



# SYDNEY PROGRAM GUIDE

Sunday 29th 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

#### **541 Experience Unmerited Favor When You Look To Jesus**

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 Roads Less Travelled (Rpt)** CC G

A travel and Road trip series that uncovers the hidden gems in each location that we visit

**09:00 am Loving Gluten Free** CC G

### ALL NEW EPISODES

Join Helen Tzouganatos as she shares her expertise in creating delicious gluten-free dishes. From baked goods to quick midweek dinners, Helen's recipes make gluten-free tastier than ever.

**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.



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Sunday 29th September 2024

**10:00 am The Drew Barrymore Show (Rpt)**

CC PG  
Sexual References,  
Mild Themes

## SPECIAL ENCORE PRESENTATION

### #5015

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

## SPECIAL ENCORE PRESENTATION

### #5016

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

**11:00 am To Be Advised**

**12:00 pm The Amazing Race Australia: Celebrity (Rpt)**

CC

## SPECIAL ENCORE PRESENTATION

Our celebrities will experience the real Africa when they head into the Cradle of Humankind. One wrong move puts a fan favourite team in danger of elimination.

**01:00 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.

**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 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.

**02:30 pm NBL - Kings V Hawks**

CC

## LIVE

### Round 2: Sydney Kings V Illawarra Hawks

Round 2 clash, LIVE from Qudos Bank Arena, Sydney Kings take on the Illawarra Hawks. Tip-off at 2.36pm (AEST).

**04:30 pm Luxury Escapes**

CC

## SEASON PREMIERE

The World's Best Holidays showcases the most loved and desired hotspots in Australia and around the world. We visit some incredible hotels and we experience beautiful places to eat, drink and explore.



# SYDNEY PROGRAM GUIDE

## Sunday 29th 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 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

### ALL NEW EPISODES

The Amazing Race Australia continues as six remaining celebrity teams travel to the Namib Desert in Namibia. They race through the unforgiving desert terrain, one mistake could cost a team the race.

**08:30 pm New: FBI**

CC M  
Violence

### SEASON FINALE

#### Ring Of Fire

The Somalian terrorist group behind the death of Agent Hobbs resurfaces, sending the team on a chase to take them down for good.

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

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

CC M  
Violence,  
Mature Themes

#### God Complex

When a prominent doctor is found dead in a ritualistic slaying, the team races to hunt down a religiously motivated serial killer. A medical emergency forces Scola to make a life-or-death decision.

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

**10:30 pm NCIS(Rpt)**

CC M  
Violence,  
Drug References

#### Higher Education

NCIS investigates the death of a college student who was killed while running across the street and had connections to McGee's wife, Delilah.

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



# SYDNEY PROGRAM GUIDE

Sunday 29th September 2024

**11:30 pm The Sunday Project Encore** (Rpt) CC

## SPECIAL ENCORE PRESENTATION

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

**12:30 am Home Shopping** (Rpt)

**Home Shopping**

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

**Home Shopping**

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

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

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

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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**

**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 Burseson.



# SYDNEY PROGRAM GUIDE

Monday 30th 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

Lives are taken hostage as a terrifying stand off ensues.

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

CC PG  
Mild Violence,  
Drug References

Bill and Katie discuss how best to break the news to Will about Luna's paternity. Finn finds Steffy, and Li has a dramatic showdown with Luna.

**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.

**10:30 am The Amazing Race Australia: Celebrity (Rpt)**

CC PG

## SPECIAL ENCORE PRESENTATION

The Amazing Race Australia continues as six remaining celebrity teams travel to the Namib Desert in Namibia. They race through the unforgiving desert terrain, one mistake could cost a team the race.





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**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 G

## ALL NEW EPISODES

In a thrilling game of skill and luck, contestants compete to solve word puzzles in order to win cash and prizes determined by the Wheel of Fortune! Hosted by Ryan Seacrest.

**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 young resident's future hangs in doubt. Terese finds herself on the outskirts.



# SYDNEY PROGRAM GUIDE

## Monday 30th September 2024

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

### ALL NEW EPISODES

Steffy and Finn find their way back to each other. Poppy learns the devastating truth about her daughter.

**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

### ALL NEW EPISODES

Following a virtual pitstop, our celebrities continue the race along the mysterious Skeleton Coast. Fatigue starts to set in for some teams.

