



SYDNEY PROGRAM GUIDE

Sunday 05th February 2023

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 Turning Point With David Jeremiah CC PG
Mature Themes

ALL NEW EPISODES

The belt of truth, God's truth, is our best defense against Satan and a world filled with lies and deceit.

07:00 am Joseph Prince: New Creation Church CC G

ALL NEW EPISODES

460 - Own Your New Creation Identity

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, a vibrant and fast-growing church.

07:30 am Joel Osteen CC G

ALL NEW EPISODES

Religious.

08:00 am Luca's Key Ingredient (Rpt) CC G

Salumi is quintessential to Italian cooking, and Luca highlights three of his favourites today with recipes including pancetta, prosciutto cotto and guanciale in three epic Italian dishes.

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 Good Chef Bad Chef (Rpt) CC G

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

09:30 am Destination Dessert (Rpt) CC G

Join us as we travel across Australia, taking the roads less travelled, supporting local businesses and discovering a world of flavour and adventure in our own backyard.



SYDNEY PROGRAM GUIDE

Sunday 05th February 2023

10:00 am Studio 10: Sunday	CC PG	Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus.
SPECIAL ENCORE PRESENTATION		
12:00 pm Australian Survivor Encore (Rpt)	CC	Following a heated Reward Challenge, a secret night mission cause one tribe to question one of their own. With another Tribal Council looming, players must think quick in order to keep in the game.
01:45 pm My Market Kitchen (Rpt)	CC G	Mike Reid, Matt Sinclair and Laura Sharrad, three of Australia's most popular chefs, cook amazing dishes from three iconic locations around the country.
02:00 pm Waltzing Jimeoin (Rpt)	CC PG Coarse Language, Mild Themes	Jimeoin wants to do a comedy tour like no other. With comedian mates, celebrity friends and maybe even his family, Jimeoin will travel around Australia doing standup wherever the tour takes him.
ALL NEW EPISODES		
02:30 pm Exploring Off The Grid	CC PG Coarse Language	True adventure happens when the road ends, join Rick, Jamie and Johnno for exploration, adventure and a bloody good time.
ALL NEW EPISODES		
03:00 pm Pat Callinan's 4x4 Adventures	CC	Explore Australia's most breathtaking destinations with our very own "Mr 4X4", Pat Callinan.
ALL NEW EPISODES		
04:00 pm All 4 Adventure	CC	Jase and Simon rescue stranded travellers north of Cape York. They head off-shore into the Torres Strait before travelling south for a cool change on the wild west coast of Tassie.
LIVE		
05:00 pm 10 News First	CC	Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.



SYDNEY PROGRAM GUIDE

Sunday 05th February 2023

06:30 pm	The Sunday Project	CC
07:30 pm	Australian Survivor	CC
09:00 pm	NCIS: Hawaii (Rpt)	CC M Violence
10:00 pm	FBI (Rpt)	CC M Violence
11:00 pm	The Sunday Project Encore (Rpt)	CC
12:00 am	Home Shopping (Rpt)	
12:30 am	Home Shopping (Rpt)	
01:00 am	Home Shopping (Rpt)	
01:30 am	Home Shopping (Rpt)	
02:00 am	Home Shopping (Rpt)	

ALL NEW EPISODES

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

ALL NEW EPISODES

Gaijin

When a Japanese sailor is murdered on American soil, the NCIS team must find the killer before the wrong person is accused and the case triggers a diplomatic crisis.

Starring: Vanessa Lachey, Alex Tarrant, Enver Gjokaj, Noah Mills, Yasmine Al-Bustami, Jason Antoon

Charlotte's Web

After a suburban woman is kidnapped from her home, the team looks into trusts on both sides of a seemingly perfect marriage. Meanwhile, OA feels pressure from Mona to make changes in his career path.

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

SPECIAL ENCORE PRESENTATION

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Home Shopping

Home Shopping

Home Shopping

Home Shopping

Home Shopping



SYDNEY PROGRAM GUIDE

Sunday 05th February 2023

02:30 am Home Shopping (Rpt)

Home Shopping

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

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 06th February 2023

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 Farm To Fork (Rpt)

CC PG

Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home.

07:30 am 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.

08:00 am Everyday Gourmet With Justine Schofield (Rpt)

CC G

Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet.

08:30 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

09:00 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.

09:30 am The Bold & The Beautiful Encore (Rpt)

CC PG
Stylised Violence,
Mature Themes

SPECIAL ENCORE PRESENTATION

Katie and Brooke become confused by Carter's unexpected information. Steffy confesses Bill's blackmail to a mortified Taylor.

