



# SYDNEY PROGRAM GUIDE

Sunday 08th September 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

#### 538 Break Free From Addiction And Shame

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 - BBQ Special (Rpt)** CC G

#### Clontarf

Clontarf Reserve is the perfect spot for a BBQ, and Hayden turns things up a notch with recipes featuring beef steaks, lamb cutlets and a pork loin rack.





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**09:30 am Intrepid Adventures** CC G

## SEASON PREMIERE

Get ready for an exhilarating adventure with Intrepid Adventures, where we dive into the heart of the world's most captivating destinations.

**10:00 am The Drew Barrymore Show (Rpt)** CC PG  
Sexual References, Mild Themes

## SPECIAL ENCORE PRESENTATION

### #4217

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

**10:30 am The Drew Barrymore Show (Rpt)** CC PG  
Sexual References, Mild Themes

## SPECIAL ENCORE PRESENTATION

### #4218

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

**11:00 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.

**11:30 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.

**12:00 pm Hunted Encore (Rpt)** CC

## SPECIAL ENCORE PRESENTATION

The hunters increase the pressure as Extraction Day approaches.

**01:00 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.

**01:30 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.





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## Sunday 08th September 2024

<b>02:00 pm</b>	<b>Everyday Gourmet With Justine Schofield</b> (Rpt)	CC G	Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield.
<b>02:30 pm</b>	<b>Farm To Fork</b> (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.
<b>03:00 pm</b>	<b>Cook With Luke</b> (Rpt)	CC G	Your home of quick, tasty, good food. Cooking healthy and delicious meals has never been easier with Luke Hines in your kitchen.
<b>03:30 pm</b>	<b>Lingo</b> (Rpt)	CC G	All new quiz series. Where the simplest of words can win contestants serious prize money. Just like Wordle, players have several guesses to try and find the "Lingo" word.
<b>04:30 pm</b>	<b>Deal Or No Deal</b> (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.
<b>05:00 pm</b>	<b>10 News First</b>	CC	<b>LIVE</b> Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.
<b>06:00 pm</b>	<b>The Sunday Project</b>	CC	<b>LIVE</b> Join the Sunday Project hosts as they dissect and digest the daily news, events and hottest topics.
<b>07:00 pm</b>	<b>Hunted</b>	CC	<b>SEASON FINALE</b> It's the finale of Hunted and only two teams of fugitives remain in the running to win a share of \$1 million.
<b>08:15 pm</b>	<b>New: FBI</b>	CC M Violence	<b>ALL NEW EPISODES</b> <b>Family Affair</b> After an FDIC security guard is killed while tending to a pregnant woman in distress, the team works to locate the woman and the killer who took her hostage.  Starring: Missy Peregrym, Zeeko Zaki, Jeremy Sisto, John Boyd, Katherine Renee Kane, Alana De La Garza



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Sunday 08th September 2024

**09:15 pm The Real CSI: Miami**

CC MA15+  
Strong Violence,  
Mature Themes

## ALL NEW EPISODES

### Death Of A Hurricane

Tragedy struck when linebacker Marlin Barnes and his girlfriend were found murdered in his apartment.

**10:15 pm FBI (Rpt)**

CC M  
Violence,  
Mature Themes

### Sins Of The Past

Jubal teams up with Detective Jack Lombardo when a trucker is gunned down after a routine trip from Canada and all signs point the team to a noted criminal on the FBI's Most Wanted Terrorists list.

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

Guest Starring: Billy Campbell

**11:05 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.

**12:00 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

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**03:00 am Home Shopping (Rpt)**

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**03:30 am Home Shopping (Rpt)**

Home Shopping

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

Home Shopping



# SYDNEY PROGRAM GUIDE

Sunday 08th September 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

## Monday 09th September 2024

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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.

**06:30 am Farm To Fork (Rpt)** CC G

Packed with inspiring recipes we will take you on a food journey around Australia and meet some of our hardworking Australian farmers. Hosted by Courtney Roulston, Michael Weldon and Louis Tikaram.

**07:00 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.

**07:30 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.

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

### SPECIAL ENCORE PRESENTATION

A familiar face stirs up conflicted emotions. Krista is surprised by Terese's behaviour. Andrew's hard-line stance fuels Wendy's betrayal.

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

Finn puts Hope on blast for her rash behavior. At Katie's behest, Bill broaches the idea of a second paternity test to Luna.

