



SYDNEY PROGRAM GUIDE

Sunday 14th 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

530 Live With A Heavenly Perspective

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

Coff Coast

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



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09:30 am	The Drew Barrymore Show (Rpt)	CC PG Sexual References, Mild Themes	<p>SPECIAL ENCORE PRESENTATION #4100r - Molly Baz Cooking, Drew's News Host Drew Barrymore brings her infectious brand of humor and positivity to daytime.</p>
09:55 am	The Drew Barrymore Show (Rpt)	CC PG Sexual References, Mild Themes	<p>SPECIAL ENCORE PRESENTATION #4215r - John Cena Host Drew Barrymore brings her infectious brand of humor and positivity to daytime.</p>
10:20 am	The Drew Barrymore Show (Rpt)	CC PG Sexual References, Mild Themes	<p>SPECIAL ENCORE PRESENTATION #4216r - Ashley Graham, Drew's News With Ashley Graham Host Drew Barrymore brings her infectious brand of humor and positivity to daytime.</p>
10:50 am	The Drew Barrymore Show (Rpt)	CC PG Sexual References, Mild Themes	<p>SPECIAL ENCORE PRESENTATION Host Drew Barrymore brings her infectious brand of humor and positivity to daytime.</p>
11:20 am	The Drew Barrymore Show (Rpt)	CC PG Sexual References, Mild Themes	<p>SPECIAL ENCORE PRESENTATION Host Drew Barrymore brings her infectious brand of humor and positivity to daytime.</p>
11:50 am	MasterChef Australia Encore (Rpt)	CC PG Mild Coarse Language	<p>SPECIAL ENCORE PRESENTATION</p>
01:00 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>
01:25 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>
01:55 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	<p><u>Wine Country</u></p> <p>Warren is in the Franschhoek Valley, exploring the endless bounty of Boschendal Wine Estate. After a ride on a tram through the vineyards he dives into a tasting and cooks some decadent lamb shanks.</p>
03:00 pm	Hungry (Rpt)	CC G	<p>Renowned chef George Calombaris is going back to his roots with an unapologetically candid new series and he's taking restaurateur Sarah Todd along the food journey.</p>
03:30 pm	Good Chef Bad Chef (Rpt)	CC G	<p>Hosts Dr Joanna McMillann, Tim Bone, Jacqueline Alwill and Mike Reid present a daily cooking series showing both the healthy and indulgent ways to cook and eat.</p>
04:00 pm	Everyday Gourmet With Justine Schofield (Rpt)	CC G	<p>Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield.</p>
04:30 pm	Farm To Fork (Rpt)	CC G	<p>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.</p>
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 PG Mild Coarse Language	<p>ALL NEW EPISODES</p>



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Sunday 14th July 2024

08:40 pm Tulsa King

CC M
Violence,
Coarse Language

ALL NEW EPISODES

Adobe Walls

Dwight and Bodhi lay out the casino plan for Jimmy. As pressure increases, Dwight, Mitch, and Tyson assemble their team. Stacy confronts Waltrip.

09:30 pm FBI (Rpt)

CC M
Violence,
Mature Themes

Second Life

A young woman's abduction leads the FBI back to a cold case from 18 years ago, pushing Isobel to reconnect with her old partner and take another shot at solving one of her first cases at the Bureau.

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

10:30 pm FBI (Rpt)

CC M
Violence

Heroes

The team jumps into action when JOC analyst Kelly Moran is taken hostage after stumbling upon a bank robbery in progress.

Starring: Jeremy Sisto, Taylor Anthony Miller, Zeeko Zaki, Missy Peregrym, John Boyd, Alana De La Garza

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

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

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Sunday 14th July 2024

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

Monday 15th 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)

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08:00 am Neighbours Encore (Rpt)

CC PG
Mild Themes

SPECIAL ENCORE PRESENTATION

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

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

CC PG
Mild Themes

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

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,
Mild Themes

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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 PG
Mild Coarse
Language

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

Jane and Mike reach a life-changing decision. Byron fights for his dream. Toadie is troubled by reminders of his past.



SYDNEY PROGRAM GUIDE

Monday 15th July 2024

04:30 pm The Bold & The Beautiful

CC PG
Mild Themes

ALL NEW EPISODES

Sheila lets it be known that she is not to be messed with.

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

09:00 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.

10:00 pm Ghosts

CC PG
Sexual References,
Coarse Language,
Drug References

ALL NEW EPISODES

He Sees Dead People

When Jay's sister, Bela and her boyfriend, Eric, visit Woodstone Mansion, Eric reveals a major change that took place after his near-death experience there over Christmas.

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



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Monday 15th July 2024

10:25 pm Just For Laughs Australia (Rpt)

CC MA15+
Sexual References,
Coarse Language

Hosted by Nath Valvo and featuring Rob Beckett, Anne Edmonds and Rudy-Lee Taurua, Just For Laughs Australia is back for a brand new season.

