



SYDNEY PROGRAM GUIDE

Sunday 07th July 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

529 The Year Of Living In The Upper Room

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 Schofield (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 #4006r -</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 #4009r -</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 #4010r -</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

Cape Town Spice

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

03:00 pm The Brighter Side: Save. Grow. Dream. (Rpt) CC

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.

03:30 pm Expedition Tasmania CC G

ALL NEW EPISODES

Expedition Tasmania

Join the captain and crew of the Coral Discoverer on an expedition around Tasmania.

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



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Sunday 07th July 2024

08:50 pm Tulsa King

CC M
Violence,
Coarse Language

ALL NEW EPISODES

Warr Acres

Stacy makes a decision that has serious consequences. Dwight and Mitch dispose of evidence, and Bodhi proposes a new plan. Tina contemplates her future.

09:40 pm FBI (Rpt)

CC M
Violence

Into The Fire

When a deadly truck heist arms the killers with enough ammonium nitrate to construct a massive bomb, the team discovers a link to a terrorist group Maggie is working to infiltrate.

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

10:35 pm FBI (Rpt)

CC M
Violence

Fortunate Son

A teen shows up at FBI headquarters with a large bag of fentanyl, seeking the team's protection from the men who shot his father. Plus, Nina comes to Scola with a proposal that he's hesitant to accept

Starring: John Boyd, Shantel Vansanten, Katherine Renee Kane, Jeremy Sisto, Missy Peregrym, Zeeko Zaki

11:30 pm The Sunday Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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12:30 am Home Shopping (Rpt)

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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.



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Monday 08th 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

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08:00 am Neighbours Encore (Rpt)

CC PG
Mild Themes

SPECIAL ENCORE PRESENTATION

Jane puts a plan into action to keep a beloved resident home. Cara makes a secret smart move. A familiar face returns to Erinsborough.

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

CC PG
Mild Themes

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.

09:00 am Dr Phil (Rpt)

CC PG
Sexual References,
Coarse Language,
Mature Themes

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

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

CC G

SPECIAL ENCORE PRESENTATION

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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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LIVE

12:00 pm 10 News First: Midday

CC

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

ALL NEW EPISODES

01:00 pm Entertainment Tonight

CC

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CC PG

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SPECIAL ENCORE PRESENTATION

01:40 pm MasterChef Australia Encore (Rpt)

CC

ALL NEW EPISODES

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CC PG
Mild Themes

ALL NEW EPISODES

Aaron deepens his friendship with Logan, who's obsession takes a disturbing turn. Havoc breaks out at Yorokobi, while the Share House face their toughest battle yet.

04:30 pm The Bold & The Beautiful

CC PG
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ALL NEW EPISODES

Katie challenges Bill and Poppy on their past. Meanwhile, Brooke is forced to keep a secret.

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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
Mature Themes

ALL NEW EPISODES

Man Of Your Dreams

Sam learns that one of the ghosts' powers is to enter the dreams of the livings and influence their decisions. Also, two of the ghosts think they've learned the secret to moving on.

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



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Monday 08th July 2024

10:05 pm Just For Laughs Australia (Rpt)

CC MA15+
Sexual References,
Coarse Language

Just For Laughs Australia is back for a brand new season. Hosted by the highly energetic Nath Valvo and featuring Rhys Nicholson, Pax Assadi and Steph Tisdell.

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.

01:00 am Home Shopping (Rpt)

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Sexual References,
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12:00 pm 10 News First: Midday CC

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

01:00 pm Entertainment Tonight CC

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

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

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04:00 pm Neighbours

CC PG
Mild Themes

ALL NEW EPISODES

Melanie inches closer to the truth. Nicolette reveals a painful truth. Wendy and Cara find themselves in a compromising situation.

04:30 pm The Bold & The Beautiful

CC PG
Mild Themes

ALL NEW EPISODES

Finn delivers difficult news to a loved one. Sheila learns of a shocking secret.

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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 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

Thick As Thieves

The NCIS team get more than they bargained for when Special Agent Parker's delinquent past resurfaces when they are called to Philadelphia to investigate the death of a Navy petty officer.

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



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04:30 am CBS Mornings CC

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Sexual References,
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08:30 am The Bold & The Beautiful (Rpt)

CC PG
Mild Themes

Finn delivers difficult news to a loved one. Sheila learns of a shocking secret.

09:00 am Dr Phil (Rpt)

CC PG
Sexual References,
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)

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ALL NEW EPISODES

Logan and Melanie face off. Dex's 'date' with Nell comes to a crashing halt. JJ earns a second chance. Cara's concerns grow over Wendy's deceit.



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Sheila puts Deacon to the test. Steffy is blindsided by Ridge's announcement.

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06:30 pm The Project

CC

LIVE

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07:30 pm Bondi Rescue

CC PG
Coarse Language,
Medical Procedures

SEASON PREMIERE

Lifeguards try to resuscitate a lifeless man found face down in the surf. And Reidy's back.

