



SYDNEY PROGRAM GUIDE

Sunday 30th June 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

528 Find Freedom From Every Bondage And Addiction

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.

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 Scofield (Rpt)

CC G

Elevate your culinary skills 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 Taste Of Australia With Hayden Quinn (Rpt)

CC G

Taste of Australia with Hayden Quinn explores the unique personalities shaping the food scene in Australia. Experience the characters, produce and creative forces contributing to our food culture.



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09:30 am	The Drew Barrymore Show (Rpt)	CC PG Sexual References, Mild Themes	<p>SPECIAL ENCORE PRESENTATION #4004r</p> <p>Host Drew Barrymore brings her infectious brand of humor and positivity to daytime.</p>
10:00 am	The Drew Barrymore Show (Rpt)	CC PG Sexual References, Mild Themes	<p>SPECIAL ENCORE PRESENTATION #4262r -</p> <p>Host Drew Barrymore brings her infectious brand of humor and positivity to daytime.</p>
10:30 am	The Drew Barrymore Show (Rpt)	CC PG Sexual References, Mild Themes	<p>SPECIAL ENCORE PRESENTATION #4261-</p> <p>Host Drew Barrymore brings her infectious brand of humor and positivity to daytime.</p>
11:00 am	The Drew Barrymore Show (Rpt)	CC PG Sexual References, Mild Themes	<p>SPECIAL ENCORE PRESENTATION</p> <p>Host Drew Barrymore brings her infectious brand of humor and positivity to daytime.</p>
11:30 am	The Drew Barrymore Show (Rpt)	CC PG Sexual References, Mild Themes	<p>SPECIAL ENCORE PRESENTATION</p> <p>Host Drew Barrymore brings her infectious brand of humor and positivity to daytime.</p>
12:00 pm	MasterChef Australia Encore (Rpt)	CC	<p>SPECIAL ENCORE PRESENTATION</p>
01:10 pm	My Market Kitchen (Rpt)	CC G	<p>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.</p>
01:30 pm	Cook With Luke (Rpt)	CC G	<p>Your home of quick, tasty, good food. Cooking healthy and delicious meals has never been easier with Luke Hines in your kitchen.</p>
02:00 pm	Roads Less Travelled (Rpt)	CC G	<p>A travel and Road trip series that uncovers the hidden gems in each location that we visit</p>



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02:30 pm Food Trail: South Africa (Rpt) CC G

The Garden Route

A true hidden gem of South Africa, the Garden Route is a 200km coastal highway. At the Turbine Hotel Warren will cook a South African curry and dessert, and shuck wild oysters with a local legend.

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

We learn how a holiday house was built on Stradbroke Island to retain the connection to nature that camping brings and how an innovative use of material is luring people back into the workplace.

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

SPECIAL ENCORE PRESENTATION

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.

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.

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

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

ALL NEW EPISODES



SYDNEY PROGRAM GUIDE

Sunday 30th June 2024

08:55 pm Tulsa King

CC MA15+
Strong Violence

ALL NEW EPISODES

Stable

Dwight visits Tina before returning to Tulsa. Pete agrees to send Goodie to Oklahoma, while Roxy tries to keep the FBI at bay. Dwight has an offer for Mitch.

09:45 pm FBI (Rpt)

CC M
Violence

Double Bind

As the team works to rescue a 5-year-old kidnapping victim, Scola suspects the boy's mum isn't being forthcoming about why her son was targeted. Nina struggles to open up to Scola about relationship.

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

10:40 pm FBI (Rpt)

CC M
Violence,
Drug References,
Mature Themes

Ready Or Not

OA worries that Maggie is rushing back into the job too quickly as she helps investigate two homicides: a law student on track to attend the FBI Academy and a young man with possible gang ties.

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

11:30 pm 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.

12:30 am Home Shopping (Rpt)

Home Shopping

01:00 am Home Shopping (Rpt)

Home Shopping

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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 July 2024

06:00 am Judge Judy (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

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

06:30 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.

07:00 am The Drew Barrymore Show (Rpt)

CC PG
Sexual References,
Mild Themes

SPECIAL ENCORE PRESENTATION

Host Drew Barrymore brings her infectious brand of humor and positivity to daytime.

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SPECIAL ENCORE PRESENTATION

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08:00 am Neighbours Encore (Rpt)

CC PG
Mild Themes

SPECIAL ENCORE PRESENTATION

Holly comes face to face with terror. Wendy embraces uni life. JJ makes a selfless sacrifice.