LIVE

10:55 pm 10's Late News

CC

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

SPECIAL ENCORE PRESENTATION

11:20 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

12:25 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.

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

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04:00 am Home Shopping (Rpt)

Home Shopping

ALL NEW EPISODES

04:30 am CBS Mornings

CC

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



SYDNEY PROGRAM GUIDE

Tuesday 16th 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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08:00 am Neighbours Encore (Rpt) CC PG
Mild Themes

SPECIAL ENCORE PRESENTATION

Jane and Mike reach a life-changing decision. Byron fights for his dream. Toadie is troubled by reminders of his past.

08:30 am The Bold & The Beautiful (Rpt) CC PG
Mild Themes

Sheila lets it be known that she is not to be messed with.

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

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

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CC

LIVE

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04:00 pm Neighbours

CC PG
Mild Themes

ALL NEW EPISODES

Krista's loyalties are tested. Wendy takes a big gamble. Aaron hides a controversial secret.

04:30 pm The Bold & The Beautiful

CC PG
Mild Themes

ALL NEW EPISODES

Hope is blindsided by Thomas's good news.





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Tuesday 16th July 2024

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

SEASON FINALE

09:30 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.

10:30 pm NCIS (Rpt)

CC M
Violence,
Mature Themes

Starting Over

NCIS probes the apparent suicide of a retired Navy officer who was in Palmer and Knight's grief group.

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

11:30 pm 10's Late News

CC

LIVE

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

11:55 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.



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Tuesday 16th July 2024

01:00 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.

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

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04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS Mornings CC

ALL NEW EPISODES

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





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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

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08:00 am Neighbours Encore (Rpt) CC PG
Mild Themes

SPECIAL ENCORE PRESENTATION

Krista's loyalties are tested. Wendy takes a big gamble. Aaron hides a controversial secret.

08:30 am The Bold & The Beautiful (Rpt) CC PG
Mild Themes

Hope is blindsided by Thomas's good news.

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.





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CC PG
Sexual References,
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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 MasterChef Australia Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

03:00 pm Everyday Gourmet With Justine Schofield

CC G

ALL NEW EPISODES

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03:30 pm 10 News First: Afternoon

CC

LIVE

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04:00 pm Neighbours

CC PG
Mild Themes

ALL NEW EPISODES

Melanie is troubled by Aaron's frame of mind. Nicolette goes all out to help Kiri. Wendy plays with fire to maintain her secret life.

04:30 pm The Bold & The Beautiful

CC PG
Mild Themes

ALL NEW EPISODES

Ridge and Steffy reunite with Douglas. Hope pleads with Thomas to consider a renewed relationship.

05:00 pm 10 News First

CC

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SYDNEY PROGRAM GUIDE

Wednesday 17th July 2024

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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 Bondi Rescue

CC PG
Coarse Language,
Medical Procedures

ALL NEW EPISODES

A surfer suffers a serious fin chop and Will attempts to run for 48 hours with no sleep.

08:00 pm Bondi Rescue

CC PG
Violence,
Coarse Language

ALL NEW EPISODES

After Jack rescues a drunk swimmer, the Bondi Rescue camera crew is attacked.

08:30 pm FBI: International

CC M
Mature Themes

ALL NEW EPISODES

Fire Starter

The Fly Team is called in to investigate when an American college student is arrested at a hostel in Prague for showing aggression toward local police who were dismissive of her sexual abuse claims.

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

09:30 pm NCIS (Rpt)

CC M
Frequent Violence

Last Dance

When an infamous arms dealer is released from prison and bodies start piling up, Torres is forced to face the repercussions of his actions during an undercover operation he worked on years ago.

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

10:30 pm 10's Late News

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

ALL NEW EPISODES

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CC PG

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Mild Themes

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CC PG

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02:00 pm Taskmaster Australia Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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.

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 18th July 2024

04:00 pm Neighbours

CC PG
Mild Themes

ALL NEW EPISODES

Wendy deals with the aftermath of being busted. JJ plays unwilling third wheel to Dex and Nell. Toadie is faced with a hard decision. Susan tries to romance a clueless Karl.

04:30 pm The Bold & The Beautiful

CC PG
Mild Themes

ALL NEW EPISODES

Deacon and Sheila give Tom a second chance at fulfilling his dream.

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's episode sees our teams create the most authentic - or dysfunctional - family home video! Then, it's the most complicated pub quiz in history, and contestants throw some thongs on the barbie.

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 18th 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 18th 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 19th 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 Expedition Tasmania (Rpt)

CC G

Expedition Tasmania

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

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

CC PG
Mild Themes

Deacon and Sheila give Tom a second chance at fulfilling his dream.

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

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 19th 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 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.

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 19th 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
Sexual References,
Mild Themes

ALL NEW EPISODES

Luna realizes that there may be more to her mother's past than she's previously revealed. Steffy and Hope argue over Hope's interference in Thomas's life.