**09:00 am The Drew Barrymore Show**

### ALL NEW EPISODES

**09:30 am The Drew Barrymore Show**

### ALL NEW EPISODES

**10:00 am Judge Judy (Rpt)** CC PG

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





# SYDNEY PROGRAM GUIDE

Monday 09th September 2024

**10:30 am Hunted Encore (Rpt)** CC

## SPECIAL ENCORE PRESENTATION

It's the finale of Hunted and only two teams of fugitives remain in the running to win a share of \$1 million.

**11:45 am 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.

**12:00 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.

**12:30 pm 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.

**01:00 pm 10 News First: Lunchtime** CC

## LIVE

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

**02:00 pm Family Feud** CC PG

## ALL NEW EPISODES

Steve Harvey hosts Family Feud, bringing hilarious moments and families together to compete for a chance to win up to \$20,000 by guessing the most popular answers to questions.

**02:30 pm Lingo** CC G

## ALL NEW EPISODES

A quiz in which three pairs of contestants go head-to-head, using their powers of deduction quickly to work out the words that appear in the "Lingo" grids and puzzle-words.



# SYDNEY PROGRAM GUIDE

Monday 09th September 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 Neighbours**

CC PG  
Mild Themes

## ALL NEW EPISODES

**04:30 pm The Bold & The Beautiful**

CC PG  
Drug References,  
Mild Themes

## ALL NEW EPISODES

Poppy is stunned by Li's revelation. Taylor surprises Steffy, fulfilling her promise to return home.

**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 The Amazing Race Australia: Celebrity**

**NO** PG  
**CC** Sexual References,  
Mild Coarse  
Language,  
Mild Themes

## SEASON PREMIERE

**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 (Rpt)**

CC PG  
Mature Themes,  
Supernatural  
Themes

## Halloween 2: The Ghost Of Hetty's Past

A seance at Sam and Jay's last-minute Halloween party conjures up a spirit from Hetty's past. Also, Isaac worries Nigel will be turned off by his ghost power.

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





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## Monday 09th September 2024

**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

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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**03:00 am Home Shopping (Rpt)**

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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 Bursleson.





# SYDNEY PROGRAM GUIDE

## Tuesday 10th September 2024

**06:00 am My Market Kitchen (Rpt)** CC G

Celebrity Cook and successful Restaurateur Laura Sharrad is joined by a variety of chefs and food producers in the iconic Prahran Market cooking a variety of delicious and easy to follow recipes.

**06:30 am Farm To Fork (Rpt)** CC G

Packed with inspiring recipes we will take you on a food journey around Australia and meet some of our hardworking Australian farmers. Hosted by Courtney Roulston, Michael Weldon and Louis Tikaram.

**07:00 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.

**07:30 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.

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

### SPECIAL ENCORE PRESENTATION

**08:30 am The Bold & The Beautiful (Rpt)** CC PG  
Drug References, Mild Themes

Poppy is stunned by Li's revelation. Taylor surprises Steffy, fulfilling her promise to return home.

**09:00 am The Drew Barrymore Show**

### ALL NEW EPISODES

**09:30 am The Drew Barrymore Show**

### ALL NEW EPISODES

**10:00 am Judge Judy (Rpt)** CC PG

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



# SYDNEY PROGRAM GUIDE

Tuesday 10th September 2024

10:30 am To Be Advised

12:00 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.

12:30 pm **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.

01:00 pm **10 News First: Lunchtime** CC

## LIVE

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

02:00 pm **Family Feud** CC PG

## ALL NEW EPISODES

Steve Harvey hosts Family Feud, bringing hilarious moments and families together to compete for a chance to win up to \$20,000 by guessing the most popular answers to questions.

02:30 pm **Lingo** CC G

## ALL NEW EPISODES

A quiz in which three pairs of contestants go head-to-head, using their powers of deduction quickly to work out the words that appear in the "Lingo" grids and puzzle-words.

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



# SYDNEY PROGRAM GUIDE

Tuesday 10th September 2024

**04:30 pm The Bold & The Beautiful**

CC PG  
Drug References,  
Mild Themes

## ALL NEW EPISODES

Bill is blindsided and shocked by Luna's kiss. Li is swept with emotion by Poppy's pleas. Dr. Taylor Hayes returns to Los Angeles,

**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 The Amazing Race Australia: Celebrity**

**NO** PG  
**CC** Sexual References,  
Mild Coarse  
Language,  
Mild Themes

## ALL NEW EPISODES

**09:00 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.

**10:00 pm NCIS (Rpt)**

CC M  
Mature Themes

## The Good Fighter

When an NCIS agent turns up dead and Kasie goes unaccounted for, the team must work quickly to find the killer.

