



SYDNEY PROGRAM GUIDE

Sunday 17th January 2021

06:00 am Mass For You At Home CC G

ALL NEW EPISODES

Weekly Catholic Mass for those unable to travel to a church.

06:30 am Hillsong CC G

ALL NEW EPISODES

Religious.

07:00 am Joseph Prince CC G

ALL NEW EPISODES

357 - The Key To Robust Faith

Religious program.

07:30 am Joel Osteen CC G

ALL NEW EPISODES

Jo865 - The Weight Of Glory

Religious.

08:00 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.

08:30 am My Market Kitchen (Rpt) CC G

Celebrated Chef Ben O'Donoghue sets up in one of Australia's oldest and most iconic fresh food markets, cooking amazing dishes with all of the atmosphere and drama of a working market.

09:00 am Everyday Gourmet With Justine Schofield (Rpt) CC G

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

09:30 am Studio 10: Sunday CC PG

Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus.

12:00 pm To Be Advised

01:30 pm Roads Less Travelled (Rpt) CC

An Australian Road Trip Series exploring those hidden gems that only the locals know about. Tour some of the lesser known roads exploring unique locations amidst Australia's natural beauty.



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Sunday 17th January 2021

02:00 pm Pat Callinan's 4x4 Adventures CC G

ALL NEW EPISODES

Australia's foremost 4X4 expert "MR 4X4" Pat Callinan, takes you on some of his all-time favourite four-wheel drive adventures.

03:00 pm Farm To Fork (Rpt) CC PG

Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home.

03:30 pm Taste Of Australia With Hayden Quinn (Rpt) CC G

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

04:00 pm All 4 Adventure CC

Jase and Simon, head off the beaten track camping, fishing and bush-cooking their way through another epic season of adventures.

05:00 pm 10 News First CC

LIVE

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

06:30 pm The Sunday Project CC

ALL NEW EPISODES

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

07:30 pm I'm A Celebrity...Get Me Out Of Here! CC PG

ALL NEW EPISODES

The celebs learn some choreography and any time they hear the music, they must stop what they're doing and dance to score a sweet treat.

09:30 pm The Graham Norton Show (Rpt) CC M
Coarse Language

Join the hilarious and cheeky Graham Norton as he chats to Chris Hemsworth, Gloria Estefan, David Tennant, Michael Sheen and the Jonas Brothers.

10:30 pm The Sunday Project Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

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



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SYDNEY PROGRAM GUIDE

Sunday 17th January 2021

11:30 pm To Be Advised

12:30 am Home Shopping (Rpt)

01:00 am Home Shopping (Rpt)

01:30 am Home Shopping (Rpt)

02:00 am Home Shopping (Rpt)

02:30 am Home Shopping (Rpt)

03:00 am Home Shopping (Rpt)

03:30 am Home Shopping (Rpt)

04:00 am Home Shopping (Rpt)

04:30 am CBS This Morning

Home Shopping

Home Shopping

Home Shopping

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ALL NEW EPISODES

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.



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SYDNEY PROGRAM GUIDE

Monday 18th January 2021

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Eve and Carrie Ann Inaba on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 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.

07:30 am The Bold & The Beautiful Encore (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

08:00 am Studio 10

CC PG

LIVE

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

12:00 pm Dr Phil (Rpt)

CC PG
Sexual References,
Coarse Language,
Mature Themes

ALL NEW EPISODES

Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness.

01:00 pm To Be Advised

03:00 pm Judge Judy

CC PG

ALL NEW EPISODES

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

03:30 pm Left Off The Map

CC G

ALL NEW EPISODES

Discover the untold stories, the quirky characters and the spectacular food of the island of Tasmania.

04:00 pm Farm To Fork

CC PG

ALL NEW EPISODES

Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home.



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Monday 18th January 2021

04:30 pm The Bold & The Beautiful CC PG

05:00 pm 10 News First CC

06:30 pm The Project CC

07:30 pm I'm A Celebrity...Get Me Out Of Here! CC PG

09:00 pm The Montreal Comedy Festival (Rpt) CC MA15+
Sexual References,
Coarse Language

10:00 pm Hughesy, We Have A Problem (Rpt) CC M
Sexual References,
Mature Themes

11:00 pm The Project Encore (Rpt) CC

ALL NEW EPISODES

LIVE

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

ALL NEW EPISODES

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

One celeb is chosen for an in-camp challenge to score for everyone a nice mug of hot chocolate, and things get a little gross when pastimes turn to licking a celebrity's foot.

Just For Laughs featuring stand-up comedy from the most famous comedians from Australia and beyond. Comedians include: Peter Helliar, Rhys Nicholson, Tiffany Haddish, Fortune Feimster & Nath Valvo.

Hughesy, Nazeem Hussain, Ross Noble, Cal Wilson and Sarah Harris tackle the first world problems we just can't seem to solve.

SPECIAL ENCORE PRESENTATION

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SYDNEY PROGRAM GUIDE

Monday 18th January 2021

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

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

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

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

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

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

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

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

04:30 am **CBS This Morning**

ALL NEW EPISODES

Home Shopping

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Home Shopping

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Home Shopping

ALL NEW EPISODES

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.



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SYDNEY PROGRAM GUIDE

Tuesday 19th January 2021

06:00 am The Talk CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Eve and Carrie Ann Inaba on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 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.

07:30 am The Bold & The Beautiful Encore (Rpt) CC PG

SPECIAL ENCORE PRESENTATION

08:00 am Studio 10 CC PG

LIVE

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

12:00 pm Dr Phil (Rpt) CC PG
Mature Themes

ALL NEW EPISODES

Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness.

01:00 pm To Be Advised

02:30 pm Entertainment Tonight CC

ALL NEW EPISODES

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

03:00 pm Judge Judy CC PG

ALL NEW EPISODES

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

03:30 pm Left Off The Map CC G

ALL NEW EPISODES

Discover the untold stories, the quirky characters and the spectacular food of the island of Tasmania.



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SYDNEY PROGRAM GUIDE

Tuesday 19th January 2021

04:00 pm Farm To Fork CC PG

ALL NEW EPISODES

Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home.

04:30 pm The Bold & The Beautiful CC PG

ALL NEW EPISODES

05:00 pm 10 News First CC

LIVE

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

06:30 pm The Project CC

ALL NEW EPISODES

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.

07:30 pm I'm A Celebrity...Get Me Out Of Here! CC PG

ALL NEW EPISODES

Two celebs attempt the Camp Calamity trial which sees all their camping nightmares come true.

09:00 pm NCIS (Rpt) CC M
Violence,
Mature Themes

Love They Neighbor

A Navy lieutenant is found murdered in his hot tub; the team interviews families in the victim's peculiar neighbourhood; Torres must face the consequences after a volatile night out with Palmer.

Starring: Mark Harmon, David McCallum, Sean Murray, Wilmer Valderrama, Emily Wickersham, Maria Bello, Brian Dietzen, Rocky Carroll

10:00 pm NCIS: Los Angeles CC

ALL NEW EPISODES

Overdue

The NCIS team's murder investigation of a man who sold military information leads to the abduction of a doctor whose cutting-edge neurotechnology could be developed into advanced weaponry.



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Tuesday 19th January 2021

11:00 pm The Project Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

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.

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

ALL NEW EPISODES

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS This Morning

ALL NEW EPISODES

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.



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SYDNEY PROGRAM GUIDE

Wednesday 20th January 2021

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Eve and Carrie Ann Inaba on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 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.

07:30 am The Bold & The Beautiful Encore (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

08:00 am Studio 10

CC PG

LIVE

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

12:00 pm Dr Phil (Rpt)

CC PG
Sexual References,
Coarse Language,
Mature Themes

ALL NEW EPISODES

Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness.

01:00 pm To Be Advised

02:30 pm Entertainment Tonight

CC

ALL NEW EPISODES

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

03:00 pm Judge Judy

CC PG

ALL NEW EPISODES

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

03:30 pm Left Off The Map

CC G

ALL NEW EPISODES

Discover the untold stories, the quirky characters and the spectacular food of the island of Tasmania.



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SYDNEY PROGRAM GUIDE

Wednesday 20th January 2021

04:00 pm Farm To Fork CC PG

ALL NEW EPISODES

Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home.

04:30 pm The Bold & The Beautiful CC PG

ALL NEW EPISODES

05:00 pm 10 News First CC

LIVE

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

06:30 pm The Project CC

ALL NEW EPISODES

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.

07:30 pm I'm A Celebrity...Get Me Out Of Here! CC PG

ALL NEW EPISODES

To unlock a delicious roast chicken for dinner, the celebs must run around looking for keys before a timer runs out, otherwise the chicken will explode!

09:00 pm Bull CC

ALL NEW EPISODES

10:00 pm Bull (Rpt) CC PG
Mature Themes

Child Of Mine

Bull and Benny represent a couple being sued by their baby's biological father for custody after a fertility clinic mistakenly used the wrong man's sample.



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

ALL NEW EPISODES

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

Home Shopping

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

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

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

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

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

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

Home Shopping

04:30 am **CBS This Morning**

ALL NEW EPISODES

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.



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SYDNEY PROGRAM GUIDE

Thursday 21st January 2021

06:00 am The Talk CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Eve and Carrie Ann Inaba on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am 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.

07:30 am The Bold & The Beautiful Encore (Rpt) CC PG

SPECIAL ENCORE PRESENTATION

08:00 am Studio 10 CC PG

LIVE

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

12:00 pm Dr Phil (Rpt) CC PG
Coarse Language,
Mature Themes

ALL NEW EPISODES

Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness.

01:00 pm To Be Advised

02:30 pm Entertainment Tonight CC

ALL NEW EPISODES

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

03:00 pm Judge Judy CC PG

ALL NEW EPISODES

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

03:30 pm Left Off The Map CC G

ALL NEW EPISODES

Discover the untold stories, the quirky characters and the spectacular food of the island of Tasmania.



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SYDNEY PROGRAM GUIDE

Thursday 21st January 2021

04:00 pm **Farm To Fork** CC PG

ALL NEW EPISODES

Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home.

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

ALL NEW EPISODES

05:00 pm **10 News First** CC

LIVE

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

06:30 pm **The Project** CC

ALL NEW EPISODES

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.

07:30 pm **I'm A Celebrity...Get Me Out Of Here!** CC PG

ALL NEW EPISODES

Tonight's trial sees two campmates head to the Land Down Under. Trial that is. Will they score enough stars to stem the rumbling tummies of a hungry camp?

09:00 pm **Law & Order: S.V.U** CC M
Sexual References,
Mature Themes

SEASON PREMIERE

Guardians And Gladiators

When the squad tries to solve an assault in Central Park, they are hampered by their own blind spots and a community that is losing trust in the police amid the Black Lives Matter protests.

Starring: Mariska Hargitay, Ice T , Kelli Giddish, Peter Scanavino, Jamie Gray Hyder, Demore Barnes

10:00 pm **Blue Bloods** CC

ALL NEW EPISODES

Starring: Tom Selleck, Donnie Wahlberg, Bridget Moynahan, Will Estes, Vanessa Ray, Len Cariou



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SYDNEY PROGRAM GUIDE

Thursday 21st January 2021

11:00 pm	This Is Us	CC
12:00 am	The Project Encore (Rpt)	CC
01:00 am	The Late Show With Stephen Colbert	CC PG
02:00 am	Home Shopping (Rpt)	
02:30 am	Home Shopping (Rpt)	
03:00 am	Home Shopping (Rpt)	
03:30 am	Home Shopping (Rpt)	
04:00 am	Home Shopping (Rpt)	
04:30 am	CBS This Morning	

ALL NEW EPISODES

SPECIAL ENCORE PRESENTATION

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ALL NEW EPISODES

Home Shopping

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ALL NEW EPISODES

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.



