



SYDNEY PROGRAM GUIDE

Sunday 15th 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

539 Where Is Holiness In Grace?

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

Dee Why Beach

Hayden grew up surfing the break at Dee Why Beach, and Hayden finishes up his BBQ Special with recipes featuring a side of salmon, pork belly and a whole butterflied chicken.



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Sunday 15th September 2024

09:30 am Intrepid Adventures CC G

ALL NEW EPISODES

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

#4111r - Sydney Sweeney & Glen Powell

Host Drew Barrymore brings her infectious brand of humour and positivity to daytime, with guests, Sydney Sweeney and Glen Powell.

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

SPECIAL ENCORE PRESENTATION

#4179r - Queen Latifah

Host Drew Barrymore brings her infectious brand of humour and positivity to daytime, with guest, Queen Latifah.

11:00 am The Dog Academy (Rpt) CC PG
Mild Themes

SPECIAL ENCORE PRESENTATION

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.

12:00 pm To Be Advised

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.

02:00 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.

02:30 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.

03:00 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.



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03:30 pm	Lingo (Rpt)	CC	G	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.
04:30 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.
05:00 pm	10 News First	CC		LIVE Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.
06:00 pm	The Sunday Project	CC		LIVE Join the Sunday Project hosts as they dissect and digest the daily news, events and hottest topics.
07:00 pm	The Amazing Race Australia: Celebrity	CC	PG Mild Coarse Language, Mild Themes	ALL NEW EPISODES The celebrities will explore the Inca trail. They will trek through vast valleys with some furry friends, build structures that will last the test of time and learn about local traditions.
08:30 pm	New: FBI	CC	M Violence	ALL NEW EPISODES <u>No ONE Left Behind</u> The team is thrown into a highly political case after four members of the Taliban are shot and one is kidnapped. Starring: Missy Peregrym, Zeeko Zaki, Jeremy Sisto, John Boyd, Katherine Renee Kane, Alana De La Garza
09:30 pm	The Real CSI: Miami	CC	M Violence, Mature Themes	ALL NEW EPISODES <u>Out Of Thin Air</u> The unexpected death of golfer Alan Jay Abrahamson shocked his community.



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Sunday 15th September 2024

10:30 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

11:30 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)

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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

Monday 16th September 2024

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Akbar Gbajabiamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day.

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

Ramsay Street grapples with a resident's seismic decision. Wendy challenges a neighbour to come clean. Andrew takes action to protect his family.

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

CC PG
Mild Themes

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

09:00 am The Drew Barrymore Show

CC PG
Sexual References,
Mild Themes

ALL NEW EPISODES

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

09:30 am The Drew Barrymore Show

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Sexual References,
Mild Themes

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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.

10:30 am To Be Advised



SYDNEY PROGRAM GUIDE

Monday 16th September 2024

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 **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.

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 **Wheel Of Fortune** CC

ALL NEW EPISODES

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

A disturbing phone call is overheard. Byron's grand plan fails. A protective parent reveals their fears.

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

ALL NEW EPISODES

Katie gets the pleasure of having been right about Poppy all along. Steffy witnesses something she wishes she hadn't.



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Monday 16th September 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 The Amazing Race Australia: Celebrity

CC PG
Mild Coarse Language,
Mild Themes

ALL NEW EPISODES

The Race continues with eight teams racing in Johannesburg, South Africa. They will need to channel their celebrity charm as they race to win \$100,000 for their chosen charities.

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 Inspired Unemployed (Impractical) Jokers (Rpt)

CC PG
Coarse Language,
Mild Themes

SPECIAL ENCORE PRESENTATION

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

10:10 pm Ghosts (Rpt)

CC PG
Sexual References

The Baby Bjorn

While at a yard sale at the Farnsby house, Sam meets a Viking ghost who has an unexpected connection to Thorfinn. Also, Trevor devises a new method for the ghosts to trade favours instead of money.