08:30 am The Bold & The Beautiful (Rpt)

CC PG
Mild Themes

Li gives Katie a cryptic warning about Poppy. Meanwhile, Steffy clarifies her perspective when Finn defends Hope.

09:00 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.

10:00 am Everyday Gourmet With Justine Schofield (Rpt)

CC G

SPECIAL ENCORE PRESENTATION

Elevate your culinary skills with one of Australia's favourite home cooks, Justine Schofield, in an all-new season of Everyday Gourmet.

10:30 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.



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Sexual References,
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Host Drew Barrymore brings her infectious brand of humor and positivity to daytime.

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.

01:10 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.

01:40 pm MasterChef Australia Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

03:00 pm Everyday Gourmet With Justine Schofield

CC G

ALL NEW EPISODES

Elevate your culinary skills with one of Australia's favourite home cooks, Justine Schofield, in an all-new season of Everyday Gourmet.

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
Mild Themes

ALL NEW EPISODES

Holly's peril reaches new heights. Wendy attracts an unexpected admirer. Leo faces a tough decision.



SYDNEY PROGRAM GUIDE

Monday 01st July 2024

04:30 pm The Bold & The Beautiful

CC PG
Sexual References,
Mild Themes

ALL NEW EPISODES

Hope finds herself in an unexpected situation.

05:00 pm 10 News First

CC

LIVE

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

06:00 pm Deal Or No Deal

CC G

ALL NEW EPISODES

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06:30 pm The Project

CC

LIVE

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

07:30 pm 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 Ghosts

CC PG
Sexual References,
Coarse Language

SEASON PREMIERE

The Owl

Sam, Jay and the remaining ghosts unravel the mystery of which ghost passed into the afterlife. They also need to relocate an owl to be able to turn the barn into Jay's new restaurant.

Starring: Rose McIver, Utkarsh Ambudkar, Richie Moriarty, Asher Grodman, Danielle Pinnock, Brandon Scott Jones



SYDNEY PROGRAM GUIDE

Monday 01st July 2024

10:05 pm Just For Laughs Australia (Rpt)

CC MA15+
Sexual References

Get ready for plenty of giggles and guffaws as Nath Valvo hosts Just For Laughs Australia. Tonight's hilarious guests are British comic Alan Carr, our very own Peter Helliar and cheeky Randy Feltface.

10:35 pm 10's Late News

CC

LIVE

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

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)

[Home Shopping](#)

01:30 am Home Shopping (Rpt)

[Home Shopping](#)

02:00 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](#)



SYDNEY PROGRAM GUIDE

Monday 01st July 2024

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

Tuesday 02nd July 2024

06:00 am Judge Judy (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

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

06:30 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.

07:00 am The Drew Barrymore Show (Rpt)

CC PG
Sexual References,
Mild Themes

SPECIAL ENCORE PRESENTATION

Host Drew Barrymore brings her infectious brand of humor and positivity to daytime.

07:30 am The Drew Barrymore Show (Rpt)

CC PG
Sexual References,
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Host Drew Barrymore brings her infectious brand of humor and positivity to daytime.

08:00 am Neighbours Encore (Rpt)

CC PG
Mild Themes

SPECIAL ENCORE PRESENTATION

Holly's peril reaches new heights. Wendy attracts an unexpected admirer. Leo faces a tough decision.

08:30 am The Bold & The Beautiful (Rpt)

CC PG
Sexual References,
Mild Themes

Hope finds herself in an unexpected situation.

09:00 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.

10:00 am Everyday Gourmet With Justine Schofield (Rpt)

CC G

SPECIAL ENCORE PRESENTATION

Elevate your culinary skills with one of Australia's favourite home cooks, Justine Schofield, in an all-new season of Everyday Gourmet.

10:30 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.



SYDNEY PROGRAM GUIDE

Tuesday 02nd July 2024

11:00 am The Drew Barrymore Show

CC PG
Sexual References,
Mild Themes

ALL NEW EPISODES

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11:30 am The Drew Barrymore Show

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Sexual References,
Mild Themes

ALL NEW EPISODES

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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.

01:20 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.

01:50 pm MasterChef Australia Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

03:00 pm Everyday Gourmet With Justine Schofield

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ALL NEW EPISODES

Elevate your culinary skills with one of Australia's favourite home cooks, Justine Schofield, in an all-new season of Everyday Gourmet.