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SYDNEY PROGRAM GUIDE

Friday 22nd January 2021

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Eve and Carrie Ann Inaba on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am 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.

07:30 am The Bold & The Beautiful Encore (Rpt) CC PG

SPECIAL ENCORE PRESENTATION

08:00 am Studio 10

CC PG

LIVE

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

12:00 pm Dr Phil (Rpt)

CC PG
Coarse Language,
Mature Themes

ALL NEW EPISODES

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01:00 pm To Be Advised

02:30 pm Entertainment Tonight

CC

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

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CC PG

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03:30 pm Left Off The Map

CC G

ALL NEW EPISODES

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SYDNEY PROGRAM GUIDE

Friday 22nd January 2021

04:00 pm Farm To Fork CC PG

ALL NEW EPISODES

Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home.

04:30 pm The Bold & The Beautiful CC PG

ALL NEW EPISODES

05:00 pm 10 News First CC

LIVE

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

06:30 pm The Project CC

ALL NEW EPISODES

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.

07:30 pm The Living Room Encore (Rpt) CC PG

Barry turns a bathroom from a non-functional mess, into a little piece of luxury, Miguel whips up an oyster feast and Chris goes on a damp dark adventure exploring the wonderful world of glow worms.

08:30 pm The Graham Norton Show CC

ALL NEW EPISODES

Join the hilarious and cheeky Graham Norton as he chats with Rebel Wilson, Keeley Hawes, Noel Clarke, Ant Middleton & M. Night Shyamalan.

Guest Starring: Rebel Wilson, M.Night Shyamalan, Ant Middleton, Noel Clarke, Keeley Hawes

09:30 pm The Graham Norton Show (Rpt) CC M

Join the hilarious and cheeky Graham Norton as he chats to Tom Hanks, Gwyneth Paltrow, Tom Holland, Jake Gyllenhaal and Stormzy.

Guest Starring: Tom Hanks, Gwyneth Paltrow, Tom Holland, Jake Gyllenhaal, Stormzy



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10:30 pm **The Project Encore** (Rpt) CC

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11:30 pm **The Late Show With Stephen Colbert** CC PG

ALL NEW EPISODES

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

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SYDNEY PROGRAM GUIDE

Saturday 23rd January 2021

06:00 am Whichcar (Rpt) CC PG

Whether you're a car enthusiast, influencer or intender, you will find everything you need on Which Car TV.

ALL NEW EPISODES

06:30 am Leading The Way CC G

Dr. Michael Youssef preaches spiritual advice and provides biblical clarity to modern social and political issues.

07:00 am Escape Fishing With ET (Rpt) CC G

Escape with Andrew Ettingshausen as he travels Australia and the Pacific, hunting out the most exciting species, the most interesting spots and the most fun mates to go fishing with.

07:30 am All 4 Adventure (Rpt) CC

Jase and Simon, head off the beaten track camping, fishing and bush-cooking their way through another epic season of adventures.

08:30 am Pat Callinan's 4x4 Adventures (Rpt) CC G

Australia's foremost 4X4 expert "MR 4X4" Pat Callinan, takes you on some of his all-time favourite four-wheel drive adventures.

09:30 am Studio 10: Saturday CC PG

Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus.

ALL NEW EPISODES

12:00 pm Beyond The Fire CC

Beyond The Fire follows Australia's unsung heroes as they band together to create life from ashes following the Black Summer Bushfire Crisis.

12:30 pm Left Off The Map (Rpt) CC G

Discover the untold stories, the quirky characters and the spectacular food of the island of Tasmania.

SERIES PREMIERE

01:00 pm 10 Minute Kitchen CC

Discover delicious, low-fuss recipes that use minimum ingredients and preparation time, but take family meals to another level. Hosted by Scott Pickett, Diana Chan and Kelvin Cheung.



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SYDNEY PROGRAM GUIDE

Saturday 23rd January 2021

01:30 pm Healthy Homes Australia CC G

SEASON FINALE

Home, garden, lifestyle or build - Walt Collins and Dani Wales have got it covered. From a room make-over to the latest idea, innovation, power tool, pool, building or construction.

02:00 pm Jamie & The Nonnas (Rpt) CC G

Naples

Jamie heads to the pizza capital of Italy, to seek out the recipes the locals love to eat and is blown away by acquapazza - fish poached in 'crazy water'.

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

ALL NEW EPISODES

Travel and lifestyle programme celebrating the Australian pastime of Caravanning, Camping and Holiday Parks.

03:30 pm My Market Kitchen (Rpt) CC G

Celebrated Chef Ben O'Donoghue sets up in one of Australia's oldest and most iconic fresh food markets, cooking amazing dishes with all of the atmosphere and drama of a working market.

04:00 pm Everyday Gourmet With Justine Schofield (Rpt) CC G

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

04:30 pm Farm To Fork (Rpt) CC PG

Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home.

05:00 pm 10 News First CC

LIVE

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

06:00 pm 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.



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SYDNEY PROGRAM GUIDE

Saturday 23rd January 2021

06:30 pm Bondi Rescue (Rpt)

CC PG
Violence,
Coarse Language,
Mature Themes

The lifeguards take the beach buggy into the streets as they chase down an aggressive beachgoer wielding a knife.

07:00 pm Toddlers Behaving (Very) Badly

CC

SERIES PREMIERE

Childcare expert Laura Amies takes on the tears and the tantrums as she teaches toddlers how to listen, have self-control, obedience and good manners.

08:00 pm The Children Act (2017)

CC M
Sexual References,
Coarse Language

MOVIE PREMIERE

As her marriage crumbles, a judge must decide a case involving a teenage boy who is refusing a blood transfusion on religious principle.

Starring: Emma Thompson, Stanley Tucci, Jason Watkins

10:05 pm Motherhood (2009)

CC MA15+
Strong Coarse
Language

MOVIE

In Manhattan, a mother of two preparing for her daughter's sixth birthday party has no idea of the challenges she's about to face in order to pull off the event.

Starring: Uma Thurman, Anthony Edwards, Minnie Driver

11:55 pm To Be Advised

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



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SYDNEY PROGRAM GUIDE

Saturday 23rd January 2021

03:30 am Home Shopping (Rpt)

04:00 am Home Shopping (Rpt)

04:30 am Home Shopping (Rpt)

05:00 am Hour Of Power

G

Home Shopping

Home Shopping

Home Shopping

ALL NEW EPISODES

Religious.



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MELBOURNE PROGRAM GUIDE

Sunday 17th January 2021

06:00 am Mass For You At Home CC G

ALL NEW EPISODES

Weekly Catholic Mass for those unable to travel to a church.

06:30 am Hillsong CC G

ALL NEW EPISODES

Religious.

07:00 am Joseph Prince CC G

ALL NEW EPISODES

357 - The Key To Robust Faith

Religious program.

07:30 am Joel Osteen CC G

ALL NEW EPISODES

Jo865 - The Weight Of Glory

Religious.

08:00 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.

08:30 am My Market Kitchen (Rpt) CC G

Celebrated Chef Ben O'Donoghue sets up in one of Australia's oldest and most iconic fresh food markets, cooking amazing dishes with all of the atmosphere and drama of a working market.

09:00 am Everyday Gourmet With Justine Schofield (Rpt) CC G

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

09:30 am Studio 10: Sunday CC PG

Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus.

12:00 pm To Be Advised

01:30 pm Roads Less Travelled (Rpt) CC

An Australian Road Trip Series exploring those hidden gems that only the locals know about. Tour some of the lesser known roads exploring unique locations amidst Australia's natural beauty.



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Sunday 17th January 2021

02:00 pm Pat Callinan's 4x4 Adventures CC G

ALL NEW EPISODES

Australia's foremost 4X4 expert "MR 4X4" Pat Callinan, takes you on some of his all-time favourite four-wheel drive adventures.

03:00 pm Farm To Fork (Rpt) CC PG

Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home.

03:30 pm Taste Of Australia With Hayden Quinn (Rpt) CC G

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

04:00 pm All 4 Adventure CC

Jase and Simon, head off the beaten track camping, fishing and bush-cooking their way through another epic season of adventures.

05:00 pm 10 News First CC

LIVE

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

06:30 pm The Sunday Project CC

ALL NEW EPISODES

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

07:30 pm I'm A Celebrity...Get Me Out Of Here! CC PG

ALL NEW EPISODES

The celebs learn some choreography and any time they hear the music, they must stop what they're doing and dance to score a sweet treat.

09:30 pm The Graham Norton Show (Rpt) CC M
Coarse Language

Join the hilarious and cheeky Graham Norton as he chats to Chris Hemsworth, Gloria Estefan, David Tennant, Michael Sheen and the Jonas Brothers.

10:30 pm The Sunday Project Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

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



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Sunday 17th January 2021

11:30 pm To Be Advised

12:30 am Home Shopping (Rpt)

01:00 am Home Shopping (Rpt)

01:30 am Home Shopping (Rpt)

02:00 am Home Shopping (Rpt)

02:30 am Home Shopping (Rpt)

03:00 am Home Shopping (Rpt)

03:30 am Home Shopping (Rpt)

04:00 am Home Shopping (Rpt)

04:30 am CBS This Morning

MELBOURNE PROGRAM GUIDE

Home Shopping

Home Shopping

Home Shopping

Home Shopping

Home Shopping

Home Shopping

Home Shopping

Home Shopping

ALL NEW EPISODES

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.



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MELBOURNE PROGRAM GUIDE

Monday 18th January 2021

06:00 am The Talk CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Eve and Carrie Ann Inaba on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 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.

07:30 am The Bold & The Beautiful Encore (Rpt) CC PG

SPECIAL ENCORE PRESENTATION

08:00 am Studio 10 CC PG

LIVE

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

12:00 pm Dr Phil (Rpt) CC PG
Sexual References,
Coarse Language,
Mature Themes

ALL NEW EPISODES

Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness.

01:00 pm To Be Advised

03:00 pm Judge Judy CC PG

ALL NEW EPISODES

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

03:30 pm Left Off The Map CC G

ALL NEW EPISODES

Discover the untold stories, the quirky characters and the spectacular food of the island of Tasmania.

04:00 pm Farm To Fork CC PG

ALL NEW EPISODES

Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home.



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MELBOURNE PROGRAM GUIDE

Monday 18th January 2021

04:30 pm The Bold & The Beautiful CC PG

05:00 pm 10 News First CC

06:30 pm The Project CC

07:30 pm I'm A Celebrity...Get Me Out Of Here! CC PG

09:00 pm The Montreal Comedy Festival (Rpt) CC MA15+
Sexual References,
Coarse Language

10:00 pm Hughesy, We Have A Problem (Rpt) CC M
Sexual References,
Mature Themes

11:00 pm The Project Encore (Rpt) CC

ALL NEW EPISODES

LIVE

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

ALL NEW EPISODES

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

One celeb is chosen for an in-camp challenge to score for everyone a nice mug of hot chocolate, and things get a little gross when pastimes turn to licking a celebrity's foot.

Just For Laughs featuring stand-up comedy from the most famous comedians from Australia and beyond. Comedians include: Peter Helliar, Rhys Nicholson, Tiffany Haddish, Fortune Feimster & Nath Valvo.

Hughesy, Nazeem Hussain, Ross Noble, Cal Wilson and Sarah Harris tackle the first world problems we just can't seem to solve.

SPECIAL ENCORE PRESENTATION

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Monday 18th January 2021

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

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

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

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

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

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

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

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

04:30 am **CBS This Morning**

ALL NEW EPISODES

Home Shopping

Home Shopping

Home Shopping

Home Shopping

Home Shopping

Home Shopping

Home Shopping

ALL NEW EPISODES

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.



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MELBOURNE PROGRAM GUIDE

Tuesday 19th January 2021

06:00 am The Talk CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Eve and Carrie Ann Inaba on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 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.

