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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **Mass For You At Home** | CC | G |  | | Religious program. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 am** |  | **Hillsong** | CC | G |  | | Discover your God-given potential with Pastor Brian Houston as he shares empowering and inspiring messages from the Word of God. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:00 am** |  | **Joseph Prince New Creation Church** | CC | G |  | | 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 in Singapore. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:30 am** |  | **Joel Osteen** | CC | G | **You're Still Going To Get There** | | Religious. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **08:00 am** |  | **The Living Room Encore** (Rpt) | CC | PG |  | | Chris travels to Capertee Valley with a bubble tent and talks about taking great pics of the moon. Peter Walsh looks at some kids toys storage solutions & Miguel plans the perfect Christmas in July. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:00 am** |  | **Australia By Design: Architecture**(Rpt) | CC | G | **VIC** | | In this week's episode of Australia By Design: Architecture, we look at the top ten architectural statements for the year in Victoria. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **09:30 am** |  | **Studio 10 Sunday** | CC | PG |  | | See what all the fuss is about with Sarah, Joe, Angela, Kerri-Anne Kennerley, Denise Drysdale and Denise Scott. From hot topics, celebrity & current affairs, you never know what will happen next. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **12:00 pm** |  | **Photo Number 6** (Rpt) | CC | G | **UK - Part 2** | | Join Alan Fletcher as he travels the globe looking for the one photograph that captures the heart and soul of each place he visits and the people he meets. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 pm** |  | **Luxury Escapes** (Rpt) | CC | G | **Japan** | | In this episode of Luxury Escapes, we discover the sublime complexity in the land of the Rising Sun, Japan - a country that does both the weird and the wonderful a whole lot better than anyone else. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:30 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, on Everyday Gourmet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **02:00 pm** |  | **Australian Survivor Encore** (Rpt) | CC | PG  Mild Violence, Coarse Language |  | | Only a few days on the island and alliances are already starting to form. It’s still a team game as the rewards challenge requires a huge effort from all in order to take home some fishing equipment. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:30 pm** |  | **RPM** | CC |  |  | | Hosted by 10 Sport's Matt White, RPM delivers all the latest in race previews and reviews, as well as feature stories covering Formula One, MotoGP, Supercars and all things motorsport. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:00 pm** |  | **Supercars Highlights** | CC |  | **Supercars Ipswich (Sun)** | | Highlights of the 2019 Supercars Championship from the Century Batteries Ipswich SuperSprint at Queensland Raceway. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | 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, Nudity |  | | When the biggest swell of the year rolls in, big wave surfer Jesse decides to test new recruits Tommy & Jules. Training is one thing but how will Tommy manage to rescue two intoxicated patients? | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Sunday Project** | CC |  |  | | Join The Sunday Project Hosts and our guest panellists as they dissect, digest and reconstitute the daily news, events and hottest topics...The Sunday Project...It's news delivered differently. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:30 pm** |  | **Australian Survivor** | CC |  |  | | After a loss at the Immunity Challenge, one tribe will contemplate a major betrayal in order to rid the game of one of its most powerful players. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SEASON PREMIERE** | |  | **09:00 pm** |  | **Instinct** | CC | M  Violence, Sexual References | **Stay Gold** | | Dylan and Lizzie investigate the murder of a successful businesswoman who attempted to prolong the lifespan of humans. Detective Ryan Stock from Nebraska arrives to hunt for a potential serial killer.  Starring: Alan Cumming, Bojana Novakovic | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **10:00 pm** |  | **My Life Is Murder Encore** (Rpt) | CC | M  Violence, Coarse Language | **The Locked Room** | | A man is found shot dead in a motel room. The door has been chain-locked from the inside. How could someone kill him and escape when the door was locked from the inside? | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:00 pm** |  | **The Sunday Project Encore** (Rpt) | CC |  |  | | Join The Sunday Project Hosts and our guest panellists as they dissect, digest and reconstitute the daily news, events and hottest topics...The Sunday Project...It's news delivered differently. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **02:40 pm** |  | **Entertainment Tonight** | CC |  |  | | Nancy O'Dell and Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:00 pm** |  | **Judge Judy** | 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** | |  | **03:30 pm** |  | **My Market Kitchen** | CC | G |  | | Join Masterchef winner 2016, Elena Duggan and Masterchef 2018 favourite Khanh Ong as they teach you their favourite recipes with the freshest ingredients you could find at your local market. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Everyday Gourmet With Justine Schofield** | CC | G |  | | Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 pm** |  | **The Bold & The Beautiful** | CC | PG |  | | Sally makes Flo run errands so she can be alone with Wyatt. Meanwhile, Thomas plays a trick on Hope to get her to move up the wedding date. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 pm** |  | **Celebrity Name Game** | CC | PG  Sexual References | **Jay Pharoah & Nikki Osborne** | | Celebrity Name Game pairs regular Aussies with celebrities in a race against the clock to guess names, places and characters from pop culture. Today's celebrities: Jay Pharoah & Nikki Osborne. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **The Talk** | CC | PG  Mature Themes |  | | CBS's Daytime Emmy Award-winning talk show The Talk hosted by Sara Gilbert, Sharon Osbourne, Sheryl Underwood and Eve discuss current events, pop culture and the trending topics of the day. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:00 am** |  | **Entertainment Tonight** (Rpt) | CC |  |  | | Nancy O'Dell and Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:30 am** |  | **The Bold & The Beautiful Encore**(Rpt) | CC | PG |  | | Sally makes Flo run errands so she can be alone with Wyatt. Meanwhile, Thomas plays a trick on Hope to get her to move up the wedding date. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **08:00 am** |  | **Celebrity Name Game Encore** (Rpt) | CC | PG  Sexual References | **Jay Pharoah & Nikki Osborne** | | Celebrity Name Game pairs regular Aussies with celebrities in a race against the clock to guess names, places and characters from pop culture. Today's celebrities: Jay Pharoah & Nikki Osborne. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **08:30 am** |  | **Studio 10** | CC | PG |  | | Get more out of your mornings with Sarah Harris, Joe Hildebrand, Angela Bishop, Kerri-Anne Kennerley, Denise Drysdale and Denise Scott - 8.30am weekdays on 10. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 pm** |  | **Dr. Phil** | CC | PG  Coarse Language, Mature Themes |  | | Join Dr. Phil as he takes aim at the critical issues of our time, including bullying, drug addiction, domestic violence, depression, child abuse, suicide and various forms of mental illness. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 pm** |  | **To Be Advised** |  |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **02:40 pm** |  | **Entertainment Tonight** | CC |  |  | | Nancy O'Dell and Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:00 pm** |  | **Judge Judy** | 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** | |  | **03:30 pm** |  | **My Market Kitchen** | CC | G |  | | Join Masterchef winner 2016, Elena Duggan and Masterchef 2018 favourite Khanh Ong as they teach you their favourite recipes with the freshest ingredients you could find at your local market. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Everyday Gourmet With Justine Schofield** | CC | G |  | | Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 pm** |  | **The Bold & The Beautiful** | CC | PG |  | | Ridge makes a large request of Brooke in regards to Thomas. Meanwhile, Thomas's trickery of Douglas causes Hope to make a flash decision. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 pm** |  | **Celebrity Name Game** | CC |  | **Will McMahon & Woody Whitelaw** | | Celebrity Name Game pairs regular Aussies with celebrities in a race against the clock to guess names, places and characters from pop culture. Today's celebrities: Will McMahon & Woody Whitelaw. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:30 pm** |  | **Australian Survivor** | CC |  |  | | Strategic game play is underway as one of the contestants finds an idol and needs to decide fast who can be trusted. Paranoia sets in at Tribal Council with confusion and panic taking over. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:00 pm** |  | **NCIS** (Rpt) | CC | M | **Pandora’s Box, Part I** | | When Abby's homeland security think tank is compromised, the team realises that a theoretical terror playbook has been stolen.  Starring: Mark Harmon, Pauley Perrette, Sean Murray, Wilmer Valderrama | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:00 pm** |  | **NCIS** (Rpt) | CC | M  Violence | **Many Splendored Thing, A** | | Bishop is more determined to avenge her boyfriend's murder when the team finds a new lead in the Chen case. In the meantime, Torres teaches his fellow agents the art of pick-pocketing.  Starring: Mark Harmon, Pauley Perrette, Sean Murray, Wilmer Valderrama | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:00 pm** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **12:00 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  | | Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews Idris Elba & Maude Apatow. Plus, a musical performance by Perry Farrell. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **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** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 am** |  | **CBS This Morning** | CC |  |  | | Gayle King, Norah O'Donnell, John Dickerson & Bianna Golodryga cover breaking news, politics, health, money, lifestyle and pop culture. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **The Talk** | CC | PG  Mature Themes |  | | CBS's Daytime Emmy Award-winning talk show The Talk hosted by Sara Gilbert, Sharon Osbourne, Sheryl Underwood and Eve discuss current events, pop culture and the trending topics of the day. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:00 am** |  | **Entertainment Tonight** (Rpt) | CC |  |  | | Nancy O'Dell and Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:30 am** |  | **The Bold & The Beautiful Encore**(Rpt) | CC | PG |  | | Ridge makes a large request of Brooke in regards to Thomas. Meanwhile, Thomas's trickery of Douglas causes Hope to make a flash decision. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **08:00 am** |  | **Celebrity Name Game Encore** (Rpt) | CC |  | **Will McMahon & Woody Whitelaw** | | Celebrity Name Game pairs regular Aussies with celebrities in a race against the clock to guess names, places and characters from pop culture. Today's celebrities: Will McMahon & Woody Whitelaw. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **08:30 am** |  | **Studio 10** | CC | PG |  | | Get more out of your mornings with Sarah Harris, Joe Hildebrand, Angela Bishop, Kerri-Anne Kennerley, Denise Drysdale and Denise Scott - 8.30am weekdays on 10. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 pm** |  | **Dr. Phil** | CC | M  Mature Themes |  | | Join Dr. Phil as he takes aim at the critical issues of our time, including bullying, drug addiction, domestic violence, depression, child abuse, suicide and various forms of mental illness. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 pm** |  | **My Life Is Murder Encore** (Rpt) | CC | M  Violence, Coarse Language | **The Locked Room** | | A man is found shot dead in a motel room. The door has been chain-locked from the inside. How could someone kill him and escape when the door was locked from the inside? | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 pm** |  | **Celebrity Name Game** | CC |  | **John Edward & Osher Günsberg** | | Celebrity Name Game pairs regular Aussies with celebrities in a race against the clock to guess names, places and characters from pop culture. Today's celebrities: John Edward & Osher Gunsberg. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SEASON PREMIERE** | |  | **07:30 pm** |  | **The Bachelor Australia** | CC |  |  | | Crack out the bubbly, lay out the cheeseboard and strap yourself in as 20 beautiful bachelorettes, battle a mix of excitement and nerves as they meet their Bachelor, astrophysicist Matt Agnew. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **09:10 pm** |  | **My Life Is Murder** | CC | M  Violence, Coarse Language | **Lividity In Lycra** | | Cycling groups are the ultimate opportunity for networking and power broking. But when the CFO of a hospitality empire dies on his morning ride, Alexa must infiltrate the world of lycra and butt pads. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:10 pm** |  | **To Be Advised** |  |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **11:10 pm** |  | **Sports Tonight** | CC |  |  | | Scott Mackinnon, Roz Kelly and Ant Sharwood present the latest sports news, views and highlights in a fun and engaging format. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:40 pm** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **12:40 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  | | Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews the hottest stars, brilliant minds & talented artists. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 am** |  | **CBS This Morning** | CC |  |  | | Gayle King, Norah O'Donnell, John Dickerson & Bianna Golodryga cover breaking news, politics, health, money, lifestyle and pop culture. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  | | --- | --- | |  | **SYDNEY PROGRAM GUIDE** | |  | | | **Thursday 01st August 2019** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **The Talk** | CC | PG  Mature Themes |  | | CBS's Daytime Emmy Award-winning talk show The Talk hosted by Sara Gilbert, Sharon Osbourne, Sheryl Underwood and Eve discuss current events, pop culture and the trending topics of the day. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:00 am** |  | **Entertainment Tonight** (Rpt) | CC |  |  | | Nancy O'Dell and Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:30 am** |  | **The Bold & The Beautiful Encore**(Rpt) | CC | PG |  | | Liam struggles when Hope announces her updated plans to marry Thomas. Meanwhile, Hope and Thomas ask family and friends to be a part of their ceremony. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **08:00 am** |  | **Celebrity Name Game Encore** (Rpt) | CC |  | **John Edward & Osher Günsberg** | | Celebrity Name Game pairs regular Aussies with celebrities in a race against the clock to guess names, places and characters from pop culture. Today's celebrities: John Edward & Osher Gunsberg. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **08:30 am** |  | **Studio 10** | CC | PG |  | | Get more out of your mornings with Sarah Harris, Joe Hildebrand, Angela Bishop, Kerri-Anne Kennerley, Denise Drysdale and Denise Scott - 8.30am weekdays on 10. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 pm** |  | **Dr. Phil** | CC | PG  Mature Themes |  | | Join Dr. Phil as he takes aim at the critical issues of our time, including bullying, drug addiction, domestic violence, depression, child abuse, suicide and various forms of mental illness. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 pm** |  | **To Be Advised** |  |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **02:40 pm** |  | **Entertainment Tonight** | CC |  |  | | Nancy O'Dell and Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:00 pm** |  | **Judge Judy** | 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** | |  | **03:30 pm** |  | **My Market Kitchen** | CC | G |  | | Join Masterchef winner 2016, Elena Duggan and Masterchef 2018 favourite Khanh Ong as they teach you their favourite recipes with the freshest ingredients you could find at your local market. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Everyday Gourmet With Justine Schofield** | CC | G |  | | Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 pm** |  | **The Bold & The Beautiful** | CC | PG |  | | Brooke gives Ridge an earful when he calls her out for hating that Thomas is marrying Hope. Meanwhile, Liam recalls his best memories with Hope. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 pm** |  | **Celebrity Name Game** | CC |  | **Dave O'neil & Joe Hilderbrand** | | Celebrity Name Game pairs regular Aussies with celebrities in a race against the clock to guess names, places and characters from pop culture. Today's celebrities: Dave O'Neil & Joe Hilderbrand. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:30 pm** |  | **The Bachelor Australia** | CC |  |  | | The first single date sees one Bachelorette join Matt for a very special helicopter ride. Also eight hot new ladies have arrived looking for love and some are not willing to take the news lying down. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:40 pm** |  | **Law & Order: SVU** (Rpt) | CC | M  Violence, Mature Themes | **Community Policing** | | Cops kill an innocent, unarmed black man whose description resembled a rape suspect. The case soon escalates into a public circus, and A.D.A. Barba is under pressure to indict the police officers.  Starring: Mariska Hargitay, Ice T , Kelli Giddish, Peter Scanavino, Raúl Esparza  Guest Starring: Donal Logue, Robert John Burke, Isiah Whitlock Jr, Josh Pais, Leslie Odom Jnr., Michael Potts | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:40 pm** |  | **Law & Order: SVU** (Rpt) | CC | M  Mature Themes | **Maternal Instincts** | | As Deputy Chief Dodds' son begins working at SVU, Rollins is placed in a no-win situation when her sister becomes a key figure in a case involving a rape, a drugging, and a valuable stolen flute.  Starring: Mariska Hargitay, Ice T , Kelli Giddish, Peter Scanavino, Andy Karl  Guest Starring: Virginia Madsen, Peter Gallagher, Lindsay Pulsipher, Zach McGowan | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:40 pm** |  | **To Be Advised** |  |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:40 pm** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **12:40 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  | | Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews the hottest stars, brilliant minds & talented artists. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **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** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 am** |  | **CBS This Morning** | CC |  |  | | Gayle King, Norah O'Donnell, John Dickerson & Bianna Golodryga cover breaking news, politics, health, money, lifestyle and pop culture. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **The Talk** | CC | PG  Mature Themes |  | | CBS's Daytime Emmy Award-winning talk show The Talk hosted by Sara Gilbert, Sharon Osbourne, Sheryl Underwood and Eve discuss current events, pop culture and the trending topics of the day. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:00 am** |  | **Entertainment Tonight** (Rpt) | CC |  |  | | Nancy O'Dell and Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:30 am** |  | **The Bold & The Beautiful Encore**(Rpt) | CC | PG |  | | Brooke gives Ridge an earful when he calls her out for hating that Thomas is marrying Hope. Meanwhile, Liam recalls his best memories with Hope. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **08:00 am** |  | **Celebrity Name Game Encore** (Rpt) | CC |  | **Dave O'neil & Joe Hilderbrand** | | Celebrity Name Game pairs regular Aussies with celebrities in a race against the clock to guess names, places and characters from pop culture. Today's celebrities: Dave O'Neil & Joe Hilderbrand. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **08:30 am** |  | **Studio 10** | CC | PG |  | | Get more out of your mornings with Sarah Harris, Joe Hildebrand, Angela Bishop, Kerri-Anne Kennerley, Denise Drysdale and Denise Scott - 8.30am weekdays on 10. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 pm** |  | **Dr. Phil** | CC | M  Mature Themes |  | | Join Dr. Phil as he takes aim at the critical issues of our time, including bullying, drug addiction, domestic violence, depression, child abuse, suicide and various forms of mental illness. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **01:00 pm** |  | **The Living Room Encore** (Rpt) | CC |  |  | | The Living Room is celebrating their 300th episode in style! Amanda, Chris, Barry and Miguel relive their favourite stories from the past eight years and Chris travels to Memphis, Tennessee. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **02:00 pm** |  | **Entertainment Tonight** | CC |  |  | | Nancy O'Dell and Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **02:30 pm** |  | **Neighbours Encore** (Rpt) | CC | PG |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:00 pm** |  | **Judge Judy** | 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** | |  | **03:30 pm** |  | **My Market Kitchen** | CC | G |  | | Join Masterchef winner 2016, Elena Duggan and Masterchef 2018 favourite Khanh Ong as they teach you their favourite recipes with the freshest ingredients you could find at your local market. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Everyday Gourmet With Justine Schofield** | CC | G |  | | Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 pm** |  | **The Bold & The Beautiful** | CC | PG |  | | Thomas warns Ridge to tell Brooke to stop interfering in his plans. Meanwhile, Hope considers her options. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 pm** |  | **Celebrity Name Game** | CC |  | **Anthony Callea & James Mathison** | | Celebrity Name Game pairs regular Aussies with celebrities in a race against the clock to guess names, places and characters from pop culture. Today's celebrities: Anthony Callea & James Mathison. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  | | --- | --- | |  | **SYDNEY PROGRAM GUIDE** | |  | | | **Saturday 03rd August 2019** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **06:00 am** |  | **Reel Action** (Rpt) | CC | G |  | | Reel Action is that weekend trip out with your mates looking for some local fishing action. We focus on the fish, techniques and the right tools for the job. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **06:30 am** |  | **Escape Fishing With ET** (Rpt) | CC | G |  | | Join Andrew 'ET' Ettingshausen, as he escapes the city for adventure around Australia and the Pacific, hunting out the most exciting species and interesting spots with his mates. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:00 am** |  | **RPM** (Rpt) | CC |  |  | | Hosted by 10 Sport's Matt White, RPM delivers all the latest in race previews and reviews, as well as feature stories covering Formula One, MotoGP, Supercars and all things motorsport. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 am** |  | **WhichCar** (Rpt) | CC | G |  | | Jump into the passenger seat and ride with the WhichCar team as we travel Australia and the world in search of automotive adventures and inspiration. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:00 am** |  | **Seafood Escape With Andrew Ettingshausen** (Rpt) | CC | G |  | | Host Andrew Ettingshausen joins top Australian Chefs on board commercial fishing boats to find out what it takes to put Seafood on our tables. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:30 am** |  | **What's Up Down Under** (Rpt) | CC | G |  | | Travel and Lifestyle, Celebrating the Australian pastime of caravanning, camping and holiday parks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:00 am** |  | **48 Hour Destination** (Rpt) | CC | G | **Berlin** | | Join Flight Centre consultant, Greer on her adventures... In 48 hours, she'll travel to a destination, taking in the scenery, enjoying exciting activities, food and meeting the locals. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **09:30 am** |  | **Studio 10 Saturday** | CC | PG |  | | See what all the fuss is about with Sarah, Joe, Angela, Kerri-Anne Kennerley, Denise Drysdale and Denise Scott. From hot topics, celebrity & current affairs, you never know what will happen next. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **12:00 pm** |  | **Jamie's Super Food** (Rpt) | CC | G |  | | Jamie creates a day's worth of super-nutritious and delicious meals including: scrumptious Cheese and Corn Pancakes topped with Smoky Bacon and Caramelised Banana, Tasty Fish Tacos and much more! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 pm** |  | **My Market Kitchen** (Rpt) | CC | G |  | | Join Masterchef winner 2016, Elena Duggan and Masterchef 2018 favourite Khanh Ong as they teach you their favourite recipes with the freshest ingredients you could find at your local market. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:30 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, on Everyday Gourmet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **02:00 pm** |  | **Pooches At Play** | CC | G | **Warrnambool** | | The team continue along the Great Ocean Road to Warrnambool. Lara meets the "Ambassadogs" that are helping protect a local colony of Little Penguin. Plus learn flea & tick safety tips for travelling. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 pm** |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 pm** |  | **The Cook's Pantry With Matt Sinclair** (Rpt) | CC | G | **Cook's Pantry With Matt Sinclair, The 22** | | Matt Sinclair is joined in the kitchen by ex MasterChef Australia favourites, Michael Weldon and Courtney Roulston, all cooking fabulous dishes, all with different styles. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:30 pm** |  | **What’s Up Down Under** (Rpt) | CC | G |  | | Travel and Lifestyle, Celebrating the Australian pastime of caravanning, camping and holiday parks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **04:00 pm** |  | **The Living Room Encore** (Rpt) | CC |  |  | | Matt Leacy gives a balcony a big makeover, Dr Chris shows The Bachelor Australia's Matt Agnew some dog care, Miguel learns the secret behind Memphis’s most famous ribs and it's Barry's birthday! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 pm** |  | **Luxury Escapes 2019** | CC | G | **South Africa / Kruger** | | In this episode we take you on an adventure through one of the world's most diverse countries. Whether you want cosmopolitan city life or spectacular wildlife, South Africa truly delivers. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **06:30 pm** |  | **Jamie's 15 Minute Meals** (Rpt) | CC | G |  | | Jamie Oliver sets out to create a whole new selection of meals that can be completed in just 15 minutes, and push the concept of fast, nutritious, everyday food.  Starring: Jamie Oliver | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:00 pm** |  | **Jamie's 15 Minute Meals** (Rpt) | CC | G |  | | Jamie Oliver sets out to create a whole new selection of meals that can be completed in just 15 minutes, and push the concept of fast, nutritious, everyday food.  Starring: Jamie Oliver | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:30 pm** |  | **Ambulance** (Rpt) | CC | M  Coarse Language, Drug References, Mature Themes |  | | An insight into the ambulance service, from the highly-pressurised control room to the crews on the streets. This is an honest snapshot of the ambulance services daily dilemmas and pressures. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **08:45 pm** |  | **999: What's Your Emergency** | CC | MA15+  Strong Coarse Language | **Let’s Not Forget Robin Hood Was A Criminal** | | This episode explores a troubling rise in domestic burglaries, from people caught stealing food to thieves targeting wealthy individuals. And a woman dials 999 when she hears someone in her house. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **09:45 pm** |  | **Ambulance** (Rpt) | CC | M  Coarse Language, Strong Adult Themes |  | | An insight into the ambulance service, from the highly-pressurised control room to the crews on the streets. This is an honest snapshot of the ambulance services daily dilemmas and pressures. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **11:00 pm** |  | **Elementary** (Rpt) | CC | M  Violence | **To Catch A Predator Predator** | | Holmes and Watson have plenty of suspects when they investigate the murder of a man who led a secret life as a vigilante, "catfishing" sexual predators on dating sites and publicly shaming them.  Starring: Jonny Lee Miller, Lucy Liu, Aidan Quinn | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 am** |  | **Todd Sampson's Body Hack** (Rpt) | CC | PG |  | | Todd Sampson spends time high up in the Wudang Mountains of China at a school that teaches the ancient art of Kung Fu. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **04:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **05:00 am** |  | **Hour Of Power With Bobby Schuller** |  | G |  | | Religious program. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  | | --- | --- | |  | **SYDNEY PROGRAM GUIDE** | |  | | | **Sunday 04th August 2019** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **Mass For You At Home** | CC | G |  | | Religious program. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 am** |  | **Hillsong** | CC | G |  | | Discover your God-given potential with Pastor Brian Houston as he shares empowering and inspiring messages from the Word of God. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:00 am** |  | **Joseph Prince New Creation Church** | CC | G |  | | 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 in Singapore. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:30 am** |  | **Joel Osteen** | CC | G | **Take A Seat** | | Religious. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **08:00 am** |  | **The Living Room Encore** (Rpt) | CC |  |  | | The Living Room is celebrating their 300th episode in style! Amanda, Chris, Barry and Miguel relive their favourite stories from the past eight years and Chris travels to Memphis, Tennessee. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **09:30 am** |  | **Studio 10 Sunday** | CC | PG |  | | See what all the fuss is about with Sarah, Joe, Angela, Kerri-Anne Kennerley, Denise Drysdale and Denise Scott. From hot topics, celebrity & current affairs, you never know what will happen next. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **12:00 pm** |  | **Photo Number 6** (Rpt) | CC | PG  Coarse Language, Mature Themes | **UK France** | | Join Alan Fletcher as he travels the globe looking for the one photograph that captures the heart and soul of each place he visits and the people he meets. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 pm** |  | **Luxury Escapes** (Rpt) | CC | G | **South Africa / Kruger** | | In this episode we take you on an adventure through one of the world's most diverse countries. Whether you want cosmopolitan city life or spectacular wildlife, South Africa truly delivers. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:30 pm** |  | **To Be Advised** |  |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SEASON PREMIERE** | |  | **03:00 pm** |  | **Australia By Design: Architecture** | CC | G |  | | This series gathers some of Australia's top architects and industry leaders to decide what is Australia's ultimate architectural statement of the year. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:30 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, on Everyday Gourmet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **RPM** | CC |  |  | | Hosted by 10 Sport's Matt White, RPM delivers all the latest in race previews and reviews, as well as feature stories covering Formula One, MotoGP, Supercars and all things motorsport. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | 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 |  | | Trainee Tommy learns a valuable lesson when he completes one of the funniest rescues of the season. Meanwhile, Troy races to rescue a young girl drowning directly in front of the tower. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Sunday Project** | CC |  |  | | Join The Sunday Project Hosts and our guest panellists as they dissect, digest and reconstitute the daily news, events and hottest topics...The Sunday Project...It's news delivered differently. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:30 pm** |  | **Australian Survivor** | CC |  |  | | Paranoia starts to set in across both tribes with rumours of contestants having idols – but are they real or fake? At Tribal Council, the tribe are faced with some big questions around leadership. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **09:00 pm** |  | **Instinct** | CC | M  Violence | **Broken Record** | | Dylan and Lizzie investigate the murder of an aspiring musician who was gunned down on a roller coaster at an amusement park. Andy and Dylan look to broaden their options for adoption.  Starring: Alan Cumming, Bojana Novakovic | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:00 pm** |  | **Instinct** (Rpt) | CC | M  Violence | **Heartless** | | Dylan and Lizzie investigate the murder of a Jane Doe, but when they realize that the victim was killed by mistake, they must identify the killer's motive and target before she suffers the same fate.  Starring: Alan Cumming, Bojana Novakovic | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:00 pm** |  | **The Sunday Project Encore** (Rpt) | CC |  |  | | Join The Sunday Project Hosts and our guest panellists as they dissect, digest and reconstitute the daily news, events and hottest topics...The Sunday Project...It's news delivered differently. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  | | --- | --- | |  | **SYDNEY PROGRAM GUIDE** | |  | | | **Monday 05th August 2019** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **The Talk** | CC | PG  Mature Themes |  | | CBS's Daytime Emmy Award-winning talk show The Talk hosted by Sara Gilbert, Sharon Osbourne, Sheryl Underwood and Eve discuss current events, pop culture and the trending topics of the day. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:00 am** |  | **Entertainment Tonight** (Rpt) | CC |  |  | | Nancy O'Dell and Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:30 am** |  | **The Bold & The Beautiful Encore**(Rpt) | CC | PG |  | | Thomas warns Ridge to tell Brooke to stop interfering in his plans. Meanwhile, Hope considers her options. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **08:00 am** |  | **Celebrity Name Game Encore** (Rpt) | CC |  | **Anthony Callea & James Mathison** | | Celebrity Name Game pairs regular Aussies with celebrities in a race against the clock to guess names, places and characters from pop culture. Today's celebrities: Anthony Callea & James Mathison. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **08:30 am** |  | **Studio 10** | CC | PG |  | | Get more out of your mornings with Sarah Harris, Joe Hildebrand, Angela Bishop, Kerri-Anne Kennerley, Denise Drysdale and Denise Scott - 8.30am weekdays on 10. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 pm** |  | **Dr. Phil** | CC | PG  Mature Themes |  | | Join Dr. Phil as he takes aim at the critical issues of our time, including bullying, drug addiction, domestic violence, depression, child abuse, suicide and various forms of mental illness. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 pm** |  | **To Be Advised** |  |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **02:40 pm** |  | **Entertainment Tonight** | CC |  |  | | Nancy O'Dell and Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:00 pm** |  | **Judge Judy** | 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** | |  | **03:30 pm** |  | **My Market Kitchen** | CC | G |  | | Join Masterchef winner 2016, Elena Duggan and Masterchef 2018 favourite Khanh Ong as they teach you their favourite recipes with the freshest ingredients you could find at your local market. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Everyday Gourmet With Justine Schofield** | CC | G |  | | Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 pm** |  | **The Bold & The Beautiful** | CC | PG |  | | Liam and Thomas bicker about why Hope hasn't made her bridal entrance. Meanwhile, Zoe panics when Flo says there is still time to stop the wedding. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 pm** |  | **Celebrity Name Game** | CC |  |  | | Celebrity Name Game pairs regular Aussies with celebrities in a race against the clock to guess names, places and characters from pop culture. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **07:30 pm** |  | **Australian Survivor** | CC |  |  | | A massive twist in the game sees things shaken up for both The Contenders and The Champions. Old alliances will be broken and those who were at the top of the game, find themselves on the bottom. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **08:30 pm** |  | **Have You Been Paying Attention?** | CC | M  Sexual References, Coarse Language, Mature Themes, Nudity, May Contain: |  | | Have contestants Ed Kavalee, Denise Scott, Tony Martin, Ash London and Sam Pang been paying attention? Our quizmasters & host Tom Gleisner are about to find out! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:30 pm** |  | **Ross Noble - Brain Dump** (Rpt) | CC | M  Sexual References, Coarse Language | **Ross Noble - Brain Dump** | | Ross Noble lives in a very specific category of beast-brain..Behind a veil of absolute nonsense, the man is cunning and quick, building the absurdity of his jokes at just the right time. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 pm** |  | **Carpool Karaoke With Paul McCartney** (Rpt) | CC | PG | **The Late Late Show Carpool Karaoke Special With Paul McCartney** | | James Corden heads to Liverpool for a special day with Sir Paul McCartney, exploring the city with plenty of fun moments, singing & visiting locations from some of The Beatles' most iconic hits. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:30 pm** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **12:30 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  | | Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews the hottest stars, brilliant minds & talented artists. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **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** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 am** |  | **CBS This Morning** | CC |  |  | | Gayle King, Norah O'Donnell, John Dickerson & Bianna Golodryga cover breaking news, politics, health, money, lifestyle and pop culture. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  | | --- | --- | |  | **SYDNEY PROGRAM GUIDE** | |  | | | **Tuesday 06th August 2019** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **SEASON FINALE** | |  | **06:00 am** |  | **The Talk** | CC | PG  Mature Themes |  | | CBS's Daytime Emmy Award-winning talk show The Talk hosted by Sara Gilbert, Sharon Osbourne, Sheryl Underwood and Eve discuss current events, pop culture and the trending topics of the day. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:00 am** |  | **Entertainment Tonight** (Rpt) | CC |  |  | | Nancy O'Dell and Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:30 am** |  | **The Bold & The Beautiful Encore**(Rpt) | CC | PG |  | | Liam and Thomas bicker about why Hope hasn't made her bridal entrance. Meanwhile, Zoe panics when Flo says there is still time to stop the wedding. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **08:00 am** |  | **Celebrity Name Game Encore** (Rpt) | CC |  |  | | Celebrity Name Game pairs regular Aussies with celebrities in a race against the clock to guess names, places and characters from pop culture. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **08:30 am** |  | **Studio 10** | CC | PG |  | | Get more out of your mornings with Sarah Harris, Joe Hildebrand, Angela Bishop, Kerri-Anne Kennerley, Denise Drysdale and Denise Scott - 8.30am weekdays on 10. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 pm** |  | **Dr. Phil** | CC | PG  Drug References |  | | Join Dr. Phil as he takes aim at the critical issues of our time, including bullying, drug addiction, domestic violence, depression, child abuse, suicide and various forms of mental illness. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 pm** |  | **To Be Advised** |  |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **02:10 pm** |  | **Entertainment Tonight** | CC |  |  | | Nancy O'Dell and Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **02:30 pm** |  | **Neighbours Encore** (Rpt) | CC | PG |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:00 pm** |  | **Judge Judy** | 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** | |  | **03:30 pm** |  | **My Market Kitchen** | CC | G |  | | Join Masterchef winner 2016, Elena Duggan and Masterchef 2018 favourite Khanh Ong as they teach you their favourite recipes with the freshest ingredients you could find at your local market. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Everyday Gourmet With Justine Schofield** | CC | G |  | | Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 pm** |  | **The Bold & The Beautiful** | CC | PG |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 pm** |  | **Celebrity Name Game** | CC |  |  | | Celebrity Name Game pairs regular Aussies with celebrities in a race against the clock to guess names, places and characters from pop culture. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **07:30 pm** |  | **Australian Survivor** | CC |  |  | | There are two Survivors who are controlling the game…but will their antics soon be uncovered? Will they fall victim to their own success? Or are they still calling the shots? | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:00 pm** |  | **NCIS** (Rpt) | CC | M  Violence | **What Lies Above** | | McGee discovers his apartment has been torn apart by a robber trying to locate an item of great value hidden somewhere by the convicted criminal who previously owned the unit.  Starring: Mark Harmon, Pauley Perrette, Sean Murray, Wilmer Valderrama | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:00 pm** |  | **NCIS** (Rpt) | CC | M | **M.I.A** | | To carry out a sailor's dying wish, Gibbs and the NCIS team re-investigate a murder case that was originally ruled an accidental death. Also, the case reminds Torres of a tragic time from his past.  Starring: Mark Harmon, Pauley Perrette, Sean Murray, Wilmer Valderrama | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:00 pm** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **12:00 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  | | Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews the hottest stars, brilliant minds & talented artists. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **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** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 am** |  | **CBS This Morning** | CC |  |  | | Gayle King, Norah O'Donnell, John Dickerson & Bianna Golodryga cover breaking news, politics, health, money, lifestyle and pop culture. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  | | --- | --- | |  | **SYDNEY PROGRAM GUIDE** | |  | | | **Wednesday 07th August 2019** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 am** |  | **The Talk** | CC | PG  Mature Themes |  | | CBS's Daytime Emmy Award-winning talk show The Talk hosted by Sara Gilbert, Sharon Osbourne, Sheryl Underwood and Eve discuss current events, pop culture and the trending topics of the day. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:00 am** |  | **Entertainment Tonight** (Rpt) | CC |  |  | | Nancy O'Dell and Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:30 am** |  | **The Bold & The Beautiful Encore**(Rpt) | CC | PG |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **08:00 am** |  | **Celebrity Name Game Encore** (Rpt) | CC |  |  | | Celebrity Name Game pairs regular Aussies with celebrities in a race against the clock to guess names, places and characters from pop culture. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **08:30 am** |  | **Studio 10** | CC | PG |  | | Get more out of your mornings with Sarah Harris, Joe Hildebrand, Angela Bishop, Kerri-Anne Kennerley, Denise Drysdale and Denise Scott - 8.30am weekdays on 10. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 pm** |  | **Dr. Phil** | CC | PG  Coarse Language, Mature Themes |  | | Join Dr. Phil as he takes aim at the critical issues of our time, including bullying, drug addiction, domestic violence, depression, child abuse, suicide and various forms of mental illness. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 pm** |  | **To Be Advised** |  |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **02:10 pm** |  | **Entertainment Tonight** | CC |  |  | | Nancy O'Dell and Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **02:30 pm** |  | **Neighbours Encore** (Rpt) | CC | PG |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:00 pm** |  | **Judge Judy** | 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** | |  | **03:30 pm** |  | **My Market Kitchen** | CC | G |  | | Join Masterchef winner 2016, Elena Duggan and Masterchef 2018 favourite Khanh Ong as they teach you their favourite recipes with the freshest ingredients you could find at your local market. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Everyday Gourmet With Justine Schofield** | CC | G |  | | Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 pm** |  | **The Bold & The Beautiful** | CC | PG |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 pm** |  | **Celebrity Name Game** | CC |  |  | | Celebrity Name Game pairs regular Aussies with celebrities in a race against the clock to guess names, places and characters from pop culture. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **07:30 pm** |  | **The Bachelor Australia** | CC |  |  | | There's tension in the mansion, a horse and carriage, a game of AFL, a cocktail party, a treasure hunt, a kiss (!) and one Bachelorette who runs out of the mansion in tears. Do not miss this episode! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **08:45 pm** |  | **My Life Is Murder** | CC | M  Coarse Language | **Can's Stand The Heat** | | Alexa is thrown into the world of culinary excellence while investigating the death of a cooking school student. Alexa must hone her chops to uncover a tangled web of lies, rivalry and secrets. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **09:45 pm** |  | **Bull** | CC | M  Violence | **Don’t Say A Word** | | Bull's romantic rival, Diana Lindsay, jeopardises her career when she secretly has Bull come to Texas to assist a couple fighting against her former client for custody of their grandchildren. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **10:45 pm** |  | **Sports Tonight** | CC |  |  | | Scott Mackinnon, Roz Kelly and Ant Sharwood present the latest sports news, views and highlights in a fun and engaging format. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:15 pm** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **12:15 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  | | Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews the hottest stars, brilliant minds & talented artists. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **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** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 am** |  | **CBS This Morning** | CC |  |  | | Gayle King, Norah O'Donnell, John Dickerson & Bianna Golodryga cover breaking news, politics, health, money, lifestyle and pop culture. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  | | --- | --- | |  | **SYDNEY PROGRAM GUIDE** | |  | | | **Thursday 08th August 2019** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **06:00 am** |  | **Judge Judy Encore** (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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **06:30 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:00 am** |  | **Entertainment Tonight** (Rpt) | CC |  |  | | Nancy O'Dell and Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:30 am** |  | **The Bold & The Beautiful Encore**(Rpt) | CC | PG |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **08:00 am** |  | **Celebrity Name Game Encore** (Rpt) | CC |  |  | | Celebrity Name Game pairs regular Aussies with celebrities in a race against the clock to guess names, places and characters from pop culture. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **08:30 am** |  | **Studio 10** | CC | PG |  | | Get more out of your mornings with Sarah Harris, Joe Hildebrand, Angela Bishop, Kerri-Anne Kennerley, Denise Drysdale and Denise Scott - 8.30am weekdays on 10. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 pm** |  | **Dr. Phil** | CC | PG  Coarse Language, Mature Themes |  | | Join Dr. Phil as he takes aim at the critical issues of our time, including bullying, drug addiction, domestic violence, depression, child abuse, suicide and various forms of mental illness. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 pm** |  | **To Be Advised** |  |  |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **02:15 pm** |  | **Entertainment Tonight** | CC |  |  | | Nancy O'Dell and Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **02:30 pm** |  | **Neighbours Encore** (Rpt) | CC | PG |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:00 pm** |  | **Judge Judy** | 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** | |  | **03:30 pm** |  | **My Market Kitchen** | CC | G |  | | Join Masterchef winner 2016, Elena Duggan and Masterchef 2018 favourite Khanh Ong as they teach you their favourite recipes with the freshest ingredients you could find at your local market. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Everyday Gourmet With Justine Schofield** | CC | G |  | | Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 pm** |  | **The Bold & The Beautiful** | CC | PG |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 pm** |  | **Celebrity Name Game** | CC |  |  | | Celebrity Name Game pairs regular Aussies with celebrities in a race against the clock to guess names, places and characters from pop culture. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **07:30 pm** |  | **The Bachelor Australia** | CC |  |  | | Tonight's action-packed episode has everything from planes, to photoshoots and pashing. One bachelorette is very vocal about her steamy encounter with the Bach, which rubs several girls the wrong way. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:45 pm** |  | **Law & Order: SVU** (Rpt) | CC | M  Mature Themes | **Patrimonial Burden** | | A reality TV family's secrets begin to spill when their young teenage daughter learns she's pregnant.  Starring: Mariska Hargitay, Ice T , Kelli Giddish, Peter Scanavino, Andy Karl  Guest Starring: Chris Elliott, Christopher Sieber, Geneva Carr, Ryan Devlin | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:45 pm** |  | **Law & Order: SVU** (Rpt) | CC | M | **Melancholy Pursuit** | | The detectives look for a teenage girl who was abducted and find crucial DNA evidence about her kidnapper. As the search progresses, the case deeply affects Sgt. Dodds.  Starring: Mariska Hargitay, Ice T , Peter Scanavino, Andy Karl, Tunie Tamara  Guest Starring: Ali Wentworth | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:45 pm** |  | **Blue Bloods** (Rpt) | CC | M  Violence | **Risk Management** | | Danny and Baez race to find a missing girl who will die within 72 hours without her heart medication. Also, Jamie and Eddie are on the wrong side of an investigation after engaging in a car chase.  Starring: Tom Selleck, Donnie Wahlberg, Bridget Moynahan, Will Estes, Vanessa Ray, Marisa Ramirez, Len Cariou, Sami Gayle  Guest Starring: Mackenzie Astin, Bebe Neuwirth | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:40 pm** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **12:40 am** |  | **The Late Show With Stephen Colbert** | CC | PG |  | | Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews the hottest stars, brilliant minds & talented artists. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  | | --- | --- | |  | **SYDNEY PROGRAM GUIDE** | |  | | | **Friday 09th August 2019** | | |  | | | | | | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **06:00 am** |  | **Judge Judy Encore** (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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **06:30 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. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:00 am** |  | **Entertainment Tonight** (Rpt) | CC |  |  | | Nancy O'Dell and Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **07:30 am** |  | **The Bold & The Beautiful Encore**(Rpt) | CC | PG |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **08:00 am** |  | **Celebrity Name Game Encore** (Rpt) | CC |  |  | | Celebrity Name Game pairs regular Aussies with celebrities in a race against the clock to guess names, places and characters from pop culture. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **08:30 am** |  | **Studio 10** | CC | PG |  | | Get more out of your mornings with Sarah Harris, Joe Hildebrand, Angela Bishop, Kerri-Anne Kennerley, Denise Drysdale and Denise Scott - 8.30am weekdays on 10. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 pm** |  | **Dr. Phil** | CC | M  Mature Themes |  | | Join Dr. Phil as he takes aim at the critical issues of our time, including bullying, drug addiction, domestic violence, depression, child abuse, suicide and various forms of mental illness. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **01:00 pm** |  | **The Living Room Encore** (Rpt) | CC |  |  | | Matt Leacy gives a balcony a big makeover, Dr Chris shows The Bachelor Australia's Matt Agnew some dog care, Miguel learns the secret behind Memphis’s most famous ribs and it's Barry's birthday! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **02:00 pm** |  | **Entertainment Tonight** | CC |  |  | | Nancy O'Dell and Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **02:30 pm** |  | **Neighbours Encore** (Rpt) | CC | PG |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **03:00 pm** |  | **Judge Judy** | 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** | |  | **03:30 pm** |  | **My Market Kitchen** | CC | G |  | | Join Masterchef winner 2016, Elena Duggan and Masterchef 2018 favourite Khanh Ong as they teach you their favourite recipes with the freshest ingredients you could find at your local market. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:00 pm** |  | **Everyday Gourmet With Justine Schofield** | CC | G |  | | Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **04:30 pm** |  | **The Bold & The Beautiful** | CC | PG |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **06:00 pm** |  | **Celebrity Name Game** | CC |  |  | | Celebrity Name Game pairs regular Aussies with celebrities in a race against the clock to guess names, places and characters from pop culture. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | **ALL NEW EPISODES** | |  | **06:30 pm** |  | **The Project** | CC |  |  | | Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **07:30 pm** |  | **The Living Room** | CC |  |  | | Peter Walsh declutters a garage, Dr Chris heads to the top end to hunt for Australia's largest snake, the Scrub Python and Miguel visits Cooloola Berries and makes a sensational strawberry cheesecake. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **08:30 pm** |  | **Have You Been Paying Attention?**(Rpt) | CC | M  Sexual References, Coarse Language, Mature Themes, Nudity, May Contain: |  | | Have contestants Ed Kavalee, Denise Scott, Tony Martin, Ash London and Sam Pang been paying attention? Our quizmasters & host Tom Gleisner are about to find out! | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:30 pm** |  | **Ross Noble - Brain Dump** (Rpt) | CC | M  Sexual References, Coarse Language | **Ross Noble - Brain Dump** | | Ross Noble lives in a very specific category of beast-brain..Behind a veil of absolute nonsense, the man is cunning and quick, building the absurdity of his jokes at just the right time. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **10:30 pm** |  | **Man With A Plan** (Rpt) | CC | PG | **The Blame Game** | | Adam and Don discover a sneaky way of getting out of trouble with their wives by blaming each other for their mistakes.  Starring: Matt LeBlanc, Kevin Nealon, Liza Snyder, Matt Cook, Kali Rocha, Diana Maria Riva | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **11:00 pm** |  | **The Project Encore** (Rpt) | CC |  |  | | Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **06:00 am** |  | **Reel Action** (Rpt) | CC |  |  | | Reel Action is that weekend trip out with your mates looking for some local fishing action. We focus on the fish, techniques and the right tools for the job. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **06:30 am** |  | **Escape Fishing With ET** (Rpt) | CC | G |  | | Join Andrew 'ET' Ettingshausen, as he escapes the city for adventure around Australia and the Pacific, hunting out the most exciting species and interesting spots with his mates. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **07:00 am** |  | **RPM** (Rpt) | CC |  |  | | Hosted by 10 Sport's Matt White, RPM delivers all the latest in race previews and reviews, as well as feature stories covering Formula One, MotoGP, Supercars and all things motorsport. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:00 am** |  | **WhichCar** (Rpt) | CC | PG |  | | Jump into the passenger seat and ride with the WhichCar team as we travel Australia and the world in search of automotive adventures and inspiration. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **08:30 am** |  | **Seafood Escape With Andrew Ettingshausen** (Rpt) | CC | G |  | | Host Andrew Ettingshausen joins top Australian Chefs on board commercial fishing boats to find out what it takes to put Seafood on our tables. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **09:00 am** |  | **What's Up Down Under** (Rpt) | CC | G |  | | Travel and Lifestyle, Celebrating the Australian pastime of caravanning, camping and holiday parks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **09:30 am** |  | **Studio 10 Saturday** | CC | PG |  | | See what all the fuss is about with Sarah, Joe, Angela, Kerri-Anne Kennerley, Denise Drysdale and Denise Scott. From hot topics, celebrity & current affairs, you never know what will happen next. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:00 pm** |  | **Luxury Escapes** (Rpt) | CC | G | **South Africa / Kruger** | | In this episode we take you on an adventure through one of the world's most diverse countries. Whether you want cosmopolitan city life or spectacular wildlife, South Africa truly delivers. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **12:30 pm** |  | **Jamie's Super Food** (Rpt) | CC | G |  | | Jamie travels to the Greek Island of Ikaria, under sun-kissed skies he forages for greens and herbs with local cook Tula, before sharing a healthy hill top feast with four generations of her family. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:30 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, on Everyday Gourmet. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **02:00 pm** |  | **Pooches At Play** | CC | G | **Goldfields** | | The team explore the caravan capital of Victoria, Ballarat, to see why it's such a great place to stay for you and your pooch and Lara visits Guide Dogs Australia to talk about their important work. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:30 pm** |  | **The Cook's Pantry With Matt Sinclair** (Rpt) | CC | G | **Cook's Pantry With Matt Sinclair, The 23** | | Matt Sinclair is joined in the kitchen by ex MasterChef Australia favourites, Michael Weldon and Courtney Roulston, all cooking fabulous dishes, all with different styles. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SEASON PREMIERE** | |  | **03:00 pm** |  | **Places We Go** | CC | G |  | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **03:30 pm** |  | **What’s Up Down Under** (Rpt) | CC | G |  | | Travel and Lifestyle, Celebrating the Australian pastime of caravanning, camping and holiday parks. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **04:00 pm** |  | **The Living Room Encore** (Rpt) | CC |  |  | | Peter Walsh declutters a garage, Dr Chris heads to the top end to hunt for Australia's largest snake, the Scrub Python and Miguel visits Cooloola Berries and makes a sensational strawberry cheesecake. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **ALL NEW EPISODES** | |  | **05:00 pm** |  | **10 News First** | CC |  |  | | Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **06:00 pm** |  | **Jamie's 15 Minute Meals** (Rpt) | CC | G |  | | Jamie Oliver sets out to create a whole new selection of meals that can be completed in just 15 minutes, and push the concept of fast, nutritious, everyday food.  Starring: Jamie Oliver | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **06:30 pm** |  | **Bondi Rescue** (Rpt) | CC | PG  Coarse Language, Mature Themes |  | | When monster waves lash Bondi, new team members Boo and trainee Lachie must tackle the dangerous conditions to complete a mass rescue. | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **LIVE** | |  | **07:00 pm** |  | **Rugby: Wallabies v All Blacks LIVE** | CC |  | **Qantas Wallabies V New Zealand** | | Join us LIVE for all the Bledisloe Cup action between the Wallabies and the All Blacks at Optus Stadium, Perth. Kick-off: 7:45pm (AEST). | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | | | | | | **SPECIAL ENCORE PRESENTATION** | |  | **10:00 pm** |  | **Australian Survivor Encore** (Rpt) | CC |  |  | | There are two Survivors who are controlling the game…but will their antics soon be uncovered? Will they fall victim to their own success? Or are they still calling the shots? | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **11:30 pm** |  | **Elementary** (Rpt) | CC | M  Violence | **Ill Tidings** | | Holmes and Watson investigate a mass murder when a chef and his patrons are poisoned after dining on a tasting menu tainted with snake venom.  Starring: Jonny Lee Miller, Lucy Liu, Aidan Quinn | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **12:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **01:30 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **02:00 am** |  | **Home Shopping** (Rpt) |  |  | **Home Shopping** | |  | |  |  |  |  |  |  |  | |  |  |  |  |  |  |  | | | | | | |
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