08:00 pm Bondi Rescue

CC PG
Coarse Language,
Mature Themes

ALL NEW EPISODES

It's the busiest day in a decade for Bondi lifeguards, with more than one hundred rescues.

08:30 pm FBI: International

CC M
Violence

ALL NEW EPISODES

Death By Inches

When a disgraced former U.S. cabinet member is arrested in Vienna, the Fly Team is sent to investigate.

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



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09:30 pm NCIS (Rpt)

CC MA15+
Violence,
Mature Themes

The Wake

A gruesome mishap at a Navy petty officer's gender-reveal party leads NCIS to the case of a missing teacher that was popularized on a true crime podcast.

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

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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.

01:30 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 Taskmaster Australia Encore (Rpt)

CC M
Sexual References

SPECIAL ENCORE PRESENTATION

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!

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 11th July 2024

04:00 pm Neighbours

CC PG
Mild Themes

ALL NEW EPISODES

Aaron grapples with shocking revelations. Toadie is hit with deja vu. Susan craves intimacy. Jane faces a difficult truth.

04:30 pm The Bold & The Beautiful

CC PG
Mild Themes

ALL NEW EPISODES

Brooke makes a major decision that impacts many. Katie confesses her mixed emotions about his new family to Bill.

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

Tonight, contestants learn you can't scramble eggs... without scrambling a few eggs. Then, the teams' skill, nerve, and trust will be put to the ultimate test in the live task: blowing bubbles.

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

CC M
Mature Themes

ALL NEW EPISODES

Combat Fatigue

The squad is on edge as Carisi waits for a verdict in Maddie's kidnapping case. Benson tries to help the Flynn family pick up the pieces of their broken life.

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



SYDNEY PROGRAM GUIDE

Thursday 11th July 2024

09:40 pm Law & Order: S.V.U (Rpt)

CC M
Violence,
Mature Themes

Intersection

A car accident leads the detectives on a search for an ambulance driver who is abducting and raping female patients. Fin gives potential new recruit, Brooklyn's Det. Bruno, a tour of Manhattan SVU.

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

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.

12:05 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)

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 11th 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 12th 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

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

Brooke makes a major decision that impacts many. Katie confesses her mixed emotions about his new family to Bill.

09:00 am Dr Phil (Rpt) CC PG
Coarse Language

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

Friday 12th July 2024

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 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.

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

Friday 12th July 2024

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

Sheila fumes over Steffy's influence on Finn. The situation between Katie and Poppy intensifies.

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

Graham Norton kicks off the new year with a sofa of stars, including: Dominic West, Michelle Keegan, Jacob Anderson, Alan Carr, Teddy Swims. Plus, stories from the audience in the famous Big Red Chair.

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.



SYDNEY PROGRAM GUIDE

Friday 12th July 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)

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04:00 am Home Shopping (Rpt)

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04:30 am Home Shopping (Rpt)

Home Shopping

05:00 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Friday 12th July 2024

05:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Saturday 13th July 2024

06:00 am What's Up Down Under (Rpt)

CC PG
Mild Themes

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

2427 A Heart For God: Part 01 "A Matter Of The Heart"

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 IFISH (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Ifish with BCF follows the journey of Paul Worsteling and his family as they travel around Australia and the globe in search of memorable fishing moments and encounters with classic characters.

08:30 am MasterChef Australia Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

09:40 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 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.



SYDNEY PROGRAM GUIDE

Saturday 13th 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 Everyday Gourmet With Justine Schofield (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.



SYDNEY PROGRAM GUIDE

Saturday 13th 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 Alice Zaslavsky & Anna Polyviou in the RSC kitchen. In Round one, they cook with five ingredients. Round two, the chefs must play to their strengths.

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 Bondi Rescue (Rpt) CC PG
Drug References

It's been a long hot summer and as Bondi swells with beach lovers, the lifeguards feel the pressure. This year's unpredictable events are really going to test the boys and girls in blue.

06:30 pm The Dog House Australia (Rpt) CC PG
Mild Themes

Pomeranian Prince is ready to rule his kingdom - will the Acton family be his new loyal subjects? And will Winnie's obsession with chewing squeaky toys be his downfall with the Johnsons?

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

Timid puppy Harry seeks a new home, while Hamish chews over whether to share his beloved toy with potential owner Jacqui. Will Lily do another runner or stay put for a cuddle with ex-policeman Stuart?



SYDNEY PROGRAM GUIDE

Saturday 13th July 2024

08:30 pm Ambulance UK (Rpt)

CC M
Mature Themes

North West Ambulance Service calls up military personnel to help them care for the public effectively as the Covid-19 pandemic takes its toll.

09:45 pm Ambulance UK (Rpt)

CC M
Coarse Language,
Medical Procedures

A 999 call for a patient who is stuck on a bus after dislocating her knee kicks off another busy nightshift for the team as they care for the 1.4 million people of Merseyside.

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

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.