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

**11:00 pm 10's Late News**

CC

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



# SYDNEY PROGRAM GUIDE

Tuesday 10th September 2024

11:25 pm **The Project Encore** (Rpt) CC

## SPECIAL ENCORE PRESENTATION

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

12:30 am **The Late Show With Stephen Colbert** CC

## ALL NEW EPISODES

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

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

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

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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

## Wednesday 11th September 2024

**06:00 am My Market Kitchen** (Rpt) CC G

Celebrity Cook and successful Restaurateur Laura Sharrad is joined by a variety of chefs and food producers in the iconic Prahran Market cooking a variety of delicious and easy to follow recipes.

**06:30 am Farm To Fork** (Rpt) CC G

Packed with inspiring recipes we will take you on a food journey around Australia and meet some of our hardworking Australian farmers. Hosted by Courtney Roulston, Michael Weldon and Louis Tikaram.

**07:00 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.

**07:30 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.

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

### SPECIAL ENCORE PRESENTATION

**08:30 am The Bold & The Beautiful** (Rpt) CC PG  
Drug References,  
Mild Themes

Bill is blindsided and shocked by Luna's kiss. Li is swept with emotion by Poppy's pleas. Dr. Taylor Hayes returns to Los Angeles,

**09:00 am The Drew Barrymore Show**

### ALL NEW EPISODES

**09:30 am The Drew Barrymore Show**

### ALL NEW EPISODES

**10:00 am Harris V Trump Presidential Debate** CC

### LIVE

#### Harris V Trump Presidential Debate 2024

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



# SYDNEY PROGRAM GUIDE

Wednesday 11th September 2024

**11:30 am Entertainment Tonight** CC

## ALL NEW EPISODES

**12:00 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.

**12:30 pm 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.

**01:00 pm 10 News First: Lunchtime** CC

## LIVE

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

**02:00 pm Family Feud** CC PG

## ALL NEW EPISODES

Steve Harvey hosts Family Feud, bringing hilarious moments and families together to compete for a chance to win up to \$20,000 by guessing the most popular answers to questions.

**02:30 pm Lingo** CC G

## ALL NEW EPISODES

A quiz in which three pairs of contestants go head-to-head, using their powers of deduction quickly to work out the words that appear in the "Lingo" grids and puzzle-words.

**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

Wednesday 11th September 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

Taylor visits Ridge, stating her peace about Brooke Logan. Steffy's world turns upside down when she learns of Hope's ultimate betrayal.

**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 Thank God You're Here** CC

## ALL NEW EPISODES

**08:40 pm Inspired Unemployed (Impractical) Jokers** CC PG  
Coarse Language, Mild Themes

## ALL NEW EPISODES

The Jokers become pedicurists, clear out a dentist waiting room, and leap from new heights.

**09:10 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.

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

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





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## Wednesday 11th September 2024

**10:35 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.

**11:35 pm The Late Show With Stephen Colbert** CC

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

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Thursday 12th September 2024

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Mild Themes

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Mild Themes

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## ALL NEW EPISODES

**09:30 am The Drew Barrymore Show**

## ALL NEW EPISODES

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# SYDNEY PROGRAM GUIDE

Thursday 12th September 2024

**10:30 am The Amazing Race Australia: Celebrity (Rpt)** PG  
Sexual References,  
Mild Coarse  
Language,  
Mild Themes

## SPECIAL ENCORE PRESENTATION

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



# SYDNEY PROGRAM GUIDE

Thursday 12th September 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

Steffy makes a hard decision regarding her marriage before confronting Hope.

**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 Dogs Behaving (Very) Badly Australia**

CC PG  
Sexual References,  
Mature Themes

## ALL NEW EPISODES

Bane, the British bulldog, needs to learn some control. In Sarah and Chris's house, chaos reigns in a battle between a parrot and a dalmatian. In Adelaide, Maxi is always barking at the TV.

**08:30 pm Gogglebox Australia**

CC

## ALL NEW EPISODES

Australia's favourite armchair critics are back on the couch and ready to share their honest and hilarious reactions to what appeared on television this week.