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



SYDNEY PROGRAM GUIDE

Monday 16th September 2024

10:40 pm 10's Late News CC

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

SPECIAL ENCORE PRESENTATION

11:05 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

12:05 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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01:30 am Home Shopping (Rpt)

Home Shopping

02:00 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 Burleson.





SYDNEY PROGRAM GUIDE

Tuesday 17th September 2024

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Akbar Gbajabiamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day.

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

A disturbing phone call is overheard. Byron's grand plan fails. A protective parent reveals their fears.

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

CC PG
Mild Violence,
Mild Themes

Katie gets the pleasure of having been right about Poppy all along. Steffy witnesses something she wishes she hadn't.

09:00 am The Drew Barrymore Show

CC PG
Sexual References,
Mild Themes

ALL NEW EPISODES

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

09:30 am The Drew Barrymore Show

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Sexual References,
Mild Themes

ALL NEW EPISODES

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

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 17th September 2024

10:30 am To Be Advised

11:40 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 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.

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 Wheel Of Fortune

CC

ALL NEW EPISODES

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

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



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Tuesday 17th September 2024

04:00 pm Neighbours

CC PG
Mild Themes

ALL NEW EPISODES

Danger continues to stalk a hopeful couple, as the residents of Ramsay Street gather for a celebration of love.

04:30 pm The Bold & The Beautiful

CC PG
Mild Violence,
Mild Themes

ALL NEW EPISODES

Bill tries to make sense of the chaos around him & Steffy awakes to realise her life is in danger.

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 Deal Or No Deal: Celebrity Jackpot

CC PG
Mild Themes

ALL NEW EPISODES

Reality

Joining Grant Denyer in Deal or No Deal: Celebrity Jackpot is reality TV star Skye Wheatley, playing to win \$250,000 for her charity, Bully Zero. Can Skye and her team, take out the big dollars?

08:30 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.

09:30 pm NCIS (Rpt)

CC M
Mature Themes

Love Lost

NCIS must investigate the Secretary of the Navy when her husband claims she tried to murder him.

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



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Tuesday 17th 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.

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)

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01:30 am Home Shopping (Rpt)

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04:00 am Home Shopping (Rpt)

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04:30 am CBS Mornings CC

ALL NEW EPISODES

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





SYDNEY PROGRAM GUIDE

Wednesday 18th September 2024

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Akbar Gbajabiamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am Deal Or No Deal (Rpt)

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SPECIAL ENCORE PRESENTATION

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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

Danger continues to stalk a hopeful couple, as the residents of Ramsay Street gather for a celebration of love.

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

CC PG
Mild Violence,
Mild Themes

Bill tries to make sense of the chaos around him & Steffy awakes to realise her life is in danger.

09:00 am The Drew Barrymore Show

CC PG
Sexual References,
Mild Themes

ALL NEW EPISODES

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

09:30 am The Drew Barrymore Show

CC PG
Sexual References,
Mild Themes

ALL NEW EPISODES

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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.



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Wednesday 18th September 2024

10:30 am Deal Or No Deal: Celebrity Jackpot (Rpt) CC PG
Mild Themes

SPECIAL ENCORE PRESENTATION

Reality

Joining Grant Denyer in Deal or No Deal: Celebrity Jackpot is reality TV star Skye Wheatley, playing to win \$250,000 for her charity, Bully Zero. Can Skye and her team, take out the big dollars?

11:30 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 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.

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 Wheel Of Fortune CC

ALL NEW EPISODES

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.



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Wednesday 18th 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

A neighbour crashes into mortal danger. Aaron lays down an ultimatum. Vera is out for vengeance.

04:30 pm The Bold & The Beautiful

CC PG
Mild Violence,
Mild Coarse
Language,
Drug References

ALL NEW EPISODES

Cornered, a killer makes a chilling revelation.

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 M
Coarse Language

ALL NEW EPISODES

The Jokers take orders in a busy cafe. Punters help with weird texts, before an auction with a twist





SYDNEY PROGRAM GUIDE

Wednesday 18th September 2024

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.

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 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.