10:00 am Studio 10

CC PG

LIVE

Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:30AM.

12:00 pm 10 News First: Midday

CC

LIVE

Catch the latest breaking news stories from around the country and the world with 10 News First: Midday.



SYDNEY PROGRAM GUIDE

Monday 06th February 2023

01:00 pm Dr Phil

CC PG
Mature Themes

ALL NEW EPISODES

Dr. Phil continues his series on how to survive inflation. Today, financial experts share money-saving and money-making tips to help you learn how to take control of your finances during inflation.

02:00 pm Australian Survivor Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

03:30 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.

04:00 pm Farm To Fork

CC G

ALL NEW EPISODES

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.

04:30 pm The Bold & The Beautiful

CC PG

ALL NEW EPISODES

Taylor and Steffy share an emotional mother-daughter moment. Finn breaks stunning news about Sheila to Brooke and Katie.

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 Project

CC

ALL NEW EPISODES

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

07:30 pm Australian Survivor

CC

ALL NEW EPISODES



SYDNEY PROGRAM GUIDE

Monday 06th February 2023

09:00 pm FBI: Most Wanted

CC M
Violence

ALL NEW EPISODES

False Flag

The team is thrown for a loop when they discover that the abductor of a disgraced state police detective is connected to a recent horrific mass shooter case known as "The Summer Camp Massacre".

Starring: Dylan McDermott, Alexa Davalos, Roxy Sternberg, Edwin Hodge, Keisha Castle-Hughes

10:00 pm FBI: Most Wanted (Rpt)

CC M
Frequent Violence

Spiderwebs

The FBI's quest for answers uncovers a web of conspiracy after Crosby's old army buddy is attacked in an apparent drug deal gone wrong, while two gang members are brutally killed by a prison guard.

Starring: Julian McMahon, Kellan Lutz, Roxy Sternberg, Keisha Castle-Hughes, Miguel Gomez, Jen Landon

11:00 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

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

ALL NEW EPISODES

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

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

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SYDNEY PROGRAM GUIDE

Monday 06th February 2023

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

Tuesday 07th February 2023

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 Farm To Fork (Rpt)

CC PG

Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home.

07:30 am 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.

08:00 am Everyday Gourmet With Justine Schofield (Rpt)

CC G

Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet.

08:30 am Entertainment Tonight

CC

SPECIAL ENCORE PRESENTATION

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09:00 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.

09:30 am The Bold & The Beautiful Encore (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

Taylor and Steffy share an emotional mother-daughter moment. Finn breaks stunning news about Sheila to Brooke and Katie.

10:00 am Studio 10

CC PG

LIVE

Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus weekdays from 8:30AM.

12:00 pm 10 News First: Midday

CC

LIVE

Catch the latest breaking news stories from around the country and the world with 10 News First: Midday.



SYDNEY PROGRAM GUIDE

Tuesday 07th February 2023

01:00 pm Dr Phil

CC PG
Mature Themes

ALL NEW EPISODES

Dr. Phil tackles the "Great Resignation" of teachers, low student standards, teacher frustrations, and new laws in states like Arizona that put teachers with non-traditional backgrounds in classrooms.

02:00 pm Australian Survivor Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

03:30 pm Judge Judy (Rpt)

CC PG

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04:00 pm Farm To Fork

CC G

ALL NEW EPISODES

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.

04:30 pm The Bold & The Beautiful

CC PG

ALL NEW EPISODES

Katie reels upon learning the truth about Bill and Sheila. Taylor calls Sheila's bluff.

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 Project

CC

ALL NEW EPISODES

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

07:30 pm Australian Survivor

CC

ALL NEW EPISODES



SYDNEY PROGRAM GUIDE

Tuesday 07th February 2023

09:00 pm NCIS (Rpt)

CC M
Violence

The First Day

NCIS investigates the murder of a Navy officer who was killed while driving home a recently released inmate. Also, Gibbs helps Palmer deal with personal trauma.

Starring: Mark Harmon, Sean Murray, Wilmer Valderrama

10:00 pm NCIS (Rpt)

CC M
Violence,
Mature Themes

True Believer

When Sloane's name is discovered in Afghanistan at the site of an abandoned bus with a dead driver, Gibbs accompanies her on a trip to find a group of girls who were kidnapped from the bus.