# SYDNEY PROGRAM GUIDE

Thursday 12th September 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

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

## ALL NEW EPISODES

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

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

[Home Shopping](#)

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

[Home Shopping](#)

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

[Home Shopping](#)

**02:30 am Home Shopping (Rpt)**

[Home Shopping](#)

**03:00 am Home Shopping (Rpt)**

[Home Shopping](#)

**03:30 am Home Shopping (Rpt)**

[Home Shopping](#)

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

[Home Shopping](#)

**04:30 am CBS Mornings** CC

## ALL NEW EPISODES

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





# SYDNEY PROGRAM GUIDE

## Friday 13th September 2024

**06:00 am My Market Kitchen (Rpt)** CC G

Celebrity Cook and successful Restaurateur Laura Sharrad is joined by a variety of chefs and food producers in the iconic Prahran Market cooking a variety of delicious and easy to follow recipes.

**06:30 am Farm To Fork (Rpt)** CC G

Packed with inspiring recipes we will take you on a food journey around Australia and meet some of our hardworking Australian farmers. Hosted by Courtney Roulston, Michael Weldon and Louis Tikaram.

**07:00 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.

**07:30 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.

**08:00 am Cook With Luke (Rpt)** CC

### SPECIAL ENCORE PRESENTATION

Luke Hines creates tasty, healthy and easy 'good food'

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

Steffy makes a hard decision regarding her marriage before confronting Hope.

**09:00 am The Drew Barrymore Show**

### ALL NEW EPISODES

**09:30 am The Drew Barrymore Show**

### ALL NEW EPISODES





# SYDNEY PROGRAM GUIDE

## Friday 13th September 2024

**10:00 am Judge Judy (Rpt)** CC PG

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

### SPECIAL ENCORE PRESENTATION

**10:30 am Sort Your Life Out Encore (Rpt)** CC PG  
Mild Themes

New series: Imagine if the entire contents of your home were laid out before you, so you could decide what to keep and what to throw away. Join the team as they help declutter and transform lives.

**11:30 am Entertainment Tonight** CC

### ALL NEW EPISODES

**12:00 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.

**12:30 pm 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.

**01:00 pm 10 News First: Lunchtime** CC

### LIVE

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

**02:00 pm Family Feud** CC PG

### ALL NEW EPISODES

Steve Harvey hosts Family Feud, bringing hilarious moments and families together to compete for a chance to win up to \$20,000 by guessing the most popular answers to questions.

**02:30 pm Lingo** CC G

### ALL NEW EPISODES

A quiz in which three pairs of contestants go head-to-head, using their powers of deduction quickly to work out the words that appear in the "Lingo" grids and puzzle-words.



# SYDNEY PROGRAM GUIDE

## Friday 13th September 2024

<b>03:30 pm</b>	<b>10 News First: Afternoon</b>	CC
<b>04:00 pm</b>	<b>Judge Judy (Rpt)</b>	CC PG
<b>04:30 pm</b>	<b>The Bold &amp; The Beautiful</b>	CC PG Mild Themes
<b>05:00 pm</b>	<b>10 News First</b>	CC
<b>06:00 pm</b>	<b>Deal Or No Deal (Rpt)</b>	CC G
<b>06:30 pm</b>	<b>The Project</b>	CC
<b>07:30 pm</b>	<b>Sort Your Life Out</b>	CC PG Mild Themes
<b>08:45 pm</b>	<b>The Dog Academy</b>	CC PG Mild Themes

### LIVE

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

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

### ALL NEW EPISODES

The Forrester/Logan tensions rise when Taylor walks in as Brooke reveals Hope's kiss to Ridge.

### LIVE

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

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

### LIVE

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

### ALL NEW EPISODES

New series: Imagine if the entire contents of your home were laid out before you, so you could decide what to keep and what to throw away. Join the team as they help declutter and transform lives.

### ALL NEW EPISODES

Newfador, Ruby, refuses to budge when going for a walk. Maltese Bichon cross, Marco, ignores owner Beth's every word. Officially "not a dog person", Beth inherited Marco from her late father.







# SYDNEY PROGRAM GUIDE

## Friday 13th September 2024

**09:45 pm Dogs Behaving (Very) Badly Australia** CC PG  
(Rpt) Mild Themes

Jack and Amelia's dog is more baby than hound. Earl, Wollongong teacher Erin's Greyhound, won't get in the car and on the Goldcoast, Jane and Brent ask for Graeme's help with their noisy dog Ruby.