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
Mild Themes

ALL NEW EPISODES

Vic reaches a crossroads. Toadie and Terese reignite the spark in their marriage. Aaron grows closer to Logan, unaware of his true agenda.



SYDNEY PROGRAM GUIDE

Tuesday 02nd July 2024

04:30 pm The Bold & The Beautiful

CC PG
Sexual References,
Mild Themes

ALL NEW EPISODES

Poppy and Luna move into the Spencer estate. Meanwhile, Steffy flips when she witnesses Finn and Hope share a moment.

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 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 (Rpt)

CC M
Violence,
Mature Themes

First Steps

As NCIS investigates the cause of death of a reservist Navy Seal surgeon, they're forced to bring Vance's daughter, Kayla, who recently trained with NCIS, to help with a highly dangerous mission

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

10:40 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

Tuesday 02nd July 2024

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.

12:05 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)

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

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02:30 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 **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 July 2024

06:00 am Judge Judy (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

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

06:30 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.

07:00 am The Drew Barrymore Show (Rpt)

CC PG
Sexual References,
Mild Themes

SPECIAL ENCORE PRESENTATION

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08:00 am Neighbours Encore (Rpt)

CC PG
Mild Themes

SPECIAL ENCORE PRESENTATION

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08:30 am The Bold & The Beautiful (Rpt)

CC PG
Sexual References,
Mild Themes

Poppy and Luna move into the Spencer estate. Meanwhile, Steffy flips when she witnesses Finn and Hope share a moment.

09:00 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.

10:00 am Everyday Gourmet With Justine Schofield (Rpt)

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SPECIAL ENCORE PRESENTATION

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Sexual References,
Mild Themes

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Mild Themes

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12:00 pm 10 News First: Midday

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LIVE

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01:00 pm Entertainment Tonight

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03:00 pm Everyday Gourmet With Justine Schofield

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03:30 pm 10 News First: Afternoon

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04:00 pm Neighbours

CC PG
Mild Themes

ALL NEW EPISODES

An unexpected visitor arrives at Eirini Rising. Byron and Nicolette grapple with a betrayal. Melanie lays down the law. Wendy and Cara hide their double lives.



SYDNEY PROGRAM GUIDE

Wednesday 03rd July 2024

04:30 pm The Bold & The Beautiful

CC PG
Mild Themes

ALL NEW EPISODES

Bill introduces Liam and Luna as siblings. Steffy lays down the law to Finn: stay away from Hope. Meanwhile, Katie pays an unexpected visit to Poppy.

05:00 pm 10 News First

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LIVE

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06:00 pm Deal Or No Deal

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ALL NEW EPISODES

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CC

ALL NEW EPISODES

08:45 pm NCIS: Sydney

CC M
Violence,
Mature Themes

SEASON FINALE

Blonde Ambition

When JD's son is kidnapped by an international assassin in exchange for a wanted criminal in NCIS custody, it puts NCIS: Sydney in the global spotlight and exposes an enemy within.

09:45 pm FBI: International

CC M
Violence,
Mature Themes

ALL NEW EPISODES

Cowboy Behavior

The Fly Team heads to Bulgaria in search of a wanted criminal who is exploiting underage American girls. Meanwhile, Raines becomes curious when Forrester asks him to keep an eye on Powell.

Starring: Luke Kleintank, Vinessa Vidotto, Christina Wolfe, Carter Redwood, Eva-Jane Willis



SYDNEY PROGRAM GUIDE

Wednesday 03rd July 2024

10:35 pm 10's Late News CC

LIVE

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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

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SYDNEY PROGRAM GUIDE

Thursday 04th July 2024

06:00 am Judge Judy (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

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06:30 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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07:00 am The Drew Barrymore Show (Rpt)

CC PG
Sexual References,
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SPECIAL ENCORE PRESENTATION

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08:00 am Neighbours Encore (Rpt)

CC PG
Mild Themes

SPECIAL ENCORE PRESENTATION

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08:30 am The Bold & The Beautiful (Rpt)

CC PG
Mild Themes

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10:00 am Everyday Gourmet With Justine Schofield (Rpt)

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SYDNEY PROGRAM GUIDE

Thursday 04th July 2024

10:30 am Deal Or No Deal (Rpt) CC G

SPECIAL ENCORE PRESENTATION

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11:30 am The Drew Barrymore Show CC PG
Sexual References,
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ALL NEW EPISODES

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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.