07:30 am The Bold & The Beautiful Encore (Rpt) CC PG

SPECIAL ENCORE PRESENTATION

08:00 am Studio 10 CC PG

LIVE

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

12:00 pm Dr Phil (Rpt) CC PG
Mature Themes

ALL NEW EPISODES

Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness.

01:00 pm To Be Advised

02:30 pm Entertainment Tonight CC

ALL NEW EPISODES

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

03:00 pm Judge Judy CC PG

ALL NEW EPISODES

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

03:30 pm Left Off The Map CC G

ALL NEW EPISODES

Discover the untold stories, the quirky characters and the spectacular food of the island of Tasmania.



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Tuesday 19th January 2021

04:00 pm **Farm To Fork** CC PG

ALL NEW EPISODES

Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home.

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

ALL NEW EPISODES

05:00 pm **10 News First** CC

LIVE

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

06:30 pm **The Project** CC

ALL NEW EPISODES

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.

07:30 pm **I'm A Celebrity...Get Me Out Of Here!** CC PG

ALL NEW EPISODES

Two celebs attempt the Camp Calamity trial which sees all their camping nightmares come true.

09:00 pm **NCIS (Rpt)** CC M
Violence,
Mature Themes

Love They Neighbor

A Navy lieutenant is found murdered in his hot tub; the team interviews families in the victim's peculiar neighbourhood; Torres must face the consequences after a volatile night out with Palmer.

Starring: Mark Harmon, David McCallum, Sean Murray, Wilmer Valderrama, Emily Wickersham, Maria Bello, Brian Dietzen, Rocky Carroll

10:00 pm **NCIS: Los Angeles** CC

ALL NEW EPISODES

Overdue

The NCIS team's murder investigation of a man who sold military information leads to the abduction of a doctor whose cutting-edge neurotechnology could be developed into advanced weaponry.



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Tuesday 19th January 2021

11:00 pm **The Project Encore** (Rpt) CC

SPECIAL ENCORE PRESENTATION

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.

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

ALL NEW EPISODES

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

Home Shopping

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

Home Shopping

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

Home Shopping

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

Home Shopping

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

Home Shopping

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

Home Shopping

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

Home Shopping

04:30 am **CBS This Morning**

ALL NEW EPISODES

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.



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MELBOURNE PROGRAM GUIDE

Wednesday 20th January 2021

06:00 am The Talk CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Eve and Carrie Ann Inaba on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 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.

07:30 am The Bold & The Beautiful Encore (Rpt) CC PG

SPECIAL ENCORE PRESENTATION

08:00 am Studio 10 CC PG

LIVE

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

12:00 pm Dr Phil (Rpt) CC PG
Sexual References,
Coarse Language,
Mature Themes

ALL NEW EPISODES

Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness.

01:00 pm To Be Advised

02:30 pm Entertainment Tonight CC

ALL NEW EPISODES

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

03:00 pm Judge Judy CC PG

ALL NEW EPISODES

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

03:30 pm Left Off The Map CC G

ALL NEW EPISODES

Discover the untold stories, the quirky characters and the spectacular food of the island of Tasmania.



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Wednesday 20th January 2021

04:00 pm **Farm To Fork** CC PG

ALL NEW EPISODES

Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home.

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

ALL NEW EPISODES

05:00 pm **10 News First** CC

LIVE

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

06:30 pm **The Project** CC

ALL NEW EPISODES

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.

07:30 pm **I'm A Celebrity...Get Me Out Of Here!** CC PG

ALL NEW EPISODES

To unlock a delicious roast chicken for dinner, the celebs must run around looking for keys before a timer runs out, otherwise the chicken will explode!

09:00 pm **Bull** CC

ALL NEW EPISODES

10:00 pm **Bull (Rpt)** CC PG
Mature Themes

Child Of Mine

Bull and Benny represent a couple being sued by their baby's biological father for custody after a fertility clinic mistakenly used the wrong man's sample.





Wednesday 20th January 2021

11:00 pm **The Project Encore** (Rpt) CC

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

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

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

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

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

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

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

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

04:30 am **CBS This Morning**

SPECIAL ENCORE PRESENTATION

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

[Home Shopping](#)

[Home Shopping](#)

[Home Shopping](#)

[Home Shopping](#)

[Home Shopping](#)

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ALL NEW EPISODES

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.



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Thursday 21st January 2021

06:00 am The Talk CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Eve and Carrie Ann Inaba on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am 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.

07:30 am The Bold & The Beautiful Encore (Rpt) CC PG

SPECIAL ENCORE PRESENTATION

08:00 am Studio 10 CC PG

LIVE

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

12:00 pm Dr Phil (Rpt) CC PG
Coarse Language,
Mature Themes

ALL NEW EPISODES

Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness.

01:00 pm To Be Advised

02:30 pm Entertainment Tonight CC

ALL NEW EPISODES

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

03:00 pm Judge Judy CC PG

ALL NEW EPISODES

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

03:30 pm Left Off The Map CC G

ALL NEW EPISODES

Discover the untold stories, the quirky characters and the spectacular food of the island of Tasmania.



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Thursday 21st January 2021

04:00 pm Farm To Fork CC PG

ALL NEW EPISODES

Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home.

04:30 pm The Bold & The Beautiful CC PG

ALL NEW EPISODES

05:00 pm 10 News First CC

LIVE

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

06:30 pm The Project CC

ALL NEW EPISODES

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.

07:30 pm I'm A Celebrity...Get Me Out Of Here! CC PG

ALL NEW EPISODES

Tonight's trial sees two campmates head to the Land Down Under. Trial that is. Will they score enough stars to stem the rumbling tummies of a hungry camp?

09:00 pm Law & Order: S.V.U CC M
Sexual References,
Mature Themes

SEASON PREMIERE

Guardians And Gladiators

When the squad tries to solve an assault in Central Park, they are hampered by their own blind spots and a community that is losing trust in the police amid the Black Lives Matter protests.

Starring: Mariska Hargitay, Ice T , Kelli Giddish, Peter Scanavino, Jamie Gray Hyder, Demore Barnes

10:00 pm Blue Bloods CC

ALL NEW EPISODES

Starring: Tom Selleck, Donnie Wahlberg, Bridget Moynahan, Will Estes, Vanessa Ray, Len Cariou



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Thursday 21st January 2021

11:00 pm	This Is Us	CC
12:00 am	The Project Encore (Rpt)	CC
01:00 am	The Late Show With Stephen Colbert	CC PG
02:00 am	Home Shopping (Rpt)	
02:30 am	Home Shopping (Rpt)	
03:00 am	Home Shopping (Rpt)	
03:30 am	Home Shopping (Rpt)	
04:00 am	Home Shopping (Rpt)	
04:30 am	CBS This Morning	

MELBOURNE PROGRAM GUIDE

ALL NEW EPISODES

SPECIAL ENCORE PRESENTATION

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

Home Shopping

Home Shopping

Home Shopping

Home Shopping

Home Shopping

ALL NEW EPISODES

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.



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MELBOURNE PROGRAM GUIDE

Friday 22nd January 2021

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Eve and Carrie Ann Inaba on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am 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.

07:30 am The Bold & The Beautiful Encore (Rpt) CC PG

SPECIAL ENCORE PRESENTATION

08:00 am Studio 10

CC PG

LIVE

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

12:00 pm Dr Phil (Rpt)

CC PG
Coarse Language,
Mature Themes

ALL NEW EPISODES

Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness.

01:00 pm To Be Advised

02:30 pm Entertainment Tonight

CC

ALL NEW EPISODES

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

03:00 pm Judge Judy

CC PG

ALL NEW EPISODES

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

03:30 pm Left Off The Map

CC G

ALL NEW EPISODES

Discover the untold stories, the quirky characters and the spectacular food of the island of Tasmania.



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Friday 22nd January 2021

04:00 pm Farm To Fork CC PG

ALL NEW EPISODES

Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home.

04:30 pm The Bold & The Beautiful CC PG

ALL NEW EPISODES

05:00 pm 10 News First CC

LIVE

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

06:30 pm The Project CC

ALL NEW EPISODES

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.

07:30 pm The Living Room Encore (Rpt) CC PG

Barry turns a bathroom from a non-functional mess, into a little piece of luxury, Miguel whips up an oyster feast and Chris goes on a damp dark adventure exploring the wonderful world of glow worms.

08:30 pm The Graham Norton Show CC

ALL NEW EPISODES

Join the hilarious and cheeky Graham Norton as he chats with Rebel Wilson, Keeley Hawes, Noel Clarke, Ant Middleton & M. Night Shyamalan.

Guest Starring: Rebel Wilson, M.Night Shyamalan, Ant Middleton, Noel Clarke, Keeley Hawes

09:30 pm The Graham Norton Show (Rpt) CC M

Join the hilarious and cheeky Graham Norton as he chats to Tom Hanks, Gwyneth Paltrow, Tom Holland, Jake Gyllenhaal and Stormzy.

Guest Starring: Tom Hanks, Gwyneth Paltrow, Tom Holland, Jake Gyllenhaal, Stormzy



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Friday 22nd January 2021

10:30 pm **The Project Encore** (Rpt) CC

SPECIAL ENCORE PRESENTATION

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.

11:30 pm **The Late Show With Stephen Colbert** CC PG

ALL NEW EPISODES

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

Home Shopping

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

Home Shopping

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

Home Shopping

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

Home Shopping

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

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

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

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

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

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

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

Home Shopping



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Saturday 23rd January 2021

06:00 am Whichcar (Rpt) CC PG

Whether you're a car enthusiast, influencer or intender, you will find everything you need on Which Car TV.

06:30 am Leading The Way CC G

ALL NEW EPISODES

Dr. Michael Youssef preaches spiritual advice and provides biblical clarity to modern social and political issues.

07:00 am Escape Fishing With ET (Rpt) CC G

Escape with Andrew Ettingshausen as he travels Australia and the Pacific, hunting out the most exciting species, the most interesting spots and the most fun mates to go fishing with.

07:30 am All 4 Adventure (Rpt) CC

Jase and Simon, head off the beaten track camping, fishing and bush-cooking their way through another epic season of adventures.

08:30 am Pat Callinan's 4x4 Adventures (Rpt) CC G

Australia's foremost 4X4 expert "MR 4X4" Pat Callinan, takes you on some of his all-time favourite four-wheel drive adventures.

09:30 am Studio 10: Saturday CC PG

Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus.

12:00 pm Beyond The Fire CC

ALL NEW EPISODES

Beyond The Fire follows Australia's unsung heroes as they band together to create life from ashes following the Black Summer Bushfire Crisis.

12:30 pm Left Off The Map (Rpt) CC G

Discover the untold stories, the quirky characters and the spectacular food of the island of Tasmania.

01:00 pm 10 Minute Kitchen CC

SERIES PREMIERE

Discover delicious, low-fuss recipes that use minimum ingredients and preparation time, but take family meals to another level. Hosted by Scott Pickett, Diana Chan and Kelvin Cheung.



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Saturday 23rd January 2021

01:30 pm Healthy Homes Australia CC G

02:00 pm Jamie & The Nonnas (Rpt) CC G

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

03:30 pm My Market Kitchen (Rpt) CC G

04:00 pm Everyday Gourmet With Justine Schofield (Rpt) CC G

04:30 pm Farm To Fork (Rpt) CC PG

05:00 pm 10 News First CC

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

MELBOURNE PROGRAM GUIDE

SEASON FINALE

Home, garden, lifestyle or build - Walt Collins and Dani Wales have got it covered. From a room make-over to the latest idea, innovation, power tool, pool, building or construction.

Naples

Jamie heads to the pizza capital of Italy, to seek out the recipes the locals love to eat and is blown away by acquapazza - fish poached in 'crazy water'.

ALL NEW EPISODES

Travel and lifestyle programme celebrating the Australian pastime of Caravanning, Camping and Holiday Parks.