Starring: Mark Harmon, Sean Murray, Wilmer Valderrama

11:00 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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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)

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02:00 am Home Shopping (Rpt)

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SYDNEY PROGRAM GUIDE

Tuesday 07th February 2023

03:30 am Home Shopping (Rpt)

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04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS Mornings

CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Wednesday 08th February 2023

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 Farm To Fork (Rpt)

CC PG

Highlighting some of the best produce Australia has to offer, Farm to Fork will inspire you to recreate recipes at home.

07:30 am 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.

08:00 am Everyday Gourmet With Justine Schofield (Rpt)

CC G

Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet.

08:30 am Entertainment Tonight

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09:00 am Judge Judy (Rpt)

CC PG

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09:30 am The Bold & The Beautiful Encore (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

Katie reels upon learning the truth about Bill and Sheila. Taylor calls Sheila's bluff.

10:00 am Studio 10

CC PG

LIVE

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12:00 pm 10 News First: Midday

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SYDNEY PROGRAM GUIDE

Wednesday 08th February 2023

01:00 pm Dr Phil

CC PG
Coarse Language,
Mature Themes

ALL NEW EPISODES

Oversharing on the internet can be an invasion of children's privacy, dangerous, and harmful to the relationship between parent and child. Dr. Phil suggests what you should consider before posting.

02:00 pm Australian Survivor Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

03:30 pm Judge Judy (Rpt)

CC PG

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04:00 pm Farm To Fork

CC G

ALL NEW EPISODES

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04:30 pm The Bold & The Beautiful

CC PG

ALL NEW EPISODES

Katie pleads with Bill to rethink his allegiance to Sheila. Steffy reveals to Liam that Bill is entangled with her sworn enemy.

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 Project

CC

ALL NEW EPISODES

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

07:30 pm To Be Advised

08:30 pm Fire Country

CC PG
Mature Themes

ALL NEW EPISODES

Get Some, Be Safe

A vegetation fire gets tricky for the crew when a panicked horse refuses to leave a burning barn. Vince's ambitious brother Luke, the Cal Fire communications director, makes a surprise visit to town.

Starring: Max Thieriot, Billy Burke, Kevin Alejandro, Diane Farr, Jordan Calloway, Stephanie Arcila



SYDNEY PROGRAM GUIDE

Wednesday 08th February 2023

09:30 pm Bull (Rpt)

CC PG
Violence,
Coarse Language

Under The Influence

Chunk does his daughter, Anna, a favor and convinces Bull to represent a teenager on trial for robbery, a defendant who faces an uphill battle in court when he refuses to name his accomplice.

Starring: Michael Weatherly, Freddy Rodriguez, Geneva Carr

10:30 pm Bull (Rpt)

CC PG
Mature Themes

Snatchback

Bull aims to win over a federal jury without the use of hard evidence when TAC represents Hank Alston, a child recovery agent charged with fraud for not having documented proof of his covert work.

Starring: Michael Weatherly, Freddy Rodriguez, Geneva Carr

11:30 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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12:30 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.

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SYDNEY PROGRAM GUIDE

Wednesday 08th February 2023

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

Thursday 09th February 2023

06:00 am The Talk

CC PG
Mature Themes

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CC PG

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07:30 am 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.

08:00 am Everyday Gourmet With Justine Schofield (Rpt)

CC G

Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet.

08:30 am Entertainment Tonight

CC

SPECIAL ENCORE PRESENTATION

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09:30 am The Bold & The Beautiful Encore (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

Katie pleads with Bill to rethink his allegiance to Sheila. Steffy reveals to Liam that Bill is entangled with her sworn enemy.

10:00 am Studio 10

CC PG

LIVE

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12:00 pm 10 News First: Midday

CC

LIVE

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SYDNEY PROGRAM GUIDE

Thursday 09th February 2023

01:00 pm Dr Phil

CC M
Violence,
Mature Themes

ALL NEW EPISODES

Dr. Phil examines the cases of Liz Gomes, who was brutally beaten by a homeless ex-con in a horrific attack, and Ahmaud Arbery who was shot dead after being chased by a trio of white men while jogging

02:00 pm To Be Advised

03:00 pm Entertainment Tonight

CC

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04:30 pm The Bold & The Beautiful

CC PG
Violence

ALL NEW EPISODES

Steffy vows to return Sheila to prison for good. Caught up in their twisted bond, Bill and Sheila share an intimate moment.