**10:45 pm 10's Late News** CC

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

**11:10 pm The Project Encore** (Rpt) CC

### SPECIAL ENCORE PRESENTATION

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

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

### ALL NEW EPISODES

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

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

[Home Shopping](#)

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

[Home Shopping](#)

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

[Home Shopping](#)

**02:30 am Home Shopping** (Rpt)

[Home Shopping](#)

**03:00 am Home Shopping** (Rpt)

[Home Shopping](#)

**03:30 am Home Shopping** (Rpt)

[Home Shopping](#)

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

[Home Shopping](#)

**04:30 am Home Shopping** (Rpt)

[Home Shopping](#)





# SYDNEY PROGRAM GUIDE

## Friday 13th September 2024

**05:00 am Home Shopping (Rpt)**

**Home Shopping**

**05:30 am Home Shopping (Rpt)**

**Home Shopping**



# SYDNEY PROGRAM GUIDE

Saturday 14th September 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 PG

## ALL NEW EPISODES

**#2437 A Heart For God: Part 11 "When Disappointment Comes"**

Religious.

**07:00 am Reel Action** (Rpt) CC G

## SPECIAL ENCORE PRESENTATION

This episode starts with Mark "Tubby" Taylor and Russell Babekuhl joining Michael Guest in a challenging day targeting finicky Yellowfin Bream around timber snags on the Central Coast of NSW.

**07:30 am Escape Fishing With ET** (Rpt) CC G

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 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.

**09:00 am My Market Kitchen** (Rpt) CC G

Celebrity Cook and successful Restaurateur Laura Sharrad is joined by a variety of chefs and food producers in the iconic Prahran Market cooking a variety of delicious and easy to follow recipes.



# SYDNEY PROGRAM GUIDE

Saturday 14th September 2024

**09:30 am Freshly Picked With Simon Toohey** CC G  
(Rpt)

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.

**10:00 am The Drew Barrymore Show**

**10:30 am The Drew Barrymore Show**

**11:00 am The Amazing Race Australia: Celebrity** PG  
(Rpt) Sexual References,  
Mild Coarse  
Language,  
Mild Themes

## SPECIAL ENCORE PRESENTATION

**12:30 pm Are You RV Safe?** CC

## ALL NEW EPISODES

Thinking about hitting the road in an RV? Join our expert hosts as they show you how to tackle real-life situations safely and approach your RV travels with confidence.

**01:00 pm Good Chef Bad Chef** (Rpt) CC G

Hosts Adrian Richardson and Preeya Alexander present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

**01:30 pm 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.

**02:00 pm The Dog Down Under** CC

## ALL NEW EPISODES

From protecting people to saving fellow furry friends, surviving terrifying falls to finding lost loved ones, we celebrate our four-legged friends who prove not all superheroes wear capes.

**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 14th September 2024

**03:00 pm Expedition Kimberley (Rpt)** CC G

## Expedition Kimberley

Join Captain Nathan Clarke and the crew of Coral Discoverer on an expedition to The Kimberley, one of the world's most remote and pristine wilderness destinations.

**03:30 pm Australia By Design: Innovations** CC G

## ALL NEW EPISODES

Australia By Design: Innovations gives an in-depth look at some amazing design innovations around Australia. The show travels far and wide to meet the entrepreneurial innovators in their environment.

**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 Cook With Luke** CC

## ALL NEW EPISODES

Luke Hines creates tasty, healthy and easy 'good food'

**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 Dog House (Rpt)** CC PG  
Mild Themes

Beth & Jemima are looking for an outgoing pup. Can Ollie the Spaniel stop playing to meet them? Trinity & Paul's dog Max is in mourning, and they're hoping a fellow pooch might lighten his load.

**07:30 pm Thank God You're Here Encore (Rpt)** CC

## SPECIAL ENCORE PRESENTATION

**08:30 pm The Dog House Australia (Rpt)** CC PG  
Mild Themes

Jill wants a pal for her Staffy, but can anxious pup Sainra overcome her shyness? The Lyon family are looking for an active dog, but will cattle dog cross, Bonnie, be the right fit?



# SYDNEY PROGRAM GUIDE

## Saturday 14th September 2024

**09:30 pm Ambulance** (Rpt)

CC M  
Coarse Language,  
Medical Procedures

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

**10:45 pm Ambulance** (Rpt)

CC M  
Coarse Language,  
Drug References,  
Medical Procedures

It's Easter and the North West Ambulance Service struggles to locate a fallen mountainbike rider stuck in a forest in The Lake District, while paramedics deal with domestic violence in Blackpool.

**12:00 am 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.

**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.