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ALL NEW EPISODES

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SYDNEY PROGRAM GUIDE

Thursday 19th September 2024

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Akbar Gbajabiamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am Deal Or No Deal (Rpt)

CC G

SPECIAL ENCORE PRESENTATION

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07:30 am Everyday Gourmet With Justine Schofield (Rpt)

CC G

SPECIAL ENCORE PRESENTATION

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08:00 am Neighbours (Rpt)

CC PG
Mild Themes

SPECIAL ENCORE PRESENTATION

A neighbour crashes into mortal danger. Aaron lays down an ultimatum. Vera is out for vengeance.

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

CC PG
Mild Violence,
Mild Coarse
Language,
Drug References

Cornered, a killer makes a chilling revelation.

09:00 am The Drew Barrymore Show

CC PG
Sexual References,
Mild Themes

ALL NEW EPISODES

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09:30 am The Drew Barrymore Show

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Sexual References,
Mild Themes

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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

Thursday 19th September 2024

10:30 am Dogs Behaving (Very) Badly Australia (Rpt) CC PG
Sexual References, Mature Themes

SPECIAL ENCORE PRESENTATION

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.

11:30 am Entertainment Tonight CC

ALL NEW EPISODES

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01:00 pm 10 News First: Lunchtime CC

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02:00 pm Wheel Of Fortune CC

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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

Nicolette faces a hurtful betrayal. Paul plays Krista at her own game. Sadie goes undercover.

04:30 pm The Bold & The Beautiful

CC PG
Mild Violence,
Drug References,
Mild Themes

ALL NEW EPISODES

Frantic and worried, Finn turns to Li for advice. Desperate and trapped, Steffy makes a play to free herself.

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
Mild Coarse
Language

ALL NEW EPISODES

Daphne and Buster are over-excited and pulling their owners apart, Bichon Frise Snowflake has a fan fixation, and Springer Spaniel Banjo is too keen on the customers at his owner Viv's pet spa.

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 19th 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 PG

ALL NEW EPISODES

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

01:00 am Home Shopping (Rpt)

[Home Shopping](#)

01:30 am Home Shopping (Rpt)

[Home Shopping](#)

02:00 am Home Shopping (Rpt)

[Home Shopping](#)

02:30 am Home Shopping (Rpt)

[Home Shopping](#)

03:00 am Home Shopping (Rpt)

[Home Shopping](#)

03:30 am Home Shopping (Rpt)

[Home Shopping](#)

04:00 am Home Shopping (Rpt)

[Home Shopping](#)

04:30 am CBS Mornings

CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Friday 20th September 2024

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Akbar Gbajabiamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day.

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 G

SPECIAL ENCORE PRESENTATION

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

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

CC PG
Mild Violence,
Drug References,
Mild Themes

Frantic and worried, Finn turns to Li for advice. Desperate and trapped, Steffy makes a play to free herself.

09:00 am The Drew Barrymore Show

CC PG
Sexual References,
Mild Themes

ALL NEW EPISODES

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

09:30 am The Drew Barrymore Show

CC PG
Sexual References,
Mild Themes

ALL NEW EPISODES

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

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

Friday 20th September 2024

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

SPECIAL ENCORE PRESENTATION

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

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 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.

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 Wheel Of Fortune CC

ALL NEW EPISODES

02:30 pm Lingo (Rpt) CC G

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

Friday 20th September 2024

04:00 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.

ALL NEW EPISODES

04:30 pm The Bold & The Beautiful

CC PG
Mild Themes

Bill visits Poppy in jail and drops the bomb that he's not Luna's father. Deputy Detective Baker gets an unexpected offer of evidence.

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.

LIVE

06:30 pm The Project

CC

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

ALL NEW EPISODES

07:30 pm New: Sort Your Life Out

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.

ALL NEW EPISODES

08:45 pm New: The Dog Academy

CC PG
Mild Themes

Chihuahua, Dexter aggressively snaps whenever his owner tries to get "alone time" with his girlfriend. Blind dog Wonder exhibits extreme anxiety whenever he finds himself in unfamiliar places.