05:00 pm 10 News First

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

06:30 pm The Project

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Thursday 09th February 2023

07:30 pm Taskmaster Australia

CC

ALL NEW EPISODES

08:30 pm Law & Order: S.V.U

CC M
Mature Themes

ALL NEW EPISODES

Breakwater

A young lifesaver asks the SVU for help when he suspects his boss is preying on his sister. After tragedy strikes, Velasco tries to convince a reluctant witness to testify in court.

Starring: Mariska Hargitay, Ice T , Kelli Giddish, Peter Scanavino, Octavio Pisano, Molly Burnett

09:30 pm Law & Order: S.V.U (Rpt)

CC M
Strong Adult Themes

ONE More Tale Of Two Victims

Detective Joe Velasco joins the SVU as they search for a serial rapist who preys on mothers with young children, while Benson and Fin struggle under the tightened reins of Chief McGrath,

Starring: Mariska Hargitay, Ice T , Kelli Giddish, Peter Scanavino, Octavio Pisano, Terry Serpico

10:30 pm NCIS: Los Angeles Encore (Rpt)

CC M
Violence

SPECIAL ENCORE PRESENTATION

Glory Of The Sea

NCIS is called to investigate after Rear Admiral Ted Gordon is abducted from his home. Also, Kensi struggles with being the fun parent while Deeks is apartment-hunting with his mum.

Starring: Chris O'Donnell, LI Cool J , Daniela Ruah, Eric Christian Olsen, Gerald McRaney, Linda Hunt

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CC

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01:00 pm Dr Phil

CC PG
Coarse Language,
Mature Themes

ALL NEW EPISODES

America is divided - wear a mask, don't wear a mask, get vaxxed, don't vax, the election was rigged, no it wasn't! It seems we are living in two different worlds. Is America ready for an intervention?

02:00 pm Beyond The Fire: Resilience (Rpt)

CC PG
Mature Themes

Beyond The Fire: Resilience

Beyond The Fire: Resilience takes an honest look at the frustrations and triumphs on the road to recovery 3 years after the Black Summer Bushfire Crisis.

03:00 pm Entertainment Tonight

CC

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04:30 pm The Bold & The Beautiful

CC PG

ALL NEW EPISODES

Liam and Wyatt attempt to make sense of Bill's decisions. Bill burns his familial bridges, making the ultimate sacrifice for love.

05:00 pm 10 News First

CC

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

06:30 pm The Project

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ALL NEW EPISODES

07:30 pm	The Graham Norton Show	CC	
08:30 pm	To Be Advised		
09:30 pm	The Graham Norton Show (Rpt)	CC M Coarse Language	Join the hilarious and cheeky Graham Norton as he chats with guests Bruce Springsteen, President Barack Obama, Dame Judi Dench, Jamie Dornan, Salma Hayek, Tinie Tempah & Jesy Nelson!
10:30 pm	Just For Laughs Australia (Rpt)	CC M Sexual References, Coarse Language	Just For Laughs Australia Stand-up comedy recorded live from the Sydney Opera House. Hosted by Nick Cody, featuring; Adam Christie, Nikki Osborne & Luke Heggie.
11:00 pm	Just For Laughs Uncut (Rpt)	CC MA15+ Sexual References, Coarse Language	<u>Ali Wong, Paul Zerdin, Nikki Glaser & Greg Behrandt</u> Nothing is off-limits in Just For Laughs Uncut where the biggest comics showcase their raunchiest material. Comics: Ali Wong, Paul Zerdin, Nikki Glaser & Greg Behrandt.
11:30 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 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.
01:30 am	Home Shopping (Rpt)		<u>Home Shopping</u>
02:00 am	Home Shopping (Rpt)		<u>Home Shopping</u>



SYDNEY PROGRAM GUIDE

Friday 10th February 2023

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 Home Shopping (Rpt)

Home Shopping

05:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Saturday 11th February 2023