01:20 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.

01:50 pm MasterChef Australia Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

03:00 pm Everyday Gourmet With Justine Schofield CC G

ALL NEW EPISODES

Elevate your culinary skills with one of Australia's favourite home cooks, Justine Schofield, in an all-new season of Everyday Gourmet.

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

Thursday 04th July 2024

04:00 pm Neighbours

CC PG
Mild Themes

ALL NEW EPISODES

04:30 pm The Bold & The Beautiful

CC PG
Mild Themes

ALL NEW EPISODES

Hope drops a bombshell confession on Brooke.

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 Taskmaster Australia

CC

ALL NEW EPISODES

Episode seven sees Josh bare all in the prize task, before the Taskmaster commands contestants to show him how 'strong' they are. Then, teams get to flex their improv muscles in the live task!

08:40 pm Law & Order: S.V.U

CC M
Violence,
Sexual References

ALL NEW EPISODES

Children Of Wolves

A teenager found unconscious in the park leads to a missing persons investigation. Benson must help Noah come to terms with the past when he questions the origins of his birth.

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



SYDNEY PROGRAM GUIDE

Thursday 04th July 2024

09:35 pm Law & Order: S.V.U (Rpt)

CC M
Violence,
Mature Themes

Blood Out

Velasco takes drastic action to get information from a witness as Benson and Carisi put crime boss Oscar Papa on trial. Fin tries to help a woman who was drugged and left for dead in a garbage truck.

Starring: Mariska Hargitay, Ice T , Peter Scanavino, Octavio Pisano, Kevin Kane

Guest Starring: Christopher Meloni

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



SYDNEY PROGRAM GUIDE

Thursday 04th July 2024

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS Mornings

CC

ALL NEW EPISODES

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





SYDNEY PROGRAM GUIDE

Friday 05th July 2024

06:00 am Judge Judy (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

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

06:30 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.

07:00 am The Drew Barrymore Show (Rpt)

CC PG
Sexual References,
Mild Themes

SPECIAL ENCORE PRESENTATION

Host Drew Barrymore brings her infectious brand of humor and positivity to daytime.

07:30 am The Drew Barrymore Show (Rpt)

CC PG
Sexual References,
Mild Themes

SPECIAL ENCORE PRESENTATION

Host Drew Barrymore brings her infectious brand of humor and positivity to daytime.

08:00 am The Brighter Side: Save. Grow. Dream (Rpt)

CC G

SPECIAL ENCORE PRESENTATION

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.

08:30 am The Bold & The Beautiful (Rpt)

CC PG
Mild Themes

Hope drops a bombshell confession on Brooke.

09:00 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.

10:00 am Everyday Gourmet With Justine Schofield (Rpt)

CC G

SPECIAL ENCORE PRESENTATION

Elevate your culinary skills with one of Australia's favourite home cooks, Justine Schofield, in an all-new season of Everyday Gourmet.



SYDNEY PROGRAM GUIDE

Friday 05th July 2024

10:30 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.

11:00 am The Drew Barrymore Show

CC PG
Sexual References,
Mild Themes

ALL NEW EPISODES

Host Drew Barrymore brings her infectious brand of humor and positivity to daytime.

11:30 am The Drew Barrymore Show

CC PG
Sexual References,
Mild Themes

ALL NEW EPISODES

Host Drew Barrymore brings her infectious brand of humor and positivity to daytime.

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 G

SPECIAL ENCORE PRESENTATION

Miguel is joined by Mike Reid & Mindy Woods in the RSC kitchen. In Round one, they cook with five ingredients. Round two, the chefs must create a dish using either surf or turf ingredients.

03:00 pm Everyday Gourmet With Justine Schofield

CC G

ALL NEW EPISODES

Elevate your culinary skills with one of Australia's favourite home cooks, Justine Schofield, in an all-new season of Everyday Gourmet.



SYDNEY PROGRAM GUIDE

Friday 05th July 2024

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 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.

04:30 pm The Bold & The Beautiful CC PG
Mild Themes

ALL NEW EPISODES

Hope turns to Finn in a time of need. Meanwhile, Steffy is stunned when Ridge presents the plan for his next fashion collection and Brooke's expanded role in the company.