Celebrated Chef Ben O'Donoghue sets up in one of Australia's oldest and most iconic fresh food markets, cooking amazing dishes with all of the atmosphere and drama of a working market.

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

Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home.

LIVE

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

When monster waves lash Bondi, new team members Boo and trainee Lachie must tackle the dangerous conditions to complete a mass rescue.



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MELBOURNE PROGRAM GUIDE

Saturday 23rd January 2021

06:30 pm Bondi Rescue (Rpt)

CC PG
Violence,
Coarse Language,
Mature Themes

The lifeguards take the beach buggy into the streets as they chase down an aggressive beachgoer wielding a knife.

SERIES PREMIERE

07:00 pm Toddlers Behaving (Very) Badly

CC

Childcare expert Laura Amies takes on the tears and the tantrums as she teaches toddlers how to listen, have self-control, obedience and good manners.

08:00 pm The Children Act (2017)

CC M
Sexual References,
Coarse Language

MOVIE PREMIERE

As her marriage crumbles, a judge must decide a case involving a teenage boy who is refusing a blood transfusion on religious principle.

Starring: Emma Thompson, Stanley Tucci, Jason Watkins

10:05 pm Motherhood (2009)

CC MA15+
Strong Coarse
Language

MOVIE

In Manhattan, a mother of two preparing for her daughter's sixth birthday party has no idea of the challenges she's about to face in order to pull off the event.

Starring: Uma Thurman, Anthony Edwards, Minnie Driver

11:55 pm To Be Advised

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



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Saturday 23rd January 2021

03:30 am Home Shopping (Rpt)

04:00 am Home Shopping (Rpt)

04:30 am Home Shopping (Rpt)

05:00 am Hour Of Power

G

MELBOURNE PROGRAM GUIDE

Home Shopping

Home Shopping

Home Shopping

ALL NEW EPISODES

Religious.



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BRISBANE PROGRAM GUIDE

Sunday 17th January 2021

06:00 am Mass For You At Home CC G

ALL NEW EPISODES

Weekly Catholic Mass for those unable to travel to a church.

06:30 am Hillsong CC G

ALL NEW EPISODES

Religious.

07:00 am Joseph Prince CC G

ALL NEW EPISODES

357 - The Key To Robust Faith

Religious program.

07:30 am Joel Osteen CC G

ALL NEW EPISODES

Jo865 - The Weight Of Glory

Religious.

08:00 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.

08:30 am My Market Kitchen (Rpt) CC G

Celebrated Chef Ben O'Donoghue sets up in one of Australia's oldest and most iconic fresh food markets, cooking amazing dishes with all of the atmosphere and drama of a working market.

09:00 am Everyday Gourmet With Justine Schofield (Rpt) CC G

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

09:30 am Studio 10: Sunday CC PG

Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus.

12:00 pm To Be Advised

01:30 pm Roads Less Travelled (Rpt) CC

An Australian Road Trip Series exploring those hidden gems that only the locals know about. Tour some of the lesser known roads exploring unique locations amidst Australia's natural beauty.





BRISBANE PROGRAM GUIDE

Sunday 17th January 2021

02:00 pm Pat Callinan's 4x4 Adventures CC G

ALL NEW EPISODES

Australia's foremost 4X4 expert "MR 4X4" Pat Callinan, takes you on some of his all-time favourite four-wheel drive adventures.

03:00 pm Farm To Fork (Rpt) CC PG

Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home.

03:30 pm Taste Of Australia With Hayden Quinn (Rpt) CC G

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

04:00 pm All 4 Adventure CC

Jase and Simon, head off the beaten track camping, fishing and bush-cooking their way through another epic season of adventures.

05:00 pm 10 News First CC

LIVE

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

06:30 pm The Sunday Project CC

ALL NEW EPISODES

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

07:30 pm I'm A Celebrity...Get Me Out Of Here! CC PG

ALL NEW EPISODES

The celebs learn some choreography and any time they hear the music, they must stop what they're doing and dance to score a sweet treat.

09:30 pm The Graham Norton Show (Rpt) CC M
Coarse Language

Join the hilarious and cheeky Graham Norton as he chats to Chris Hemsworth, Gloria Estefan, David Tennant, Michael Sheen and the Jonas Brothers.

10:30 pm The Sunday Project Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

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



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BRISBANE PROGRAM GUIDE

Sunday 17th January 2021

11:30 pm To Be Advised

12:30 am Home Shopping (Rpt)

01:00 am Home Shopping (Rpt)

01:30 am Home Shopping (Rpt)

02:00 am Home Shopping (Rpt)

02:30 am Home Shopping (Rpt)

03:00 am Home Shopping (Rpt)

03:30 am Home Shopping (Rpt)

04:00 am Home Shopping (Rpt)

04:30 am CBS This Morning

Home Shopping

Home Shopping

Home Shopping

Home Shopping

Home Shopping

Home Shopping

Home Shopping

Home Shopping

ALL NEW EPISODES

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.



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BRISBANE PROGRAM GUIDE

Monday 18th January 2021

06:00 am The Talk CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Eve and Carrie Ann Inaba on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 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.

07:30 am The Bold & The Beautiful Encore (Rpt) CC PG

SPECIAL ENCORE PRESENTATION

08:00 am Studio 10 CC PG

LIVE

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

12:00 pm Dr Phil (Rpt) CC PG
Sexual References,
Coarse Language,
Mature Themes

ALL NEW EPISODES

Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness.

01:00 pm To Be Advised

03:00 pm Judge Judy CC PG

ALL NEW EPISODES

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

03:30 pm Left Off The Map CC G

ALL NEW EPISODES

Discover the untold stories, the quirky characters and the spectacular food of the island of Tasmania.

04:00 pm Farm To Fork CC PG

ALL NEW EPISODES

Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home.



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BRISBANE PROGRAM GUIDE

Monday 18th January 2021

04:30 pm The Bold & The Beautiful CC PG

05:00 pm 10 News First CC

06:30 pm The Project CC

07:30 pm I'm A Celebrity...Get Me Out Of Here! CC PG

09:00 pm The Montreal Comedy Festival (Rpt) CC MA15+
Sexual References,
Coarse Language

10:00 pm Hughesy, We Have A Problem (Rpt) CC M
Sexual References,
Mature Themes

11:00 pm The Project Encore (Rpt) CC

ALL NEW EPISODES

LIVE

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

ALL NEW EPISODES

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

One celeb is chosen for an in-camp challenge to score for everyone a nice mug of hot chocolate, and things get a little gross when pastimes turn to licking a celebrity's foot.

Just For Laughs featuring stand-up comedy from the most famous comedians from Australia and beyond. Comedians include: Peter Helliar, Rhys Nicholson, Tiffany Haddish, Fortune Feimster & Nath Valvo.

Hughesy, Nazeem Hussain, Ross Noble, Cal Wilson and Sarah Harris tackle the first world problems we just can't seem to solve.

SPECIAL ENCORE PRESENTATION

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BRISBANE PROGRAM GUIDE

Monday 18th January 2021

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

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

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

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

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

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

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

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

04:30 am **CBS This Morning**

ALL NEW EPISODES

Home Shopping

Home Shopping

Home Shopping

Home Shopping

Home Shopping

Home Shopping

Home Shopping

ALL NEW EPISODES

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.



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BRISBANE PROGRAM GUIDE

Tuesday 19th January 2021

06:00 am The Talk CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Eve and Carrie Ann Inaba on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 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.

07:30 am The Bold & The Beautiful Encore (Rpt) CC PG

SPECIAL ENCORE PRESENTATION

08:00 am Studio 10 CC PG

LIVE

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

12:00 pm Dr Phil (Rpt) CC PG
Mature Themes

ALL NEW EPISODES

Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness.

01:00 pm To Be Advised

02:30 pm Entertainment Tonight CC

ALL NEW EPISODES

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

03:00 pm Judge Judy CC PG

ALL NEW EPISODES

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

03:30 pm Left Off The Map CC G

ALL NEW EPISODES

Discover the untold stories, the quirky characters and the spectacular food of the island of Tasmania.



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BRISBANE PROGRAM GUIDE

Tuesday 19th January 2021

04:00 pm Farm To Fork CC PG

ALL NEW EPISODES

Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home.

04:30 pm The Bold & The Beautiful CC PG

ALL NEW EPISODES

05:00 pm 10 News First CC

LIVE

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

06:30 pm The Project CC

ALL NEW EPISODES

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.

07:30 pm I'm A Celebrity...Get Me Out Of Here! CC PG

ALL NEW EPISODES

Two celebs attempt the Camp Calamity trial which sees all their camping nightmares come true.

09:00 pm NCIS (Rpt) CC M
Violence,
Mature Themes

Love They Neighbor

A Navy lieutenant is found murdered in his hot tub; the team interviews families in the victim's peculiar neighbourhood; Torres must face the consequences after a volatile night out with Palmer.

Starring: Mark Harmon, David McCallum, Sean Murray, Wilmer Valderrama, Emily Wickersham, Maria Bello, Brian Dietzen, Rocky Carroll

10:00 pm NCIS: Los Angeles CC

ALL NEW EPISODES

Overdue

The NCIS team's murder investigation of a man who sold military information leads to the abduction of a doctor whose cutting-edge neurotechnology could be developed into advanced weaponry.



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BRISBANE PROGRAM GUIDE

Tuesday 19th January 2021

11:00 pm The Project Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

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.

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

ALL NEW EPISODES

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS This Morning

ALL NEW EPISODES

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.



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BRISBANE PROGRAM GUIDE

Wednesday 20th January 2021

06:00 am The Talk CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Eve and Carrie Ann Inaba on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 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.

07:30 am The Bold & The Beautiful Encore (Rpt) CC PG

SPECIAL ENCORE PRESENTATION

08:00 am Studio 10 CC PG

LIVE

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

12:00 pm Dr Phil (Rpt) CC PG
Sexual References,
Coarse Language,
Mature Themes

ALL NEW EPISODES

Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness.

01:00 pm To Be Advised

02:30 pm Entertainment Tonight CC

ALL NEW EPISODES

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

03:00 pm Judge Judy CC PG

ALL NEW EPISODES

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

03:30 pm Left Off The Map CC G

ALL NEW EPISODES

Discover the untold stories, the quirky characters and the spectacular food of the island of Tasmania.



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BRISBANE PROGRAM GUIDE

Wednesday 20th January 2021

04:00 pm Farm To Fork CC PG

ALL NEW EPISODES

Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home.

04:30 pm The Bold & The Beautiful CC PG

ALL NEW EPISODES

05:00 pm 10 News First CC

LIVE

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

06:30 pm The Project CC

ALL NEW EPISODES

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.

07:30 pm I'm A Celebrity...Get Me Out Of Here! CC PG

ALL NEW EPISODES

To unlock a delicious roast chicken for dinner, the celebs must run around looking for keys before a timer runs out, otherwise the chicken will explode!

09:00 pm Bull CC

ALL NEW EPISODES

10:00 pm Bull (Rpt) CC PG
Mature Themes

Child Of Mine

Bull and Benny represent a couple being sued by their baby's biological father for custody after a fertility clinic mistakenly used the wrong man's sample.



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BRISBANE PROGRAM GUIDE

Wednesday 20th January 2021

11:00 pm **The Project Encore** (Rpt) CC

SPECIAL ENCORE PRESENTATION

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.

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

ALL NEW EPISODES

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

Home Shopping

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

Home Shopping

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

Home Shopping

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

Home Shopping

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

Home Shopping

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

Home Shopping

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

Home Shopping

04:30 am **CBS This Morning**

ALL NEW EPISODES

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.



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BRISBANE PROGRAM GUIDE

Thursday 21st January 2021

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Eve and Carrie Ann Inaba on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am 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.