**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 To Be Advised**

**10:40 pm 10's Late News** CC

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

**11:05 pm The Project Encore (Rpt)** CC

### SPECIAL ENCORE PRESENTATION

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





# SYDNEY PROGRAM GUIDE

Monday 30th September 2024

**12:05 am The Late Show With Stephen Colbert** CC PG

## ALL NEW EPISODES

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

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

**Home Shopping**

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

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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

Tuesday 01st October 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 young resident's future hangs in doubt. Terese finds herself on the outskirts.

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

CC PG  
Mild Themes

Steffy and Finn find their way back to each other. Poppy learns the devastating truth about her daughter.

**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

Tuesday 01st October 2024

<b>10:30 am</b>	<b>The Amazing Race Australia: Celebrity</b> (Rpt)	CC
<b>11:40 am</b>	<b>Entertainment Tonight</b>	CC
<b>12:00 pm</b>	<b>Everyday Gourmet With Justine Schofield</b>	CC G
<b>12:30 pm</b>	<b>Family Feud</b>	CC PG
<b>01:00 pm</b>	<b>10 News First: Lunchtime</b>	CC
<b>02:00 pm</b>	<b>Wheel Of Fortune</b>	CC G
<b>02:30 pm</b>	<b>Lingo</b>	CC G

## SPECIAL ENCORE PRESENTATION

Following a virtual pitstop, our celebrities continue the race along the mysterious Skeleton Coast. Fatigue starts to set in for some teams.

## ALL NEW EPISODES

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

## 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.

## 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.

## LIVE

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

## ALL NEW EPISODES

In a thrilling game of skill and luck, contestants compete to solve word puzzles in order to win cash and prizes determined by the Wheel of Fortune! Hosted by Ryan Seacrest.

## 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

Tuesday 01st October 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

Tensions simmer in the Share House. Terese does battle with her head and heart. Nicolette's new work-life balance teeters. Byron is recruited into a risqué idea.

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

CC PG  
Mild Themes

## ALL NEW EPISODES

Liam helps Bill process his emotions and guilt about Luna and Poppy. Finn and Steffy express their love to one another. Hope assures Brooke that she has a handle on her feelings for Finn.

**05:00 pm 10 News First**

CC

## LIVE

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

**06:00 pm Deal Or No Deal**

CC G

## ALL NEW EPISODES

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

**06:30 pm The Project**

CC

## LIVE

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

**07:30 pm Taskmaster Australia**

CC PG  
Sexual References,  
Coarse Language

## ALL NEW EPISODES

Our five contestants gear up for Taskmaster glory: Bring in the cheekiest item, build a wall with big balls, film an emotional drone scene, and hide ten road cones.



# SYDNEY PROGRAM GUIDE

Tuesday 01st October 2024

**08:40 pm The Cheap Seats**

CC M  
Coarse Language,  
Mature Themes

## ALL NEW EPISODES

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

**09:40 pm NCIS (Rpt)**

CC M  
Violence

## Too Many Cooks

NCIS agents from L.A., Washington and Hawaii are all in D.C. to attend the retirement party of a beloved training centre professor, but find themselves jointly investigating his shocking suicide.

Starring: Gary Cole, Sean Murray, David McCallum

Guest Starring: Chris O'Donnell, LI Cool J , Vanessa Lachey

**10:40 pm 10's Late News**

CC

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

**11:05 pm The Project Encore (Rpt)**

CC

## SPECIAL ENCORE PRESENTATION

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

**12:05 am The Late Show With Stephen Colbert** CC PG

## ALL NEW EPISODES

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

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

Home Shopping

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

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

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

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

Home Shopping



# SYDNEY PROGRAM GUIDE

Tuesday 01st October 2024

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS Mornings

CC

## ALL NEW EPISODES

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





# SYDNEY PROGRAM GUIDE

Wednesday 02nd October 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

Tensions simmer in the Share House. Terese does battle with her head and heart. Nicolette's new work-life balance teeters. Byron is recruited into a risqué idea.

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

CC PG  
Mild Themes

Liam helps Bill process his emotions and guilt about Luna and Poppy. Finn and Steffy express their love to one another. Hope assures Brooke that she has a handle on her feelings for Finn.

