



SYDNEY PROGRAM GUIDE

Sunday 16th February 2020

06:00 am **Mass For You At Home** CC G

ALL NEW EPISODES

Religious.

06:30 am **Hillsong** CC G

ALL NEW EPISODES

Discover your God-given potential with Pastor Brian Houston as he shares empowering and inspiring messages from the Word of God.

07:00 am **Joseph Prince** CC G

ALL NEW EPISODES

The Truth About Tithing Under Grace

Religious

07:30 am **Joel Osteen** CC G

ALL NEW EPISODES

It's Just A Matter Of Time

Religious.

08:00 am **Snap Happy (Rpt)** CC G

If you like photography then you'll love Snap Happy. This show will inspire and equip you to become a better photographer.

08:30 am **This Is Mexico (Rpt)** CC PG

Take a journey into the heart of the real Mexico. Discover the food, architecture, culture, and of course the people of this amazing land.

09:00 am **Tasting Australia With Hayden Quinn (Rpt)** CC G

Hayden explores hidden gems of Australia through the stories of those that inspire him. He visits stunning locations, interesting people and makes the food we all love to enjoy.

09:30 am **Studio 10 Sunday** CC PG

See what all the fuss is about with Sarah, Joe, Angela, Kerri-Anne, Ding Dong and Narelda. Fiery debates, big exclusives and a whole lot of fun - with this gang you never know what will happen next!

12:00 pm **The Offroad Adventure Show** CC G

ALL NEW EPISODES

Four ultimate touring 4WDs, two all-new thrillseeking hosts, tackling our toughest adventures yet, discovering spectacular campsites and bucket list adventures along the way.



SYDNEY PROGRAM GUIDE

Sunday 16th February 2020

01:00 pm The Living Room (Rpt) CC PG

Barry helps finish a laundry renovation in 6 days, Miguel serves up a kangaroo fillet, Matt shares secrets to a well-manicured hedge and the team checks in with Chris from his trek to Antarctica.

02:00 pm To Be Advised

04:00 pm Whichcar CC PG

ALL NEW EPISODES

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

04:30 pm RPM Summer Series CC

Summer Series

Hosted by 10 Sport's Kate Peck, RPM Summer Series delivers all the latest in race previews and reviews, as well as feature stories covering Formula One, MotoGP, Supercars and all things motorsport.

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
Mature Themes

It's been a long hot summer and as Bondi swells with beach lovers, the lifeguards feel the pressure. This year's unpredictable events are really going to test the boys and girls in blue.

06:30 pm The Sunday Project CC

ALL NEW EPISODES

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

07:30 pm Dancing With The Stars CC

ALL NEW EPISODES

Strap on your dancing shoes and shine your sequins because Dancing With The Stars is back and ready to jump and jive its way onto screens in a sparkly new season.



SYDNEY PROGRAM GUIDE

Sunday 16th February 2020

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

SPECIAL ENCORE PRESENTATION

Join the hilarious Graham Norton as interviews some of the most well-known faces in the world. Tonight's guests: Margot Robbie, Daniel Kaluuya, Jodie Turner-Smith, Jim Carrey & Lewis Capaldi.

10:30 pm **To Be Advised**

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

SPECIAL ENCORE PRESENTATION

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

12:30 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 **CBS This Morning** CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Monday 17th February 2020

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

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

07:00 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

07:30 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.

08:00 am The Bold & The Beautiful (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Carter tells Zoe she is beautiful before questioning the validity of her relationship with Thomas. Meanwhile, sparks reignite between Steffy and Liam as they spend family time together with Kelly.

08:30 am Studio 10

CC PG

ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 8.30am weekdays on 10.

12:00 pm Dr Phil

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



SYDNEY PROGRAM GUIDE

Monday 17th February 2020

02:30 pm Entertainment Tonight	CC
03:00 pm Judge Judy	CC PG
03:30 pm Three Veg And Meat	CC
04:00 pm Farm To Fork	CC G
04:30 pm The Bold & The Beautiful	CC
05:00 pm 10 News First	CC
06:00 pm 10 News First (Rpt)	CC

ALL NEW EPISODES

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

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.

SEASON PREMIERE

ALL NEW EPISODES

Andy Allen, Michael Weldon and Courtney Roulston take you on a food journey to find the freshest produce and create inspiring recipes in the kitchen.