07:30 am The Bold & The Beautiful Encore (Rpt) CC PG

SPECIAL ENCORE PRESENTATION

08:00 am Studio 10

CC PG

LIVE

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

12:00 pm Dr Phil (Rpt)

CC PG
Coarse Language,
Mature Themes

ALL NEW EPISODES

Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness.

01:00 pm To Be Advised

02:30 pm Entertainment Tonight

CC

ALL NEW EPISODES

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

03:00 pm Judge Judy

CC PG

ALL NEW EPISODES

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

03:30 pm Left Off The Map

CC G

ALL NEW EPISODES

Discover the untold stories, the quirky characters and the spectacular food of the island of Tasmania.



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BRISBANE PROGRAM GUIDE

Thursday 21st January 2021

04:00 pm Farm To Fork CC PG

ALL NEW EPISODES

Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home.

04:30 pm The Bold & The Beautiful CC PG

ALL NEW EPISODES

05:00 pm 10 News First CC

LIVE

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

06:30 pm The Project CC

ALL NEW EPISODES

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.

07:30 pm I'm A Celebrity...Get Me Out Of Here! CC PG

ALL NEW EPISODES

Tonight's trial sees two campmates head to the Land Down Under. Trial that is. Will they score enough stars to stem the rumbling tummies of a hungry camp?

09:00 pm Law & Order: S.V.U CC M
Sexual References,
Mature Themes

SEASON PREMIERE

Guardians And Gladiators

When the squad tries to solve an assault in Central Park, they are hampered by their own blind spots and a community that is losing trust in the police amid the Black Lives Matter protests.

Starring: Mariska Hargitay, Ice T , Kelli Giddish, Peter Scanavino, Jamie Gray Hyder, Demore Barnes

10:00 pm Blue Bloods CC

ALL NEW EPISODES

Starring: Tom Selleck, Donnie Wahlberg, Bridget Moynahan, Will Estes, Vanessa Ray, Len Cariou



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BRISBANE PROGRAM GUIDE

Thursday 21st January 2021

11:00 pm **This Is Us** CC

12:00 am **The Project Encore** (Rpt) CC

01:00 am **The Late Show With Stephen Colbert** CC PG

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

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

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

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

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

04:30 am **CBS This Morning**

ALL NEW EPISODES

SPECIAL ENCORE PRESENTATION

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

Home Shopping

Home Shopping

Home Shopping

Home Shopping

Home Shopping

ALL NEW EPISODES

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.



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BRISBANE PROGRAM GUIDE

Friday 22nd January 2021

06:00 am The Talk CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Eve and Carrie Ann Inaba on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am 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.

07:30 am The Bold & The Beautiful Encore (Rpt) CC PG

SPECIAL ENCORE PRESENTATION

08:00 am Studio 10 CC PG

LIVE

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

12:00 pm Dr Phil (Rpt) CC PG
Coarse Language,
Mature Themes

ALL NEW EPISODES

Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness.

01:00 pm To Be Advised

02:30 pm Entertainment Tonight CC

ALL NEW EPISODES

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

03:00 pm Judge Judy CC PG

ALL NEW EPISODES

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

03:30 pm Left Off The Map CC G

ALL NEW EPISODES

Discover the untold stories, the quirky characters and the spectacular food of the island of Tasmania.



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BRISBANE PROGRAM GUIDE

Friday 22nd January 2021

04:00 pm Farm To Fork CC PG

ALL NEW EPISODES

Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home.

04:30 pm The Bold & The Beautiful CC PG

ALL NEW EPISODES

05:00 pm 10 News First CC

LIVE

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

06:30 pm The Project CC

ALL NEW EPISODES

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.

07:30 pm The Living Room Encore (Rpt) CC PG

Barry turns a bathroom from a non-functional mess, into a little piece of luxury, Miguel whips up an oyster feast and Chris goes on a damp dark adventure exploring the wonderful world of glow worms.

08:30 pm The Graham Norton Show CC

ALL NEW EPISODES

Join the hilarious and cheeky Graham Norton as he chats with Rebel Wilson, Keeley Hawes, Noel Clarke, Ant Middleton & M. Night Shyamalan.

Guest Starring: Rebel Wilson, M.Night Shyamalan, Ant Middleton, Noel Clarke, Keeley Hawes

09:30 pm The Graham Norton Show (Rpt) CC M

Join the hilarious and cheeky Graham Norton as he chats to Tom Hanks, Gwyneth Paltrow, Tom Holland, Jake Gyllenhaal and Stormzy.

Guest Starring: Tom Hanks, Gwyneth Paltrow, Tom Holland, Jake Gyllenhaal, Stormzy



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BRISBANE PROGRAM GUIDE

Friday 22nd January 2021

10:30 pm The Project Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

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.

11:30 pm The Late Show With Stephen Colbert CC PG

ALL NEW EPISODES

12:30 am Home Shopping (Rpt)

Home Shopping

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

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)

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05:00 am Home Shopping (Rpt)

Home Shopping

05:30 am Home Shopping (Rpt)

Home Shopping

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BRISBANE PROGRAM GUIDE

Saturday 23rd January 2021

06:00 am Whichcar (Rpt) CC PG

Whether you're a car enthusiast, influencer or intender, you will find everything you need on Which Car TV.

ALL NEW EPISODES

06:30 am Leading The Way CC G

Dr. Michael Youssef preaches spiritual advice and provides biblical clarity to modern social and political issues.

07:00 am Escape Fishing With ET (Rpt) CC G

Escape with Andrew Ettingshausen as he travels Australia and the Pacific, hunting out the most exciting species, the most interesting spots and the most fun mates to go fishing with.

07:30 am All 4 Adventure (Rpt) CC

Jase and Simon, head off the beaten track camping, fishing and bush-cooking their way through another epic season of adventures.

08:30 am Pat Callinan's 4x4 Adventures (Rpt) CC G

Australia's foremost 4X4 expert "MR 4X4" Pat Callinan, takes you on some of his all-time favourite four-wheel drive adventures.

09:30 am Studio 10: Saturday CC PG

Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus.

ALL NEW EPISODES

12:00 pm Beyond The Fire CC

Beyond The Fire follows Australia's unsung heroes as they band together to create life from ashes following the Black Summer Bushfire Crisis.

12:30 pm Left Off The Map (Rpt) CC G

Discover the untold stories, the quirky characters and the spectacular food of the island of Tasmania.

SERIES PREMIERE

01:00 pm 10 Minute Kitchen CC

Discover delicious, low-fuss recipes that use minimum ingredients and preparation time, but take family meals to another level. Hosted by Scott Pickett, Diana Chan and Kelvin Cheung.



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BRISBANE PROGRAM GUIDE

Saturday 23rd January 2021

01:30 pm Healthy Homes Australia CC G

SEASON FINALE

Home, garden, lifestyle or build - Walt Collins and Dani Wales have got it covered. From a room make-over to the latest idea, innovation, power tool, pool, building or construction.

02:00 pm Jamie & The Nonnas (Rpt) CC G

Naples

Jamie heads to the pizza capital of Italy, to seek out the recipes the locals love to eat and is blown away by acquapazza - fish poached in 'crazy water'.

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

ALL NEW EPISODES

Travel and lifestyle programme celebrating the Australian pastime of Caravanning, Camping and Holiday Parks.

03:30 pm My Market Kitchen (Rpt) CC G

Celebrated Chef Ben O'Donoghue sets up in one of Australia's oldest and most iconic fresh food markets, cooking amazing dishes with all of the atmosphere and drama of a working market.

04:00 pm Everyday Gourmet With Justine Schofield (Rpt) CC G

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

04:30 pm Farm To Fork (Rpt) CC PG

Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home.

05:00 pm 10 News First CC

LIVE

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

06:00 pm 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.



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BRISBANE PROGRAM GUIDE

Saturday 23rd January 2021

06:30 pm Bondi Rescue (Rpt)

CC PG
Violence,
Coarse Language,
Mature Themes

The lifeguards take the beach buggy into the streets as they chase down an aggressive beachgoer wielding a knife.

SERIES PREMIERE

07:00 pm Toddlers Behaving (Very) Badly

CC

Childcare expert Laura Amies takes on the tears and the tantrums as she teaches toddlers how to listen, have self-control, obedience and good manners.

08:00 pm The Children Act (2017)

CC M
Sexual References,
Coarse Language

MOVIE PREMIERE

As her marriage crumbles, a judge must decide a case involving a teenage boy who is refusing a blood transfusion on religious principle.

Starring: Emma Thompson, Stanley Tucci, Jason Watkins

10:05 pm Motherhood (2009)

CC MA15+
Strong Coarse
Language

MOVIE

In Manhattan, a mother of two preparing for her daughter's sixth birthday party has no idea of the challenges she's about to face in order to pull off the event.

Starring: Uma Thurman, Anthony Edwards, Minnie Driver

11:55 pm To Be Advised

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



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BRISBANE PROGRAM GUIDE

Saturday 23rd January 2021

03:30 am Home Shopping (Rpt)

04:00 am Home Shopping (Rpt)

04:30 am Home Shopping (Rpt)

05:00 am Hour Of Power

G

Home Shopping

Home Shopping

Home Shopping

ALL NEW EPISODES

Religious.



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ADELAIDE PROGRAM GUIDE

Sunday 17th January 2021

06:00 am Mass For You At Home CC G

ALL NEW EPISODES

Weekly Catholic Mass for those unable to travel to a church.

06:30 am Hillsong CC G

ALL NEW EPISODES

Religious.

07:00 am Joseph Prince CC G

ALL NEW EPISODES

357 - The Key To Robust Faith

Religious program.

07:30 am Joel Osteen CC G

ALL NEW EPISODES

Jo865 - The Weight Of Glory

Religious.

08:00 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.

08:30 am My Market Kitchen (Rpt) CC G

Celebrated Chef Ben O'Donoghue sets up in one of Australia's oldest and most iconic fresh food markets, cooking amazing dishes with all of the atmosphere and drama of a working market.

09:00 am Everyday Gourmet With Justine Schofield (Rpt) CC G

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

09:30 am Studio 10: Sunday CC PG

Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus.

12:00 pm To Be Advised

01:30 pm Roads Less Travelled (Rpt) CC

An Australian Road Trip Series exploring those hidden gems that only the locals know about. Tour some of the lesser known roads exploring unique locations amidst Australia's natural beauty.



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ADELAIDE PROGRAM GUIDE

Sunday 17th January 2021

02:00 pm Pat Callinan's 4x4 Adventures CC G

ALL NEW EPISODES

Australia's foremost 4X4 expert "MR 4X4" Pat Callinan, takes you on some of his all-time favourite four-wheel drive adventures.

03:00 pm Farm To Fork (Rpt) CC PG

Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home.

03:30 pm Taste Of Australia With Hayden Quinn (Rpt) CC G

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

04:00 pm All 4 Adventure CC

Jase and Simon, head off the beaten track camping, fishing and bush-cooking their way through another epic season of adventures.

05:00 pm 10 News First CC

LIVE

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

06:30 pm The Sunday Project CC

ALL NEW EPISODES

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

07:30 pm I'm A Celebrity...Get Me Out Of Here! CC PG

ALL NEW EPISODES

The celebs learn some choreography and any time they hear the music, they must stop what they're doing and dance to score a sweet treat.

09:30 pm The Graham Norton Show (Rpt) CC M
Coarse Language

Join the hilarious and cheeky Graham Norton as he chats to Chris Hemsworth, Gloria Estefan, David Tennant, Michael Sheen and the Jonas Brothers.