**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.



# SYDNEY PROGRAM GUIDE

## Wednesday 02nd October 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.

**10:30 am To Be Advised**

### ALL NEW EPISODES

**11:40 am Entertainment Tonight** CC

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 G

### ALL NEW EPISODES

In a thrilling game of skill and luck, contestants compete to solve word puzzles in order to win cash and prizes determined by the Wheel of Fortune! Hosted by Ryan Seacrest.

**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

## Wednesday 02nd October 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

Karl makes a controversial offer. Dex co-opts his family into a plan. Krista embraces a new chapter. Isla's scare forces a reckoning.

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

CC PG  
Mild Themes

### ALL NEW EPISODES

The Forresters celebrate Steffy's safe return. Bill and Poppy try to make sense of the events that transpired and what is next for them as a couple.

**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 Thank God You're Here**

CC

### ALL NEW EPISODES

**08:40 pm Inspired Unemployed (Impractical) Jokers**

CC PG  
Sexual References,  
Coarse Language

### ALL NEW EPISODES

The Jokers take over a butcher shop, give bad bowls advice, a disrupt a bingo session.





# SYDNEY PROGRAM GUIDE

Wednesday 02nd October 2024

## SEASON FINALE

**09:10 pm Inspired Unemployed (Impractical) Jokers**

CC M  
Coarse Language,  
Crude Humour

The Jokers become bad optometrists, film dodgy video messages, and bring out the laxatives.

**09:40 pm NCIS (Rpt)**

CC M  
Violence,  
Medical Procedures

### Heartless

The NCIS team looks for a motive behind the kidnapping and death of a famous heart surgeon.

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

**10:40 pm 10's Late News**

CC

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

**11:05 pm The Project Encore (Rpt)**

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## SPECIAL ENCORE PRESENTATION

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

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# SYDNEY PROGRAM GUIDE

Wednesday 02nd October 2024

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

Thursday 03rd October 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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**08:00 am Neighbours (Rpt)**

CC PG  
Mild Themes

## SPECIAL ENCORE PRESENTATION

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

CC PG  
Mild Themes

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CC PG  
Sexual References,  
Mild Themes

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

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# SYDNEY PROGRAM GUIDE

Thursday 03rd October 2024

**10:30 am Dogs Behaving (Very) Badly Australia (Rpt)** CC PG  
Mild Coarse Language

## SPECIAL ENCORE PRESENTATION

Graeme's got to get a stubborn Frenchie to start listening. Can Graeme stop a mini foxy spinning for attention, and convince a mini poodle that all her racket doesn't get her what she wants?

**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 G

## ALL NEW EPISODES

In a thrilling game of skill and luck, contestants compete to solve word puzzles in order to win cash and prizes determined by the Wheel of Fortune! Hosted by Ryan Seacrest.

**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

Thursday 03rd October 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 rift opens up between Cara and Remi. A resident fearfully awaits their verdict. Melanie takes a leap of faith.

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

## ALL NEW EPISODES

Will attempts to play matchmaker for Bill and Katie. Taylor warns Steffy about 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  
Mild Themes

## SEASON FINALE

Bugsy the beagle will devour anything and everything, labradoodle Hughie is driving his family mad chasing shadows, and Ollie is a devil dachshund who barks at everyone and everything.

**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 03rd October 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 04th October 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 Themes

Will attempts to play matchmaker for Bill and Katie. Taylor warns Steffy about Hope.

**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 04th October 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 G

## ALL NEW EPISODES

In a thrilling game of skill and luck, contestants compete to solve word puzzles in order to win cash and prizes determined by the Wheel of Fortune! Hosted by Ryan Seacrest.

**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.







# SYDNEY PROGRAM GUIDE

Friday 04th October 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 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.

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

CC PG  
Mild Themes

## ALL NEW EPISODES

Hope's apology to Steffy goes awry. Finn encourages Li to reconcile with Poppy. Brooke fights for Hope's honor with Taylor.

**05:00 pm 10 News First**

CC

## LIVE

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

**06:00 pm Deal Or No Deal (Rpt)**

CC G

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

**06:30 pm The Project**

CC

## LIVE

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

**07:30 pm Sort Your Life Out**

CC PG  
Mild Themes

## SEASON PREMIERE

Stacey Solomon and her team help childhood sweethearts Dan and Char and their two daughters, Mia and Cece transform their family home through a life changing declutter.