ALL NEW EPISODES

Katie is taken in by Bill's overt attentiveness and demonstrative behaviour. Meanwhile, Sally shuts Wyatt down when he arrives at Forrester concerned about her well-being.

LIVE

Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey.

LIVE

Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey.



SYDNEY PROGRAM GUIDE

Monday 17th February 2020

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 **Australian Survivor: All Stars**

CC PG
Coarse Language

ALL NEW EPISODES

09:00 pm **Hughesy, We Have A Problem**

CC

ALL NEW EPISODES

Hughesy, Tom Gleeson, Akmal Saleh, Steph Tisdell & Mel Buttle tackle the first world problems we just can't seem to solve.

10:00 pm **Akmal - Transparent (Rpt)**

CC MA15+
Strong Coarse
Language

Akmal - Transparent

See Akmal at his best as he tackles every subject from reality TV, through to politics. Make sure you have Paramedics on call to transport you to hospital as your sides split from laughter!

11:30 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.

12:30 am **The Late Show With Stephen Colbert**

CC PG

ALL NEW EPISODES

Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews the hottest stars, brilliant minds & talented artists.

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

Home Shopping

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

Home Shopping



SYDNEY PROGRAM GUIDE

Monday 17th February 2020

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

CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Tuesday 18th February 2020

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

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

07:00 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

07:30 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.

08:00 am The Bold & The Beautiful (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Katie is taken in by Bill's overt attentiveness and demonstrative behaviour. Meanwhile, Sally shuts Wyatt down when he arrives at Forrester concerned about her well-being.

08:30 am Studio 10

CC PG

ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 8.30am weekdays on 10.

12:00 pm Dr Phil

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



SYDNEY PROGRAM GUIDE

Tuesday 18th February 2020

02:40 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 Three Veg And Meat CC

ALL NEW EPISODES

04:00 pm Farm To Fork CC G

ALL NEW EPISODES

Andy Allen, Michael Weldon and Courtney Roulston take you on a food journey to find the freshest produce and create inspiring recipes in the kitchen.

04:30 pm The Bold & The Beautiful CC

ALL NEW EPISODES

Quinn pushes Flo to marry Wyatt quickly even though he is still technically engaged to Sally. Meanwhile, Katie offers Sally comfort and support in her time of pain and sorrow.

05:00 pm 10 News First CC

LIVE

Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey.

06:00 pm 10 News First (Rpt) CC

LIVE

Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey.



SYDNEY PROGRAM GUIDE

Tuesday 18th February 2020

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 **Australian Survivor: All Stars**

CC PG
Coarse Language,
Nudity

ALL NEW EPISODES

09:00 pm **NCIS**

CC

ALL NEW EPISODES

Lonely Hearts

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

CC M
Violence

ALL NEW EPISODES

Bloody Brilliant Plan, A

The NCIS team reluctantly aligns with two former criminals from England, after a powerful arms dealer kidnaps Ricky's daughter in an attempt to obtain a dangerous weapons system.

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

Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews the hottest stars, brilliant minds & talented artists.

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

Home Shopping

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

Home Shopping



SYDNEY PROGRAM GUIDE

Tuesday 18th February 2020

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

CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Wednesday 19th February 2020

06:00 am **The Talk**

CC PG
Mature Themes

ALL NEW EPISODES

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

07:00 am **Entertainment Tonight** (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

07:30 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.

08:00 am **The Bold & The Beautiful** (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Quinn pushes Flo to marry Wyatt quickly even though he is still technically engaged to Sally. Meanwhile, Katie offers Sally comfort and support in her time of pain and sorrow.

08:30 am **Studio 10**

CC PG

ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 8.30am weekdays on 10.

12:00 pm **Dr Phil**

CC PG
Coarse Language,
Drug References,
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**



SYDNEY PROGRAM GUIDE

Wednesday 19th February 2020

02:40 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 Three Veg And Meat CC

ALL NEW EPISODES

04:00 pm Farm To Fork CC G

ALL NEW EPISODES

Andy Allen, Michael Weldon and Courtney Roulston take you on a food journey to find the freshest produce and create inspiring recipes in the kitchen.

04:30 pm The Bold & The Beautiful CC

ALL NEW EPISODES

Thomas admits the shocking next step in his plan after Vinny calls him out about Zoe and Hope. Meanwhile, Katie breaks her vow of silence to Sally and spills her secret to Dollar Bill.