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 Have You Been Paying Attention? Encore (Rpt) CC M
Sexual References,
Coarse Language,
Mature Themes,
Nudity,
May Contain:

SPECIAL ENCORE PRESENTATION

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

08:30 pm The Graham Norton Show (Rpt) CC M
Coarse Language

Get ready for another hilarious, wickedly cheeky episode of The Graham Norton Show, with guests Julianne Moore, Ricky Gervais, Jamie Oliver, Paapa Essiedu, Olivia Dean.



SYDNEY PROGRAM GUIDE

Friday 05th July 2024

09:30 pm The Cheap Seats Encore (Rpt) CC M
Coarse Language,
Mature Themes

SPECIAL ENCORE PRESENTATION

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

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



SYDNEY PROGRAM GUIDE

Friday 05th July 2024

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 06th July 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

2426 Seek The Peace Of The City

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

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 **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.

08:30 am **MasterChef Australia Encore** (Rpt) CC

SPECIAL ENCORE PRESENTATION

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.

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

SPECIAL ENCORE PRESENTATION

Miguel is joined by Mike Reid & Mindy Woods in the RSC kitchen. In Round one, they cook with five ingredients. Round two, the chefs must create a dish using either surf or turf ingredients.



SYDNEY PROGRAM GUIDE

Saturday 06th July 2024

11:00 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.

SPECIAL ENCORE PRESENTATION

11:30 am The Drew Barrymore Show (Rpt) CC PG
Sexual References,
Mild Themes

Host Drew Barrymore brings her infectious brand of humor and positivity to daytime.

SPECIAL ENCORE PRESENTATION

12:00 pm The Drew Barrymore Show (Rpt) CC PG
Sexual References,
Mild Themes

Host Drew Barrymore brings her infectious brand of humor and positivity to daytime.

SPECIAL ENCORE PRESENTATION

12:30 pm The Drew Barrymore Show (Rpt) CC PG
Sexual References,
Mild Themes

Host Drew Barrymore brings her infectious brand of humor and positivity to daytime.

SPECIAL ENCORE PRESENTATION

01:00 pm The Drew Barrymore Show (Rpt) CC PG
Sexual References,
Mild Themes

Host Drew Barrymore brings her infectious brand of humor and positivity to daytime.

SPECIAL ENCORE PRESENTATION

01:30 pm The Drew Barrymore Show (Rpt) CC PG
Sexual References,
Mild Themes

Host Drew Barrymore brings her infectious brand of humor and positivity to daytime.

ALL NEW EPISODES

02:00 pm Pooches At Play CC

Hosted by Dog Trainer and Behaviourist, Lara Shannon, get all the tips and advice you need to be the best carer and friend to your favourite furry pals.

02:30 pm The Yes Experiment (Rpt) CC G

Emmaline's put nine families up to the task of The Yes Experiment this season. How will she cope being on the opposite side of The Yes Experiment?



SYDNEY PROGRAM GUIDE

Saturday 06th July 2024

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 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.

04:00 pm Ready Steady Cook CC G

ALL NEW EPISODES

Miguel is joined by Khanh Ong & Alastair McLeod in the RSC kitchen. In Round one, they cook with five ingredients. Round two, the chefs must create a dish fit for a family feast.

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 Brighter Side: Save. Grow. Dream. CC

SEASON FINALE

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 The Dog House Australia (Rpt) CC PG
Mature Themes

Will Sweetie the sassy staffy hit the sweet spot for Hillary and Jaxson? Can senior snaggletooth George find the perfect retirement home that he has been looking for with ex-pat professional Janice?

07:30 pm The Dog House (Rpt) CC PG
Mild Themes

Looking to find a new home are Millie and Max, a couple of Jack Russell cross pugs, a pooch called Little Little Rex, a 13-week-old Jack Russell puppy called Albie and escape artist Lily the beagle.



SYDNEY PROGRAM GUIDE

Saturday 06th July 2024

08:30 pm Ambulance UK

CC M
Coarse Language,
Medical Procedures

SEASON FINALE

While ambulances queue outside hospital with their patients, care is delayed for others ringing 999.

09:45 pm Ambulance UK (Rpt)

CC M
Drug References,
Mature Themes

Linda and Emma respond to patients in mental health crisis across Liverpool, while an asylum seeker struggling with isolation is a cause of concern for the whole service.

11:00 pm The Cheap Seats Encore (Rpt)

CC M
Coarse Language,
Mature Themes

SPECIAL ENCORE PRESENTATION

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

12:00 am Home Shopping (Rpt)

Home Shopping

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



SYDNEY PROGRAM GUIDE

Saturday 06th July 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.