06:00 am	Reel Action (Rpt)	CC G	<p><u>Bait Fishing For Snapper And Pearl Perch</u></p> <p>Guesty, Wayne and Riley Gordon pick a perfect day target snapper, pearl perch and tuskfish offshore. Then, Guesty does some fast fishing off the Seadoo nailing some quality snapper on soft plastics.</p>
06:30 am	Leading The Way With Dr. Michael Youssef	CC G	<p><u>ALL NEW EPISODES</u></p> <p><u>2307 Look Up When Others Are Looking Down, Part 01</u></p> <p>Dr Michael Youssef speaks about the Word of God and offers hope.</p>
07:00 am	Freshly Picked With Simon Toohey (Rpt)	CC G	<p>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.</p>
07:30 am	Escape Fishing With ET (Rpt)	CC G	<p>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.</p>
08:00 am	Exploring Off The Grid (Rpt)	CC PG Coarse Language	<p>True adventure happens when the road ends, join Rick, Jamie and Johnno for exploration, adventure and a bloody good time.</p>
08:30 am	What's Up Down Under (Rpt)	CC G	<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>
09:00 am	Everyday Gourmet With Justine Schofield (Rpt)	CC G	<p>Justine Schofield along with special guests, present a variety of delicious recipes for the home cook.</p>
09:30 am	Good Chef Bad Chef (Rpt)	CC G	<p>Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat.</p>
10:00 am	Studio 10: Saturday	CC PG	<p>Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus.</p>
12:00 pm	Pat Callinan's 4x4 Adventures (Rpt)	CC G	<p>Explore Australia's most breathtaking destinations with our very own "Mr 4X4", Pat Callinan.</p>



SYDNEY PROGRAM GUIDE

Saturday 11th February 2023

01:00 pm The Offroad Adventure Show (Rpt) CC G

Two old 1940's 4WD's, 1100 sand dunes, outback roads known to destroy even new 4WD's... Welcome to Simmo or Bust! An Offroad Adventure Show special.

02:00 pm All 4 Adventure (Rpt) CC

Jase and Simon rescue stranded travellers north of Cape York. They head off-shore into the Torres Strait before travelling south for a cool change on the wild west coast of Tassie.

03:00 pm What's Up Down Under CC G

ALL NEW EPISODES

Love a driving or Caravanning holiday? Join Macca and the crew as they show you the best touring routes and destinations to visit!

03:30 pm Cook With Luke (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.

04:00 pm Farm To Fork (Rpt) CC G

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

04:30 pm Taste Of Australia With Hayden Quinn (Rpt) CC G

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

05:00 pm 10 News First CC

LIVE

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

06:00 pm Bondi Rescue (Rpt) CC PG
Coarse Language

Tragedy strikes when a husband and wife are washed off rocks by a massive wave. The Lifeguards search desperately for the couple, hoping that the rescue mission doesn't become a body retrieval.

06:30 pm To Be Advised



SYDNEY PROGRAM GUIDE

Saturday 11th February 2023

07:30 pm NCIS: Los Angeles

CC M
Violence,
Mature Themes

ALL NEW EPISODES

Survival Of The Fittest

When a Marine falls ill during a training mission due to an attack by a genetic weapon, the NCIS must track down the person responsible for unleashing it.

Starring: Chris O'Donnell, LI Cool J , Daniela Ruah, Eric Christian Olsen, Gerald McRaney, Linda Hunt

08:30 pm NCIS: Los Angeles

CC MA15+
Violence,
Mature Themes

ALL NEW EPISODES

The Body Stitchers

The NCIS team join forces with the FBI when a group of grisly murderers known as "The Body Stitchers" returns after evading capture by NCIS years ago. Also, Sam's dad makes a new friend in Arkady.

Starring: Chris O'Donnell, LI Cool J , Daniela Ruah, Eric Christian Olsen, Gerald McRaney, Linda Hunt

09:30 pm FBI: International

CC M
Violence,
Mature Themes

ALL NEW EPISODES

Chew Toy

The Fly Team questions an NYPD officer who is under arrest for assault in the breakaway Moldovan state of Transnistria, amid claims that a sex trafficking ring is being concealed by those in power.

Starring: Luke Kleintank, Heida Reed, Carter Redwood, Vinessa Vidotto, Christiane Paul

Guest Starring: Jeremy Sisto

10:30 pm FBI: International

CC M
Violence

ALL NEW EPISODES

ONE Point Million Followers

When a notorious American tech tycoon becomes involved in a murder in Frankfurt, the Fly Team must chase him down amid the local protesters he's incited with his conspiracy theories on social media.

Starring: Luke Kleintank, Heida Reed, Carter Redwood, Vinessa Vidotto, Christiane Paul

Guest Starring: Elizabeth Mitchell

11:30 pm NCIS (Rpt)

CC M
Violence

The First Day

NCIS investigates the murder of a Navy officer who was killed while driving home a recently released inmate. Also, Gibbs helps Palmer deal with personal trauma.

Starring: Mark Harmon, Sean Murray, Wilmer Valderrama



SYDNEY PROGRAM GUIDE

Saturday 11th February 2023

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)

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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