05:00 pm 10 News First CC

LIVE

Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey.

06:00 pm 10 News First (Rpt) CC

LIVE

Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey.



SYDNEY PROGRAM GUIDE

Wednesday 19th February 2020

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 **Australian Survivor: All Stars**

CC PG
Coarse Language

ALL NEW EPISODES

09:00 pm **Bull**

CC M
Mature Themes

ALL NEW EPISODES

Doctor Killer

Bull has a difficult time defending a client who has confessed to accidentally killing his sister's doctor after her death.

10:00 pm **Bull**(Rpt)

CC M

No Good Deed

Bull is asked to help a teachers union represent a woman who is being prosecuted by the DA for helping an impoverished student pass an important test.

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

Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews the hottest stars, brilliant minds & talented artists.

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

Home Shopping

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

Home Shopping

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

Home Shopping



SYDNEY PROGRAM GUIDE

Wednesday 19th February 2020

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

CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Thursday 20th February 2020

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

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

07:00 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

07:30 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.

SPECIAL ENCORE PRESENTATION

08:00 am The Bold & The Beautiful (Rpt)

CC

Thomas admits the shocking next step in his plan after Vinny calls him out about Zoe and Hope. Meanwhile, Katie breaks her vow of silence to Sally and spills her secret to Dollar Bill.

08:30 am Studio 10

CC PG

ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 8.30am weekdays on 10.

12:00 pm Dr Phil

CC M
Drug Use,
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



SYDNEY PROGRAM GUIDE

Thursday 20th February 2020

02:00 pm Entertainment Tonight	CC
02:30 pm Judge Judy (Rpt)	CC PG
03:00 pm Judge Judy	CC PG
03:30 pm Three Veg And Meat	CC
04:00 pm Farm To Fork	CC G
04:30 pm The Bold & The Beautiful	CC
05:00 pm 10 News First	CC
06:00 pm 10 News First (Rpt)	CC

ALL NEW EPISODES

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

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

ALL NEW EPISODES

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

ALL NEW EPISODES

ALL NEW EPISODES

Andy Allen, Michael Weldon and Courtney Roulston take you on a food journey to find the freshest produce and create inspiring recipes in the kitchen.

ALL NEW EPISODES

Justifying his coming actions as payback, Thomas throws Zoe a surprise birthday party. Meanwhile, realising that Sally won't do it herself, Katie tells Wyatt about Sally's diagnosis.

LIVE

Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey.

LIVE

Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey.



SYDNEY PROGRAM GUIDE

Thursday 20th February 2020

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 **Ambulance Australia**

CC

ALL NEW EPISODES

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

CC M
Strong Adult Themes

ALL NEW EPISODES

At Midnight In Manhattan

The detectives are spread thin when three major cases come in at midnight; Rollins and Carisi argue over an arrest.

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

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

CC M
Violence,
Strong Adult Themes

Story Of More Woe, A

The SVU investigate a father's murder after a home burglary turns into a deadly assault. The team speaks with the medical examiner but the details don't add up. Meanwhile, Rollins goes into labour.

Starring: Mariska Hargitay, Ice T , Kelli Giddish, Peter Scanavino, Philip Winchester

Guest Starring: George Newbern

10:30 pm **Blue Bloods**

CC M
Mature Themes

ALL NEW EPISODES

Another Look

Franks takes a case to heart when it involves the suspicious death of his friend's terminally ill wife. Erin receives a robbery case that proves to be impossible to crack without help from Anthony.

Starring: Tom Selleck, Donnie Wahlberg, Bridget Moynahan, Will Estes, Vanessa Ray, Sami Gayle

11:30 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.



SYDNEY PROGRAM GUIDE

Thursday 20th February 2020

12:30 am **The Late Show With Stephen Colbert** CC PG

ALL NEW EPISODES

Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews the hottest stars, brilliant minds & talented artists.

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

Home Shopping

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

Home Shopping

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

Home Shopping

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

Home Shopping

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

Home Shopping

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

Home Shopping

04:30 am **CBS This Morning** CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Friday 21st February 2020

06:00 am **The Talk**

CC PG
Mature Themes

ALL NEW EPISODES

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

07:00 am **Entertainment Tonight** (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

07:30 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.

