautiful

CC PG
Mild Themes

ALL NEW EPISODES

Liam and Steffy find solace in their children being safe from Sheila. Sheila learns about the events that led her to her current situation.

05:00 pm 10 News First

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

06:00 pm Deal Or No Deal

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ALL NEW EPISODES

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06:30 pm The Project

CC

LIVE

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

07:30 pm MasterChef Australia

CC

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 Lloyd Langford: Current Mood

CC MA15+
Sexual References,
Strong Coarse
Language

SPECIAL ENCORE PRESENTATION

Lloyd Langford- Current Mood

Lloyd Langford is almost certainly feeling one or more of the following moods; cheeky, baffled, exhausted, curious, absolutely sick to death of going to the playground. Tune in to discover his vibe.

11:05 pm 10's Late News

CC

LIVE

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



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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)

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04:30 am **CBS Mornings** CC

ALL NEW EPISODES

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





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06:30 am	My Market Kitchen (Rpt)	CC G	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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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.

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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

A local celebrity makes their return. Karl and Aaron make an unpleasant discovery. A liquid threat looms large.



SYDNEY PROGRAM GUIDE

Tuesday 28th May 2024

04:30 pm The Bold & The Beautiful

CC PG
Mild Violence,
Mild Themes

ALL NEW EPISODES

Deacon and Finn are ecstatic to have Sheila back, believing she deserves a second chance.

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LIVE

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07:30 pm MasterChef Australia

CC

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 MA15+
Strong Violence

ALL NEW EPISODES

Prime Cut

After discovering the remains of a Marine captain, the NCIS team travels to Texas to interrogate the suspected killer.

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



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04:00 am Home Shopping (Rpt)

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04:30 am CBS Mornings CC

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CC PG

Sexual References,
Coarse Language,
Drug References

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

12:00 pm 10 News First: Midday

CC

LIVE

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CC PG

Mature Themes

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The residents of Erinsborough rally together after a tragic event. Susan issues an ultimatum. Vic bonds with his children.



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04:30 pm The Bold & The Beautiful

CC PG
Mild Themes

ALL NEW EPISODES

Liam gets closer to Steffy over her concerns about Finn.

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CC

ALL NEW EPISODES

08:40 pm NCIS: Sydney

CC M
Violence,
Drug References

ALL NEW EPISODES

Brothers In Arms

When a shark spits out the arm of an ex-US Navy SEAL, the team's investigation tests the loyalty of former navy divers and uncovers a murky surveillance plot that could have ties to one of the Allies.

09:40 pm FBI: International

CC M
Violence

ALL NEW EPISODES

Fed To The Sharks

The Fly Team jets off to Portugal when the daughter of a prominent U.S. hotelier becomes the primary suspect in the murder of an employee.

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



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CC PG
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Susan and Terese give voice to their concerns. The Share House deals with an awkward dynamic. Vic's meddling backfires.



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ALL NEW EPISODES

Deacon wants to take the next step in his relationship with Sheila.

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07:30 pm Taskmaster Australia

CC

ALL NEW EPISODES

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
Drug References,
Mature Themes

ALL NEW EPISODES

Zone Rogue

A cryptic message sends SVU on a new track to find Maddie. Benson tries to help a federal agent when the case hits too close to home. Capt. Curry tries to make amends with Fin.

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

09:30 pm To Be Advised



SYDNEY PROGRAM GUIDE

Thursday 30th May 2024

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 Burleson.



SYDNEY PROGRAM GUIDE

Friday 31st 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.

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
Mild Themes

SPECIAL ENCORE PRESENTATION

Susan and Terese give voice to their concerns. The Share House deals with an awkward dynamic. Vic's meddling backfires.

09:00 am **The Bold & The Beautiful** (Rpt)

CC PG
Mild Themes

Deacon wants to take the next step in his relationship with Sheila.

09:30 am **Deal Or No Deal** (Rpt)

CC G

SPECIAL ENCORE PRESENTATION

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

10:00 am **Good Chef Bad Chef** (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Hosts Dr Joanna McMillann, Tim Bone, Jacqueline Alwill and Mike Reid present a daily cooking series showing both the healthy and indulgent ways to cook and eat.



SYDNEY PROGRAM GUIDE

Friday 31st 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 (Rpt)

CC PG
Coarse Language,
Mature Themes

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

12:00 pm 10 News First: Midday

CC

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 31st May 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
Mild Violence,
Mild Themes

Steffy is horrified by Finn's "happy" news that Sheila is alive.

LIVE

05:00 pm 10 News First CC

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.