10:30 pm The Sunday Project Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

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



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ADELAIDE PROGRAM GUIDE

Sunday 17th January 2021

11:30 pm To Be Advised

12:30 am Home Shopping (Rpt)

01:00 am Home Shopping (Rpt)

01:30 am Home Shopping (Rpt)

02:00 am Home Shopping (Rpt)

02:30 am Home Shopping (Rpt)

03:00 am Home Shopping (Rpt)

03:30 am Home Shopping (Rpt)

04:00 am Home Shopping (Rpt)

04:30 am CBS This Morning

Home Shopping

Home Shopping

Home Shopping

Home Shopping

Home Shopping

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Home Shopping

Home Shopping

ALL NEW EPISODES

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.



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ADELAIDE PROGRAM GUIDE

Monday 18th January 2021

06:00 am The Talk CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Eve and Carrie Ann Inaba on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 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.

07:30 am The Bold & The Beautiful Encore (Rpt) CC PG

SPECIAL ENCORE PRESENTATION

08:00 am Studio 10 CC PG

LIVE

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

12:00 pm Dr Phil (Rpt) CC PG
Sexual References,
Coarse Language,
Mature Themes

ALL NEW EPISODES

Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness.

01:00 pm To Be Advised

03:00 pm Judge Judy CC PG

ALL NEW EPISODES

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

03:30 pm Left Off The Map CC G

ALL NEW EPISODES

Discover the untold stories, the quirky characters and the spectacular food of the island of Tasmania.

04:00 pm Farm To Fork CC PG

ALL NEW EPISODES

Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home.



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ADELAIDE PROGRAM GUIDE

Monday 18th January 2021

04:30 pm The Bold & The Beautiful CC PG

05:00 pm 10 News First CC

06:30 pm The Project CC

07:30 pm I'm A Celebrity...Get Me Out Of Here! CC PG

09:00 pm The Montreal Comedy Festival (Rpt) CC MA15+
Sexual References,
Coarse Language

10:00 pm Hughesy, We Have A Problem (Rpt) CC M
Sexual References,
Mature Themes

11:00 pm The Project Encore (Rpt) CC

ALL NEW EPISODES

LIVE

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

ALL NEW EPISODES

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

One celeb is chosen for an in-camp challenge to score for everyone a nice mug of hot chocolate, and things get a little gross when pastimes turn to licking a celebrity's foot.

Just For Laughs featuring stand-up comedy from the most famous comedians from Australia and beyond. Comedians include: Peter Helliar, Rhys Nicholson, Tiffany Haddish, Fortune Feimster & Nath Valvo.

Hughesy, Nazeem Hussain, Ross Noble, Cal Wilson and Sarah Harris tackle the first world problems we just can't seem to solve.

SPECIAL ENCORE PRESENTATION

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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ADELAIDE PROGRAM GUIDE

Monday 18th January 2021

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

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

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

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

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

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

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

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

04:30 am **CBS This Morning**

ALL NEW EPISODES

Home Shopping

Home Shopping

Home Shopping

Home Shopping

Home Shopping

Home Shopping

Home Shopping

ALL NEW EPISODES

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.



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ADELAIDE PROGRAM GUIDE

Tuesday 19th January 2021

06:00 am The Talk CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Eve and Carrie Ann Inaba on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 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.

07:30 am The Bold & The Beautiful Encore (Rpt) CC PG

SPECIAL ENCORE PRESENTATION

08:00 am Studio 10 CC PG

LIVE

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

12:00 pm Dr Phil (Rpt) CC PG
Mature Themes

ALL NEW EPISODES

Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness.

01:00 pm To Be Advised

02:30 pm Entertainment Tonight CC

ALL NEW EPISODES

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

03:00 pm Judge Judy CC PG

ALL NEW EPISODES

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

03:30 pm Left Off The Map CC G

ALL NEW EPISODES

Discover the untold stories, the quirky characters and the spectacular food of the island of Tasmania.



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ADELAIDE PROGRAM GUIDE

Tuesday 19th January 2021

04:00 pm Farm To Fork CC PG

ALL NEW EPISODES

Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home.

04:30 pm The Bold & The Beautiful CC PG

ALL NEW EPISODES

05:00 pm 10 News First CC

LIVE

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

06:30 pm The Project CC

ALL NEW EPISODES

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.

07:30 pm I'm A Celebrity...Get Me Out Of Here! CC PG

ALL NEW EPISODES

Two celebs attempt the Camp Calamity trial which sees all their camping nightmares come true.

09:00 pm NCIS (Rpt) CC M
Violence,
Mature Themes

Love They Neighbor

A Navy lieutenant is found murdered in his hot tub; the team interviews families in the victim's peculiar neighbourhood; Torres must face the consequences after a volatile night out with Palmer.

Starring: Mark Harmon, David McCallum, Sean Murray, Wilmer Valderrama, Emily Wickersham, Maria Bello, Brian Dietzen, Rocky Carroll

10:00 pm NCIS: Los Angeles CC

ALL NEW EPISODES

Overdue

The NCIS team's murder investigation of a man who sold military information leads to the abduction of a doctor whose cutting-edge neurotechnology could be developed into advanced weaponry.



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ADELAIDE PROGRAM GUIDE

Tuesday 19th January 2021

11:00 pm The Project Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

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.

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

ALL NEW EPISODES

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS This Morning

ALL NEW EPISODES

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.



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ADELAIDE PROGRAM GUIDE

Wednesday 20th January 2021

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Eve and Carrie Ann Inaba on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 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.

07:30 am The Bold & The Beautiful Encore (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

08:00 am Studio 10

CC PG

LIVE

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

12:00 pm Dr Phil (Rpt)

CC PG
Sexual References,
Coarse Language,
Mature Themes

ALL NEW EPISODES

Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness.

01:00 pm To Be Advised

02:30 pm Entertainment Tonight

CC

ALL NEW EPISODES

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

03:00 pm Judge Judy

CC PG

ALL NEW EPISODES

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

03:30 pm Left Off The Map

CC G

ALL NEW EPISODES

Discover the untold stories, the quirky characters and the spectacular food of the island of Tasmania.



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ADELAIDE PROGRAM GUIDE

Wednesday 20th January 2021

04:00 pm Farm To Fork CC PG

ALL NEW EPISODES

Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home.

04:30 pm The Bold & The Beautiful CC PG

ALL NEW EPISODES

05:00 pm 10 News First CC

LIVE

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

06:30 pm The Project CC

ALL NEW EPISODES

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.

07:30 pm I'm A Celebrity...Get Me Out Of Here! CC PG

ALL NEW EPISODES

To unlock a delicious roast chicken for dinner, the celebs must run around looking for keys before a timer runs out, otherwise the chicken will explode!

09:00 pm Bull CC

ALL NEW EPISODES

10:00 pm Bull (Rpt) CC PG
Mature Themes

Child Of Mine

Bull and Benny represent a couple being sued by their baby's biological father for custody after a fertility clinic mistakenly used the wrong man's sample.



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ADELAIDE PROGRAM GUIDE

Wednesday 20th January 2021

11:00 pm **The Project Encore** (Rpt) CC

SPECIAL ENCORE PRESENTATION

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.

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

ALL NEW EPISODES

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

Home Shopping

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

Home Shopping

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

Home Shopping

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

Home Shopping

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

Home Shopping

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

Home Shopping

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

Home Shopping

04:30 am **CBS This Morning**

ALL NEW EPISODES

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.



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ADELAIDE PROGRAM GUIDE

Thursday 21st January 2021

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Eve and Carrie Ann Inaba on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am 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.

07:30 am The Bold & The Beautiful Encore (Rpt) CC PG

SPECIAL ENCORE PRESENTATION

08:00 am Studio 10

CC PG

LIVE

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

12:00 pm Dr Phil (Rpt)

CC PG
Coarse Language,
Mature Themes

ALL NEW EPISODES

Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness.

01:00 pm To Be Advised

02:30 pm Entertainment Tonight

CC

ALL NEW EPISODES

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

03:00 pm Judge Judy

CC PG

ALL NEW EPISODES

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

03:30 pm Left Off The Map

CC G

ALL NEW EPISODES

Discover the untold stories, the quirky characters and the spectacular food of the island of Tasmania.



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ADELAIDE PROGRAM GUIDE

Thursday 21st January 2021

04:00 pm Farm To Fork CC PG

ALL NEW EPISODES

Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home.

04:30 pm The Bold & The Beautiful CC PG

ALL NEW EPISODES

05:00 pm 10 News First CC

LIVE

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

06:30 pm The Project CC

ALL NEW EPISODES

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.

07:30 pm I'm A Celebrity...Get Me Out Of Here! CC PG

ALL NEW EPISODES

Tonight's trial sees two campmates head to the Land Down Under. Trial that is. Will they score enough stars to stem the rumbling tummies of a hungry camp?

09:00 pm Law & Order: S.V.U CC M
Sexual References,
Mature Themes

SEASON PREMIERE

Guardians And Gladiators

When the squad tries to solve an assault in Central Park, they are hampered by their own blind spots and a community that is losing trust in the police amid the Black Lives Matter protests.

Starring: Mariska Hargitay, Ice T , Kelli Giddish, Peter Scanavino, Jamie Gray Hyder, Demore Barnes

10:00 pm Blue Bloods CC

ALL NEW EPISODES

Starring: Tom Selleck, Donnie Wahlberg, Bridget Moynahan, Will Estes, Vanessa Ray, Len Cariou



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ADELAIDE PROGRAM GUIDE

Thursday 21st January 2021

11:00 pm **This Is Us** CC

12:00 am **The Project Encore** (Rpt) CC

01:00 am **The Late Show With Stephen Colbert** CC PG

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

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

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

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

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

04:30 am **CBS This Morning**

ALL NEW EPISODES

SPECIAL ENCORE PRESENTATION

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

Home Shopping

Home Shopping

Home Shopping

Home Shopping

Home Shopping

ALL NEW EPISODES

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.



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ADELAIDE PROGRAM GUIDE

Friday 22nd January 2021

06:00 am The Talk CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Eve and Carrie Ann Inaba on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am 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.

07:30 am The Bold & The Beautiful Encore (Rpt) CC PG

SPECIAL ENCORE PRESENTATION

08:00 am Studio 10 CC PG

LIVE

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

12:00 pm Dr Phil (Rpt) CC PG
Coarse Language,
Mature Themes

ALL NEW EPISODES

Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness.

01:00 pm To Be Advised

02:30 pm Entertainment Tonight CC

ALL NEW EPISODES

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

03:00 pm Judge Judy CC PG

ALL NEW EPISODES

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

03:30 pm Left Off The Map CC G

ALL NEW EPISODES

Discover the untold stories, the quirky characters and the spectacular food of the island of Tasmania.



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ADELAIDE PROGRAM GUIDE

Friday 22nd January 2021

04:00 pm Farm To Fork CC PG

ALL NEW EPISODES

Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home.

04:30 pm The Bold & The Beautiful CC PG

ALL NEW EPISODES

05:00 pm 10 News First CC

LIVE

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

06:30 pm The Project CC

ALL NEW EPISODES

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.

07:30 pm The Living Room Encore (Rpt) CC PG

Barry turns a bathroom from a non-functional mess, into a little piece of luxury, Miguel whips up an oyster feast and Chris goes on a damp dark adventure exploring the wonderful world of glow worms.

08:30 pm The Graham Norton Show CC

ALL NEW EPISODES

Join the hilarious and cheeky Graham Norton as he chats with Rebel Wilson, Keeley Hawes, Noel Clarke, Ant Middleton & M. Night Shyamalan.

Guest Starring: Rebel Wilson, M.Night Shyamalan, Ant Middleton, Noel Clarke, Keeley Hawes

09:30 pm The Graham Norton Show (Rpt) CC M

Join the hilarious and cheeky Graham Norton as he chats to Tom Hanks, Gwyneth Paltrow, Tom Holland, Jake Gyllenhaal and Stormzy.

Guest Starring: Tom Hanks, Gwyneth Paltrow, Tom Holland, Jake Gyllenhaal, Stormzy



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ADELAIDE PROGRAM GUIDE

Friday 22nd January 2021

10:30 pm The Project Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

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.