08:00 am **The Bold & The Beautiful** (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Justifying his coming actions as payback, Thomas throws Zoe a surprise birthday party. Meanwhile, realising that Sally won't do it herself, Katie tells Wyatt about Sally's diagnosis.

08:30 am **Studio 10**

CC PG

ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 8.30am weekdays on 10.

12:00 pm **Dr Phil**

CC M
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**



SYDNEY PROGRAM GUIDE

Friday 21st February 2020

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 Three Veg And Meat CC

ALL NEW EPISODES

04:00 pm Farm To Fork CC G

ALL NEW EPISODES

Andy Allen, Michael Weldon and Courtney Roulston take you on a food journey to find the freshest produce and create inspiring recipes in the kitchen.

04:30 pm The Bold & The Beautiful CC

ALL NEW EPISODES

Ridge and Brooke disagree about the reasons behind their continued breakup. Meanwhile, Thomas turns the tables on Hope when she confronts him about hurting Douglas.

05:00 pm 10 News First CC

LIVE

Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey.

06:00 pm 10 News First (Rpt) CC

LIVE

Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey.

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.



SYDNEY PROGRAM GUIDE

Friday 21st February 2020

07:30 pm **The Graham Norton Show** CC

ALL NEW EPISODES

Join the hilarious and cheeky Graham Norton as interviews some of the most well-known faces in the world. Tonight's guests: Mark Ruffal, David Schwimmer, Nick Mohammed, Tamsin Greig & Alicia Keys.

08:30 pm **To Be Advised**

09:30 pm **To Be Advised**

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

Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews the hottest stars, brilliant minds & talented artists.

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

Home Shopping

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

Home Shopping

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

Home Shopping

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

Home Shopping

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

Home Shopping

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

Home Shopping



SYDNEY PROGRAM GUIDE

Friday 21st February 2020

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am Home Shopping (Rpt)

Home Shopping

05:00 am Home Shopping (Rpt)

Home Shopping

05:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Saturday 22nd February 2020

06:00 am	I Fish (Rpt)	G	Join one of Australia's finest fishermen, Paul Worsteling as he travels around Australia and the world in search of the ultimate angling experience.
			ALL NEW EPISODES
06:30 am	Leading The Way With Dr. Michael Youssef	CC G	Dr. Michael Youssef preaches spiritual advice and provides biblical clarity to modern social and political issues.
			SPECIAL ENCORE PRESENTATION
07:00 am	Escape Fishing With ET (Rpt)	CC	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	The Offroad Adventure Show (Rpt)	CC G	Four ultimate touring 4WDs, two all-new thrillseeking hosts, tackling our toughest adventures yet, discovering spectacular campsites and bucket list adventures along the way.
08:30 am	What's Up Down Under (Rpt)	CC G	Summer Series Travel and Lifestyle, Celebrating the Australian pastime of caravanning, camping and holiday parks.
09:00 am	Farm To Fork (Rpt)	CC G	Andy Allen, Michael Weldon and Courtney Roulston take you on a food journey to find the freshest produce and create inspiring recipes in the kitchen.
09:30 am	Studio 10 Saturday	CC PG	See what all the fuss is about with Sarah, Joe, Angela, Kerri-Anne, Ding Dong and Narelda. Fiery debates, big exclusives and a whole lot of fun - with this gang you never know what will happen next!
12:00 pm	Whichcar (Rpt)	CC PG	Whether you're a car enthusiast, influencer or intender, you will find everything you need on Which Car TV.
12:30 pm	Supercars Adelaide 500		LIVE Supercars: Adelaide 500 Day 2 Get revved up and ready for day 2 of the 2020 Supercars at the Adelaide 500. Don't miss a minute of the action on 10. Track coverage from 12:30pm AEDT.



SYDNEY PROGRAM GUIDE

Saturday 22nd February 2020

07:00 pm 10 News First

CC

LIVE

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

08:00 pm To Be Advised

09:00 pm Ambulance

CC M
Violence,
Coarse Language,
Mature Themes

ALL NEW EPISODES

Doctor Ian & Paramedic Nikki see the human consequences of youth violence. Their first job is for a 13-year-old who has been stabbed. Their next is two young men who've been shot.