# SYDNEY PROGRAM GUIDE

Friday 04th October 2024

**08:45 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.

**09:45 pm The Real CSI: Miami**

CC M  
Mature Themes

## ALL NEW EPISODES

### Lady In The Lagoon

The body of Misty Morse, was found in a south Florida lagoon with her limbs bound together by rope.

**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)**

Home Shopping

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

Home Shopping



# SYDNEY PROGRAM GUIDE

## Friday 04th October 2024

**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 05th October 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**

**#2440 A Heart For God: Part 14 "Confess And Be Free"**

Religious.

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

**SPECIAL ENCORE PRESENTATION**

Guesty is joined by Wayne Gordon, better known as Gordo, as they tackle an inshore live baiting session on the Mid-North 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

**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 The Chef's Garden** (Rpt) CC G

Massimo Mele explores the true essence of Tassie's local produce. From prized free range pork sausages, to freshly picked mushrooms and of course there's plenty of mouthwatering recipes along the way.

**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.

**09:30 am The Drew Barrymore Show** (Rpt) CC PG  
Sexual References, Mild Themes

**SPECIAL ENCORE PRESENTATION**

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





# SYDNEY PROGRAM GUIDE

Saturday 05th October 2024

**10:00 am The Drew Barrymore Show (Rpt)**

CC PG  
Sexual References,  
Mild Themes

## SPECIAL ENCORE PRESENTATION

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

## SPECIAL ENCORE PRESENTATION

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

**11:00 am The Amazing Race Australia: Celebrity (Rpt)**

CC

The Amazing Race Australia continues as six remaining celebrity teams travel to the Namib Desert in Namibia. They race through the unforgiving desert terrain, one mistake could cost a team the race.

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

CC

## ALL NEW EPISODES

### Technical Driving

Off-road adventures test Jessica, Evan, and Martin's skills on rocky terrains and sand dunes. Who's up for the challenge?

**01:00 pm Silvia's Italian Masterclass**

CC G

## SEASON PREMIERE

### Fuss Free Dinners

Join Silvia in her kitchen, where she loves nothing more than share what she has learned from her family and friends, so you too can master the beauty of simple Italian home cooking.

**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 The Dog Down Under**

CC

## SEASON FINALE

We all want our canine companions to lead long and healthy lives, join Lara as she canvasses the country to find some of the nation's oldest pooches. Discover some of their top secrets to longevity.



# SYDNEY PROGRAM GUIDE

Saturday 05th October 2024

**02:30 pm Buy To Build** CC G

## ALL NEW EPISODES

Buy to Build is a housing lifestyle program featuring the latest in new build and new developments. Each week our host Walt brings a new couple to help them navigate the exciting new world of home ownership.

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

## ALL NEW EPISODES

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

**03:30 pm 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

## ALL NEW EPISODES

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  
Mild Themes

Boxer Diesel likes to nibble a beard and has two to choose from. 11-year-old Terrier cross Holly is looking for love after losing her lifelong companions and Terrier Pippa attempts a whirlwind romance



# SYDNEY PROGRAM GUIDE

Saturday 05th October 2024

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

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

**09:30 pm Ambulance Australia (Rpt)** CC M  
Mature Themes

**10:45 pm Ambulance (Rpt)** CC M  
Mature Themes

**12:00 am The Cheap Seats Encore (Rpt)** CC M  
Coarse Language,  
Mature Themes

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

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

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

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

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

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

## SPECIAL ENCORE PRESENTATION

Is Terrier Penny is the perfect match for Josan? Will border collie Gecko develop of deep bond with Abbey? Will ten week old Ember be able to cope with Ben's dog Bronson's rough play style?

In tonight's episode the team face the realities of life between birth and death. A newborn baby birthed in a car, an infant needing CPR and a two-year-old boy struggling to breathe.

A 999 call for a patient driving the wrong way up a slip road kicks off another busy shift for the teams covering the 2,300 square miles of Teesside in England's North East.

## SPECIAL ENCORE PRESENTATION

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

**Home Shopping**

**Home Shopping**

**Home Shopping**

**Home Shopping**

**Home Shopping**

**Home Shopping**



# SYDNEY PROGRAM GUIDE

Saturday 05th October 2024

**05:00 am Hour Of Power**

## ALL NEW EPISODES

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