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
Violence,
Coarse Language,
Mature Themes

Get ready for another hilarious, wickedly cheeky episode of The Graham Norton Show, with guests Kevin Hart, Jodie Comer, Sofia Vergara, Alan Cumming and a performance by Tom Odell.

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 19th 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)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 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 19th July 2024

05:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Saturday 20th 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
2428 A Heart For God: Part 02 "Soldiers For The Living God"
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 G

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

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

SPECIAL ENCORE PRESENTATION

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.

11:00 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.





SYDNEY PROGRAM GUIDE

Saturday 20th July 2024

<p>11:30 am The Drew Barrymore Show (Rpt)</p>	<p>CC PG Sexual References, Mild Themes</p>	<p>SPECIAL ENCORE PRESENTATION</p> <p>Host Drew Barrymore brings her infectious brand of humor and positivity to daytime.</p>
<p>12:00 pm The Drew Barrymore Show (Rpt)</p>	<p>CC PG Sexual References, Mild Themes</p>	<p>SPECIAL ENCORE PRESENTATION</p> <p>Host Drew Barrymore brings her infectious brand of humor and positivity to daytime.</p>
<p>12:30 pm The Drew Barrymore Show (Rpt)</p>	<p>CC PG Sexual References, Mild Themes</p>	<p>SPECIAL ENCORE PRESENTATION</p> <p>Host Drew Barrymore brings her infectious brand of humor and positivity to daytime.</p>
<p>01:00 pm The Drew Barrymore Show (Rpt)</p>	<p>CC PG Sexual References, Mild Themes</p>	<p>SPECIAL ENCORE PRESENTATION</p> <p>Host Drew Barrymore brings her infectious brand of humor and positivity to daytime.</p>
<p>01:30 pm The Drew Barrymore Show (Rpt)</p>	<p>CC PG Sexual References, Mild Themes</p>	<p>SPECIAL ENCORE PRESENTATION</p> <p>Host Drew Barrymore brings her infectious brand of humor and positivity to daytime.</p>
<p>02:00 pm Pooches At Play</p>	<p>CC</p>	<p>ALL NEW EPISODES</p> <p>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.</p>
<p>02:30 pm Everyday Gourmet With Justine Schofield (Rpt)</p>	<p>CC G</p>	<p>Elevate your culinary skills with one of Australia's favourite home cooks, Justine Schofield, in an all-new season of Everyday Gourmet.</p>
<p>03:00 pm What's Up Down Under</p>	<p>CC</p>	<p>ALL NEW EPISODES</p> <p>Love a driving or Caravanning holiday? Join Macca and the crew as they show you the best touring routes and destinations to visit!</p>





SYDNEY PROGRAM GUIDE

Saturday 20th July 2024

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	<p>SEASON FINALE</p> <p>Miguel is joined by Alastair McLeod Sergio Perera in the RSC kitchen. In Round one, they cook with five ingredients. Round two, the challenge is about having the upper hand on your fellow chef.</p>
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>
06:00 pm	Bondi Rescue Encore (Rpt)	CC PG Coarse Language, Medical Procedures	<p>SPECIAL ENCORE PRESENTATION</p> <p>A surfer suffers a serious fin chop and Will attempts to run for 48 hours with no sleep.</p>
06:30 pm	Bondi Rescue Encore (Rpt)	CC PG Violence, Coarse Language	<p>SPECIAL ENCORE PRESENTATION</p> <p>After Jack rescues a drunk swimmer, the Bondi Rescue camera crew is attacked.</p>
07:00 pm	The Dog House Australia (Rpt)	CC PG Mild Themes	Is high energy Kelpie, Tess the perfect training companion for 8 year old Sophie? Is Lolla the right big goofy dog that Tai Chi instructor Amanda is searching for?
08:00 pm	The Dog House (Rpt)	CC PG Mild Themes	American bulldog Buddy throws his weight around with plucky couple Katie and James. Abandoned terrier Tiddles enjoys a makeover in the hope that his spruced-up look will show that age is just a number
09:00 pm	Ambulance UK (Rpt)	CC M Mature Themes	<p>Follow the frontline workers in this new season of Ambulance UK as they care for the 7 million people of the Northwest, bringing an unprecedented insight into Britain's largest ambulance service.</p> <p>Voices: Christopher Eccleston</p>



SYDNEY PROGRAM GUIDE

Saturday 20th July 2024

10:15 pm Ambulance UK (Rpt)

CC M
Mature Themes

A busy night shift for the Ambulance Service as they are alerted to an infectious disease outbreak at Fairfield General Hospital, while waiting times stretch out into the early hours of the morning.

Voices: Christopher Eccleston

SPECIAL ENCORE PRESENTATION

11:30 pm The Cheap Seats Encore (Rpt)

CC M
Coarse Language,
Mature Themes

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

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

ALL NEW EPISODES

05:00 am Hour Of Power

G

Hour of Power with Bobby Schuller equips you with the tools you need to become a flourishing apprentice of Jesus.