09:45 pm Dogs Behaving (Very) Badly Australia (Rpt)

CC PG
Mild Themes

A busy week for Graeme as he meets Labrador Rosa, Bulldog Frank and Terrier Griffiin.



SYDNEY PROGRAM GUIDE

Friday 20th September 2024

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 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)

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04:30 am Home Shopping (Rpt)

Home Shopping

05:00 am Home Shopping (Rpt)

Home Shopping

05:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Saturday 21st September 2024

06:00 am	What's Up Down Under (Rpt)	CC PG Mild Coarse Language	Love a driving or Caravanning holiday? Join Macca and the crew as they show you the best touring routes and destinations to visit!
ALL NEW EPISODES			
06:30 am	Leading The Way With Dr. Michael Youssef	CC PG	#2438 A Heart For God: Part 12 "The Self Worth We Need" Religious.
SPECIAL ENCORE PRESENTATION			
07:00 am	Reel Action (Rpt)	CC G	In this episode Michael Guest and Brad Arnott head offshore from the North Coast of NSW with the anticipation of a cracking day targeting topwater Kingfish.
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.
SPECIAL ENCORE PRESENTATION			
08:00 am	IFISH (Rpt)	CC G	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	The Chef's Garden (Rpt)	CC PG Mild Coarse Language	Take a journey with renowned Australian chef Massimo Mele to explore the vast land of The Chef's Garden. Discover his recipes from Italian homely gnocchi to exquisite abalone caught fresh from the sea
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 21st September 2024

09:30 am	The Drew Barrymore Show (Rpt)	CC PG Sexual References, Mild Themes	Host Drew Barrymore brings her infectious brand of humour and positivity to daytime.
SPECIAL ENCORE PRESENTATION			
10:00 am	The Drew Barrymore Show (Rpt)	CC PG Sexual References, Mild Themes	Host Drew Barrymore brings her infectious brand of humour and positivity to daytime.
10:30 am	The Drew Barrymore Show (Rpt)	CC PG Sexual References, Mild Themes	Host Drew Barrymore brings her infectious brand of humour and positivity to daytime.
11:00 am	To Be Advised		
ALL NEW EPISODES			
12:30 pm	Are You RV Safe?	CC	<u>On-Road Rv Test</u> Jessica, Evan, and Martin take their first on-road test, navigating cones and brake tests. Will nerves get the best of them?
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.
ALL NEW EPISODES			
02:00 pm	The Dog Down Under	CC	Australia is known as a sporting nation and you'll see that the Olympic motto of faster, higher, stronger, applies to our canines too.
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.
03:00 pm	Planet Shapers (Rpt)	CC G	Sustainability stories about innovating and adapting to create a more sustainable world.



SYDNEY PROGRAM GUIDE

Saturday 21st September 2024

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 CC

SEASON PREMIERE

From iconic fresh food markets ex MasterChef favourite, Laura Sharrod hosts this exciting series of My Market Kitchen with loads of delicious recipes, plenty of guests, characters, and a few surprises.

04:30 pm Cook With Luke CC G

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
Mature Themes

Bulldog Boris has lost his spark since long-term companion Maggie passed away. Will opposites attract when he meets Midge? And it's a meeting of souls in the pen when Leila & Alison meet dog Eloise.

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

Will senior Aussie cattle dogs Lisa and Shandy be too old to be Amata perfect match? After an emotional surrender can Brodi overcome his timid nature for a new life with couple Charbel & Senid?



SYDNEY PROGRAM GUIDE

Saturday 21st September 2024

09:30 pm Ambulance Australia (Rpt) CC M
 Drug References, Mature Themes
 A sudden car crash in front of their ambulance forces Pete and Phil to perform one of the most extraordinary resuscitations from a deadly heart attack ever captured on film.

10:45 pm Ambulance UK (Rpt) CC M
 Coarse Language, Mature Themes
 North East Ambulance crews attend to a family who arrived in the UK just 17 days earlier as refugees from Iraq, plus come to the aid of a schoolboy hit by a motorcycle, and an elderly bed-bound man.

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.