LIVE

06:30 pm The Project CC

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

LIVE

07:30 pm Matildas V China CC

Matildas V China Pr

Tune in and catch all the Football Friendly action as our Matildas take on China PR. LIVE from Adelaide Oval, South Australia. Kick off 8:10PM (AEST).

LIVE

10:30 pm 10's Late News CC

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

SPECIAL ENCORE PRESENTATION

10:55 pm The Project Encore (Rpt) CC

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

ALL NEW EPISODES

12:00 am The Late Show With Stephen Colbert CC PG

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.



SYDNEY PROGRAM GUIDE

Friday 31st May 2024

01:00 am	Home Shopping (Rpt)	<u>Home Shopping</u>
01:30 am	Home Shopping (Rpt)	<u>Home Shopping</u>
02:00 am	Home Shopping (Rpt)	<u>Home Shopping</u>
02:30 am	Home Shopping (Rpt)	<u>Home Shopping</u>
03:00 am	Home Shopping (Rpt)	<u>Home Shopping</u>
03:30 am	Home Shopping (Rpt)	<u>Home Shopping</u>
04:00 am	Home Shopping (Rpt)	<u>Home Shopping</u>
04:30 am	Home Shopping (Rpt)	<u>Home Shopping</u>
05:00 am	Home Shopping (Rpt)	<u>Home Shopping</u>
05:30 am	Home Shopping (Rpt)	<u>Home Shopping</u>



SYDNEY PROGRAM GUIDE

Saturday 01st June 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

2421 Heaven Awaits: Part 07 "The New Heaven & The New Earth"

Religious.

07:00 am On The Fly (Rpt) CC G

Join Gavin Hurley as he breaks down the secrets of the fly fishing artform while taking you to some of the world's most amazing destinations.

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 G

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

09:30 am Australia By Design: Innovations (Rpt) CC PG

Now in its fifth season, Australia by Design: Innovations is all about Australian innovation, ingenuity and design excellence, it's about inspiration, disruption and changing the game.

10:00 am Ready Steady Cook (Rpt) CC G

Miguel Maestre is joined by Hayden Quinn & Khanh Ong, as well as Bachelor couple Matty J & Laura Byrne. Contestants have to cook five ingredients for round one, Later they compete for the Bronze ladle.



SYDNEY PROGRAM GUIDE

Saturday 01st June 2024

SPECIAL ENCORE PRESENTATION

11:00 am **MasterChef Australia Encore** (Rpt) CC

12:10 pm **MasterChef Australia Encore** (Rpt) CC

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 PG
Mild Coarse
Language,
Mild Themes

03:00 pm **What's Up Down Under** CC

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

04:00 pm **Farm To Fork** (Rpt) CC G

SPECIAL ENCORE PRESENTATION

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.

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.

Mikhalea is single mum to three daughters. Her eldest daughter has opted out of The Yes Experiment so she is left with her two youngest to run the household for the day!

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.

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



SYDNEY PROGRAM GUIDE

Saturday 01st June 2024

04:30 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.

LIVE

05:00 pm **10 News First** CC

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

06:00 pm **The Brighter Side: Save. Grow. Dream.** CC G

ALL NEW EPISODES

Welcome to The Brighter Side. We meet Australians who share bright ideas and practical tips. From clever side hustles to mealtime ideas & money-saving tips, we'll help you make the most of your money.

06:30 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!

07:30 pm **To Be Advised**

ALL NEW EPISODES

08:30 pm **Ambulance UK** CC PG
Mature Themes

Multiple emergency services respond to two separate reports of unexploded bombs in Greater Manchester, one with a primary school and nursery nearby.

09:45 pm **Ambulance UK** (Rpt) CC M
Coarse Language,
Strong Adult Themes

Every second counts as multiple crews, including police and fire, are dispatched after a suicidal patient phones in a bomb threat. Then, crews come under pressure on a very busy St Patrick's Day.

11:00 pm **To Be Advised**

12:00 am **Fire Country** (Rpt) CC M
Violence,
Dangerous Activity

Backfire

Crews are called to a backfire started by Faye's private firefighting company Nozzle to protect a high-end winery, but instead threatens to grow out of control. Bode fears the worst as parole beckons.

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



SYDNEY PROGRAM GUIDE

Saturday 01st June 2024

01:00 am **So Help Me Todd** (Rpt)

CC PG
Mild Themes

Are You There Todd? It's Me, Margaret

When Margaret is too sick to work on the final day of a vital negotiation, Todd must step in and impersonate a lawyer while Margaret uses her investigative skills.

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

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.