11:30 pm The Late Show With Stephen Colbert CC PG

ALL NEW EPISODES

12:30 am Home Shopping (Rpt)

Home Shopping

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

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04:30 am Home Shopping (Rpt)

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05:00 am Home Shopping (Rpt)

Home Shopping

05:30 am Home Shopping (Rpt)

Home Shopping



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ADELAIDE PROGRAM GUIDE

Saturday 23rd January 2021

06:00 am Whichcar (Rpt) CC PG

Whether you're a car enthusiast, influencer or intender, you will find everything you need on Which Car TV.

ALL NEW EPISODES

06:30 am Leading The Way CC G

Dr. Michael Youssef preaches spiritual advice and provides biblical clarity to modern social and political issues.

07:00 am Escape Fishing With ET (Rpt) CC G

Escape with Andrew Ettingshausen as he travels Australia and the Pacific, hunting out the most exciting species, the most interesting spots and the most fun mates to go fishing with.

07:30 am All 4 Adventure (Rpt) CC

Jase and Simon, head off the beaten track camping, fishing and bush-cooking their way through another epic season of adventures.

08:30 am Pat Callinan's 4x4 Adventures (Rpt) CC G

Australia's foremost 4X4 expert "MR 4X4" Pat Callinan, takes you on some of his all-time favourite four-wheel drive adventures.

09:30 am Studio 10: Saturday CC PG

Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus.

ALL NEW EPISODES

12:00 pm Beyond The Fire CC

Beyond The Fire follows Australia's unsung heroes as they band together to create life from ashes following the Black Summer Bushfire Crisis.

12:30 pm Left Off The Map (Rpt) CC G

Discover the untold stories, the quirky characters and the spectacular food of the island of Tasmania.

SERIES PREMIERE

01:00 pm 10 Minute Kitchen CC

Discover delicious, low-fuss recipes that use minimum ingredients and preparation time, but take family meals to another level. Hosted by Scott Pickett, Diana Chan and Kelvin Cheung.



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ADELAIDE PROGRAM GUIDE

Saturday 23rd January 2021

01:30 pm Healthy Homes Australia CC G

SEASON FINALE

Home, garden, lifestyle or build - Walt Collins and Dani Wales have got it covered. From a room make-over to the latest idea, innovation, power tool, pool, building or construction.

02:00 pm Jamie & The Nonnas (Rpt) CC G

Naples

Jamie heads to the pizza capital of Italy, to seek out the recipes the locals love to eat and is blown away by acquapazza - fish poached in 'crazy water'.

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

ALL NEW EPISODES

Travel and lifestyle programme celebrating the Australian pastime of Caravanning, Camping and Holiday Parks.

03:30 pm My Market Kitchen (Rpt) CC G

Celebrated Chef Ben O'Donoghue sets up in one of Australia's oldest and most iconic fresh food markets, cooking amazing dishes with all of the atmosphere and drama of a working market.

04:00 pm Everyday Gourmet With Justine Schofield (Rpt) CC G

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

04:30 pm Farm To Fork (Rpt) CC PG

Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home.

05:00 pm 10 News First CC

LIVE

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

06:00 pm 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.



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ADELAIDE PROGRAM GUIDE

Saturday 23rd January 2021

06:30 pm Bondi Rescue (Rpt)

CC PG
Violence,
Coarse Language,
Mature Themes

The lifeguards take the beach buggy into the streets as they chase down an aggressive beachgoer wielding a knife.

07:00 pm Toddlers Behaving (Very) Badly

CC

SERIES PREMIERE

Childcare expert Laura Amies takes on the tears and the tantrums as she teaches toddlers how to listen, have self-control, obedience and good manners.

08:00 pm The Children Act (2017)

CC M
Sexual References,
Coarse Language

MOVIE PREMIERE

As her marriage crumbles, a judge must decide a case involving a teenage boy who is refusing a blood transfusion on religious principle.

Starring: Emma Thompson, Stanley Tucci, Jason Watkins

10:05 pm Motherhood (2009)

CC MA15+
Strong Coarse
Language

MOVIE

In Manhattan, a mother of two preparing for her daughter's sixth birthday party has no idea of the challenges she's about to face in order to pull off the event.

Starring: Uma Thurman, Anthony Edwards, Minnie Driver

11:55 pm To Be Advised

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



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ADELAIDE PROGRAM GUIDE

Saturday 23rd January 2021

03:30 am Home Shopping (Rpt)

04:00 am Home Shopping (Rpt)

04:30 am Home Shopping (Rpt)

05:00 am Hour Of Power

G

Home Shopping

Home Shopping

Home Shopping

ALL NEW EPISODES

Religious.



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PERTH PROGRAM GUIDE

Sunday 17th January 2021

06:00 am Mass For You At Home CC G

ALL NEW EPISODES

Weekly Catholic Mass for those unable to travel to a church.

06:30 am Hillsong CC G

ALL NEW EPISODES

Religious.

07:00 am Joseph Prince CC G

ALL NEW EPISODES

357 - The Key To Robust Faith

Religious program.

07:30 am Joel Osteen CC G

ALL NEW EPISODES

Jo865 - The Weight Of Glory

Religious.

08:00 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.

08:30 am My Market Kitchen (Rpt) CC G

Celebrated Chef Ben O'Donoghue sets up in one of Australia's oldest and most iconic fresh food markets, cooking amazing dishes with all of the atmosphere and drama of a working market.

09:00 am Everyday Gourmet With Justine Schofield (Rpt) CC G

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

09:30 am Studio 10: Sunday CC PG

Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus.

12:00 pm To Be Advised

01:30 pm Roads Less Travelled (Rpt) CC

An Australian Road Trip Series exploring those hidden gems that only the locals know about. Tour some of the lesser known roads exploring unique locations amidst Australia's natural beauty.



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PERTH PROGRAM GUIDE

Sunday 17th January 2021

02:00 pm Pat Callinan's 4x4 Adventures CC G

ALL NEW EPISODES

Australia's foremost 4X4 expert "MR 4X4" Pat Callinan, takes you on some of his all-time favourite four-wheel drive adventures.

03:00 pm Farm To Fork (Rpt) CC PG

Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home.

03:30 pm Taste Of Australia With Hayden Quinn (Rpt) CC G

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

04:00 pm All 4 Adventure CC

Jase and Simon, head off the beaten track camping, fishing and bush-cooking their way through another epic season of adventures.

05:00 pm 10 News First CC

LIVE

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

06:30 pm The Sunday Project CC

ALL NEW EPISODES

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

07:30 pm I'm A Celebrity...Get Me Out Of Here! CC PG

ALL NEW EPISODES

The celebs learn some choreography and any time they hear the music, they must stop what they're doing and dance to score a sweet treat.

09:30 pm The Graham Norton Show (Rpt) CC M
Coarse Language

Join the hilarious and cheeky Graham Norton as he chats to Chris Hemsworth, Gloria Estefan, David Tennant, Michael Sheen and the Jonas Brothers.

10:30 pm The Sunday Project Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

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



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PERTH PROGRAM GUIDE

Sunday 17th January 2021

11:30 pm To Be Advised

12:30 am Home Shopping (Rpt)

01:00 am Home Shopping (Rpt)

01:30 am Home Shopping (Rpt)

02:00 am Home Shopping (Rpt)

02:30 am Home Shopping (Rpt)

03:00 am Home Shopping (Rpt)

03:30 am Home Shopping (Rpt)

04:00 am Home Shopping (Rpt)

04:30 am CBS This Morning

Home Shopping

Home Shopping

Home Shopping

Home Shopping

Home Shopping

Home Shopping

Home Shopping

Home Shopping

ALL NEW EPISODES

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.



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PERTH PROGRAM GUIDE

Monday 18th January 2021

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Eve and Carrie Ann Inaba on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 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.

07:30 am The Bold & The Beautiful Encore (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

08:00 am Studio 10

CC PG

LIVE

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

12:00 pm Dr Phil (Rpt)

CC PG
Sexual References,
Coarse Language,
Mature Themes

ALL NEW EPISODES

Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness.

01:00 pm To Be Advised

03:00 pm Judge Judy

CC PG

ALL NEW EPISODES

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

03:30 pm Left Off The Map

CC G

ALL NEW EPISODES

Discover the untold stories, the quirky characters and the spectacular food of the island of Tasmania.

04:00 pm Farm To Fork

CC PG

ALL NEW EPISODES

Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home.



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PERTH PROGRAM GUIDE

Monday 18th January 2021

04:30 pm The Bold & The Beautiful CC PG

05:00 pm 10 News First CC

06:30 pm The Project CC

07:30 pm I'm A Celebrity...Get Me Out Of Here! CC PG

09:00 pm The Montreal Comedy Festival (Rpt) CC MA15+
Sexual References,
Coarse Language

10:00 pm Hughesy, We Have A Problem (Rpt) CC M
Sexual References,
Mature Themes

11:00 pm The Project Encore (Rpt) CC

ALL NEW EPISODES

LIVE

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

ALL NEW EPISODES

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

One celeb is chosen for an in-camp challenge to score for everyone a nice mug of hot chocolate, and things get a little gross when pastimes turn to licking a celebrity's foot.

Just For Laughs featuring stand-up comedy from the most famous comedians from Australia and beyond. Comedians include: Peter Helliar, Rhys Nicholson, Tiffany Haddish, Fortune Feimster & Nath Valvo.

Hughesy, Nazeem Hussain, Ross Noble, Cal Wilson and Sarah Harris tackle the first world problems we just can't seem to solve.

SPECIAL ENCORE PRESENTATION

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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PERTH PROGRAM GUIDE

Monday 18th January 2021

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

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

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

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

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

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

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

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

04:30 am **CBS This Morning**

ALL NEW EPISODES

Home Shopping

Home Shopping

Home Shopping

Home Shopping

Home Shopping

Home Shopping

Home Shopping

ALL NEW EPISODES

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.



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PERTH PROGRAM GUIDE

Tuesday 19th January 2021

06:00 am The Talk CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Eve and Carrie Ann Inaba on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 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.

07:30 am The Bold & The Beautiful Encore (Rpt) CC PG

SPECIAL ENCORE PRESENTATION

08:00 am Studio 10 CC PG

LIVE

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

12:00 pm Dr Phil (Rpt) CC PG
Mature Themes

ALL NEW EPISODES

Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness.

01:00 pm To Be Advised

02:30 pm Entertainment Tonight CC

ALL NEW EPISODES

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

03:00 pm Judge Judy CC PG

ALL NEW EPISODES

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

03:30 pm Left Off The Map CC G

ALL NEW EPISODES

Discover the untold stories, the quirky characters and the spectacular food of the island of Tasmania.



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PERTH PROGRAM GUIDE

Tuesday 19th January 2021

04:00 pm **Farm To Fork** CC PG

ALL NEW EPISODES

Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home.

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

ALL NEW EPISODES

05:00 pm **10 News First** CC

LIVE

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

06:30 pm **The Project** CC

ALL NEW EPISODES

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.

07:30 pm **I'm A Celebrity...Get Me Out Of Here!** CC PG

ALL NEW EPISODES

Two celebs attempt the Camp Calamity trial which sees all their camping nightmares come true.

09:00 pm **NCIS (Rpt)** CC M
Violence,
Mature Themes

Love They Neighbor

A Navy lieutenant is found murdered in his hot tub; the team interviews families in the victim's peculiar neighbourhood; Torres must face the consequences after a volatile night out with Palmer.

Starring: Mark Harmon, David McCallum, Sean Murray, Wilmer Valderrama, Emily Wickersham, Maria Bello, Brian Dietzen, Rocky Carroll

10:00 pm **NCIS: Los Angeles** CC

ALL NEW EPISODES

Overdue

The NCIS team's murder investigation of a man who sold military information leads to the abduction of a doctor whose cutting-edge neurotechnology could be developed into advanced weaponry.



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PERTH PROGRAM GUIDE

Tuesday 19th January 2021

11:00 pm The Project Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

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.

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

ALL NEW EPISODES

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS This Morning

ALL NEW EPISODES

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.



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PERTH PROGRAM GUIDE

Wednesday 20th January 2021

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Eve and Carrie Ann Inaba on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 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.

07:30 am The Bold & The Beautiful Encore (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

08:00 am Studio 10

CC PG

LIVE

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

12:00 pm Dr Phil (Rpt)

CC PG
Sexual References,
Coarse Language,
Mature Themes

ALL NEW EPISODES

Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness.

01:00 pm To Be Advised

02:30 pm Entertainment Tonight

CC

ALL NEW EPISODES

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

03:00 pm Judge Judy

CC PG

ALL NEW EPISODES

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

03:30 pm Left Off The Map

CC G

ALL NEW EPISODES

Discover the untold stories, the quirky characters and the spectacular food of the island of Tasmania.



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PERTH PROGRAM GUIDE

Wednesday 20th January 2021

04:00 pm **Farm To Fork** CC PG

ALL NEW EPISODES

Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home.

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

ALL NEW EPISODES

05:00 pm **10 News First** CC

LIVE

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

06:30 pm **The Project** CC

ALL NEW EPISODES

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.

07:30 pm **I'm A Celebrity...Get Me Out Of Here!** CC PG

ALL NEW EPISODES

To unlock a delicious roast chicken for dinner, the celebs must run around looking for keys before a timer runs out, otherwise the chicken will explode!

09:00 pm **Bull** CC

ALL NEW EPISODES

10:00 pm **Bull (Rpt)** CC PG
Mature Themes

Child Of Mine

Bull and Benny represent a couple being sued by their baby's biological father for custody after a fertility clinic mistakenly used the wrong man's sample.



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PERTH PROGRAM GUIDE

Wednesday 20th January 2021

11:00 pm **The Project Encore** (Rpt) CC

SPECIAL ENCORE PRESENTATION

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.

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

ALL NEW EPISODES

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

Home Shopping

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

Home Shopping

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

Home Shopping

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

Home Shopping

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

Home Shopping

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

Home Shopping

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

Home Shopping

04:30 am **CBS This Morning**

ALL NEW EPISODES

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.



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PERTH PROGRAM GUIDE

Thursday 21st January 2021

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Eve and Carrie Ann Inaba on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 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.

07:30 am The Bold & The Beautiful Encore (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

08:00 am Studio 10

CC PG

LIVE

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

12:00 pm Dr Phil (Rpt)

CC PG
Coarse Language,
Mature Themes

ALL NEW EPISODES

Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness.

01:00 pm To Be Advised

02:30 pm Entertainment Tonight

CC

ALL NEW EPISODES

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

03:00 pm Judge Judy

CC PG

ALL NEW EPISODES

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

03:30 pm Left Off The Map

CC G

ALL NEW EPISODES

Discover the untold stories, the quirky characters and the spectacular food of the island of Tasmania.



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PERTH PROGRAM GUIDE

Thursday 21st January 2021

04:00 pm Farm To Fork CC PG

ALL NEW EPISODES

Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home.

04:30 pm The Bold & The Beautiful CC PG

ALL NEW EPISODES

05:00 pm 10 News First CC

LIVE

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

06:30 pm The Project CC

ALL NEW EPISODES

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.

07:30 pm I'm A Celebrity...Get Me Out Of Here! CC PG

ALL NEW EPISODES

Tonight's trial sees two campmates head to the Land Down Under. Trial that is. Will they score enough stars to stem the rumbling tummies of a hungry camp?

09:00 pm Law & Order: S.V.U CC M
Sexual References,
Mature Themes

SEASON PREMIERE

Guardians And Gladiators

When the squad tries to solve an assault in Central Park, they are hampered by their own blind spots and a community that is losing trust in the police amid the Black Lives Matter protests.

Starring: Mariska Hargitay, Ice T , Kelli Giddish, Peter Scanavino, Jamie Gray Hyder, Demore Barnes

10:00 pm Blue Bloods CC

ALL NEW EPISODES

Starring: Tom Selleck, Donnie Wahlberg, Bridget Moynahan, Will Estes, Vanessa Ray, Len Cariou



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PERTH PROGRAM GUIDE

Thursday 21st January 2021

11:00 pm **This Is Us** CC

12:00 am **The Project Encore** (Rpt) CC

01:00 am **The Late Show With Stephen Colbert** CC PG

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

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

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

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

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

04:30 am **CBS This Morning**

ALL NEW EPISODES

SPECIAL ENCORE PRESENTATION

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

Home Shopping

Home Shopping

Home Shopping

Home Shopping

Home Shopping

ALL NEW EPISODES

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.



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PERTH PROGRAM GUIDE

Friday 22nd January 2021

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Eve and Carrie Ann Inaba on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 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.

07:30 am The Bold & The Beautiful Encore (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

08:00 am Studio 10

CC PG

LIVE

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

12:00 pm Dr Phil (Rpt)

CC PG
Coarse Language,
Mature Themes

ALL NEW EPISODES

Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness.

01:00 pm To Be Advised

02:30 pm Entertainment Tonight

CC

ALL NEW EPISODES

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

03:00 pm Judge Judy

CC PG

ALL NEW EPISODES

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

03:30 pm Left Off The Map

CC G

ALL NEW EPISODES

Discover the untold stories, the quirky characters and the spectacular food of the island of Tasmania.



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PERTH PROGRAM GUIDE

Friday 22nd January 2021

04:00 pm Farm To Fork CC PG

ALL NEW EPISODES

Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home.

04:30 pm The Bold & The Beautiful CC PG

ALL NEW EPISODES

05:00 pm 10 News First CC

LIVE

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

06:30 pm The Project CC

ALL NEW EPISODES

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.

07:30 pm The Living Room Encore (Rpt) CC PG

Barry turns a bathroom from a non-functional mess, into a little piece of luxury, Miguel whips up an oyster feast and Chris goes on a damp dark adventure exploring the wonderful world of glow worms.

08:30 pm The Graham Norton Show CC

ALL NEW EPISODES

Join the hilarious and cheeky Graham Norton as he chats with Rebel Wilson, Keeley Hawes, Noel Clarke, Ant Middleton & M. Night Shyamalan.

Guest Starring: Rebel Wilson, M.Night Shyamalan, Ant Middleton, Noel Clarke, Keeley Hawes

09:30 pm The Graham Norton Show (Rpt) CC M

Join the hilarious and cheeky Graham Norton as he chats to Tom Hanks, Gwyneth Paltrow, Tom Holland, Jake Gyllenhaal and Stormzy.

Guest Starring: Tom Hanks, Gwyneth Paltrow, Tom Holland, Jake Gyllenhaal, Stormzy



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PERTH PROGRAM GUIDE

Friday 22nd January 2021

10:30 pm **The Project Encore** (Rpt) CC

SPECIAL ENCORE PRESENTATION

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.

11:30 pm **The Late Show With Stephen Colbert** CC PG

ALL NEW EPISODES

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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PERTH PROGRAM GUIDE

Saturday 23rd January 2021

06:00 am Whichcar (Rpt) CC PG

Whether you're a car enthusiast, influencer or intender, you will find everything you need on Which Car TV.

ALL NEW EPISODES

06:30 am Leading The Way CC G

Dr. Michael Youssef preaches spiritual advice and provides biblical clarity to modern social and political issues.

07:00 am Escape Fishing With ET (Rpt) CC G

Escape with Andrew Ettingshausen as he travels Australia and the Pacific, hunting out the most exciting species, the most interesting spots and the most fun mates to go fishing with.

07:30 am All 4 Adventure (Rpt) CC

Jase and Simon, head off the beaten track camping, fishing and bush-cooking their way through another epic season of adventures.

08:30 am Pat Callinan's 4x4 Adventures (Rpt) CC G

Australia's foremost 4X4 expert "MR 4X4" Pat Callinan, takes you on some of his all-time favourite four-wheel drive adventures.

09:30 am Studio 10: Saturday CC PG

Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus.

ALL NEW EPISODES

12:00 pm Beyond The Fire CC

Beyond The Fire follows Australia's unsung heroes as they band together to create life from ashes following the Black Summer Bushfire Crisis.

12:30 pm Left Off The Map (Rpt) CC G

Discover the untold stories, the quirky characters and the spectacular food of the island of Tasmania.

SERIES PREMIERE

01:00 pm 10 Minute Kitchen CC

Discover delicious, low-fuss recipes that use minimum ingredients and preparation time, but take family meals to another level. Hosted by Scott Pickett, Diana Chan and Kelvin Cheung.



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PERTH PROGRAM GUIDE

Saturday 23rd January 2021

01:30 pm Healthy Homes Australia CC G

SEASON FINALE

Home, garden, lifestyle or build - Walt Collins and Dani Wales have got it covered. From a room make-over to the latest idea, innovation, power tool, pool, building or construction.

02:00 pm Jamie & The Nonnas (Rpt) CC G

Naples

Jamie heads to the pizza capital of Italy, to seek out the recipes the locals love to eat and is blown away by acquapazza - fish poached in 'crazy water'.

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

ALL NEW EPISODES

Travel and lifestyle programme celebrating the Australian pastime of Caravanning, Camping and Holiday Parks.

03:30 pm My Market Kitchen (Rpt) CC G

Celebrated Chef Ben O'Donoghue sets up in one of Australia's oldest and most iconic fresh food markets, cooking amazing dishes with all of the atmosphere and drama of a working market.

04:00 pm Everyday Gourmet With Justine Schofield (Rpt) CC G

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

04:30 pm Farm To Fork (Rpt) CC PG

Courtney Roulston, Michael Weldon and Sarah Todd highlight some of Australia's freshest and best produce to create recipes that will inspire you to recreate at home.

05:00 pm 10 News First CC

LIVE

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

06:00 pm 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.



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PERTH PROGRAM GUIDE

Saturday 23rd January 2021

06:30 pm Bondi Rescue (Rpt)	CC PG Violence, Coarse Language, Mature Themes	The lifeguards take the beach buggy into the streets as they chase down an aggressive beachgoer wielding a knife.
		SERIES PREMIERE
07:00 pm Toddlers Behaving (Very) Badly	CC	Childcare expert Laura Amies takes on the tears and the tantrums as she teaches toddlers how to listen, have self-control, obedience and good manners.
		MOVIE PREMIERE
08:00 pm The Children Act (2017)	CC M Sexual References, Coarse Language	As her marriage crumbles, a judge must decide a case involving a teenage boy who is refusing a blood transfusion on religious principle. Starring: Emma Thompson, Stanley Tucci, Jason Watkins
		MOVIE
10:05 pm Motherhood (2009)	CC MA15+ Strong Coarse Language	In Manhattan, a mother of two preparing for her daughter's sixth birthday party has no idea of the challenges she's about to face in order to pull off the event. Starring: Uma Thurman, Anthony Edwards, Minnie Driver
11:55 pm To Be Advised		
01:00 am Home Shopping (Rpt)		<u>Home Shopping</u>
01:30 am Home Shopping (Rpt)		<u>Home Shopping</u>
02:00 am Home Shopping (Rpt)		<u>Home Shopping</u>
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03:00 am Home Shopping (Rpt)		<u>Home Shopping</u>



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PERTH PROGRAM GUIDE

Saturday 23rd January 2021

03:30 am Home Shopping (Rpt)

04:00 am Home Shopping (Rpt)

04:30 am Home Shopping (Rpt)

05:00 am Hour Of Power

G

Home Shopping

Home Shopping

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ALL NEW EPISODES

Religious.



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