10:15 pm 999: What's Your Emergency? (Rpt)

CC M
Coarse Language

I Think Their Motivation Was To Kill Me

This episode examines what happens when members of the public take the law into their own hands, and the dramatic consequences the emergency services have to deal with.

11:15 pm To Be Advised

12:10 am To Be Advised

01:05 am To Be Advised

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



SYDNEY PROGRAM GUIDE

Saturday 22nd February 2020

04:30 am Beyond The Search (Rpt)

PG

ALL NEW EPISODES

Beyond Talk - The Search For Commitment

Loyalty and commitment don't just happen, they result from positive choices and changes we make in our lives. Beyond Talk explores the commitment needed for a successful lasting marriage.

05:00 am Hour Of Power

G

ALL NEW EPISODES

Bobby Schuller's call to you, no matter how wounded, broken or 'unwanted' is to 'believe in the God that believes in you.' This message goes out to nearly 5 million people around the globe every week.



MELBOURNE PROGRAM GUIDE

Sunday 16th February 2020

06:00 am **Mass For You At Home** CC G

ALL NEW EPISODES

Religious.

06:30 am **Hillsong** CC G

ALL NEW EPISODES

Discover your God-given potential with Pastor Brian Houston as he shares empowering and inspiring messages from the Word of God.

07:00 am **Joseph Prince** CC G

ALL NEW EPISODES

The Truth About Tithing Under Grace

Religious

07:30 am **Joel Osteen** CC G

ALL NEW EPISODES

It's Just A Matter Of Time

Religious.

08:00 am **Snap Happy** (Rpt) CC G

If you like photography then you'll love Snap Happy. This show will inspire and equip you to become a better photographer.

08:30 am **This Is Mexico** (Rpt) CC PG

Take a journey into the heart of the real Mexico. Discover the food, architecture, culture, and of course the people of this amazing land.

09:00 am **Tasting Australia With Hayden Quinn** (Rpt) CC G

Hayden explores hidden gems of Australia through the stories of those that inspire him. He visits stunning locations, interesting people and makes the food we all love to enjoy.

09:30 am **Studio 10 Sunday** CC PG

See what all the fuss is about with Sarah, Joe, Angela, Kerri-Anne, Ding Dong and Narelda. Fiery debates, big exclusives and a whole lot of fun - with this gang you never know what will happen next!

12:00 pm **The Offroad Adventure Show** CC G

ALL NEW EPISODES

Four ultimate touring 4WDs, two all-new thrillseeking hosts, tackling our toughest adventures yet, discovering spectacular campsites and bucket list adventures along the way.



MELBOURNE PROGRAM GUIDE

Sunday 16th February 2020

01:00 pm **The Living Room** (Rpt) CC PG

Barry helps finish a laundry renovation in 6 days, Miguel serves up a kangaroo fillet, Matt shares secrets to a well-manicured hedge and the team checks in with Chris from his trek to Antarctica.

02:00 pm **To Be Advised**

04:00 pm **Whichcar** CC PG

ALL NEW EPISODES

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

04:30 pm **RPM Summer Series** CC

Summer Series

Hosted by 10 Sport's Kate Peck, RPM Summer Series delivers all the latest in race previews and reviews, as well as feature stories covering Formula One, MotoGP, Supercars and all things motorsport.

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
Mature Themes

It's been a long hot summer and as Bondi swells with beach lovers, the lifeguards feel the pressure. This year's unpredictable events are really going to test the boys and girls in blue.

06:30 pm **The Sunday Project** CC

ALL NEW EPISODES

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

07:30 pm **Dancing With The Stars** CC

ALL NEW EPISODES

Strap on your dancing shoes and shine your sequins because Dancing With The Stars is back and ready to jump and jive its way onto screens in a sparkly new season.



MELBOURNE PROGRAM GUIDE

Sunday 16th February 2020

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

SPECIAL ENCORE PRESENTATION

Join the hilarious Graham Norton as interviews some of the most well-known faces in the world. Tonight's guests: Margot Robbie, Daniel Kaluuya, Jodie Turner-Smith, Jim Carrey & Lewis Capaldi.

10:30 pm **To Be Advised**

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

SPECIAL ENCORE PRESENTATION

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

12:30 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 **CBS This Morning** CC

ALL NEW EPISODES

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



MELBOURNE PROGRAM GUIDE

Monday 17th February 2020

06:00 am **The Talk**

CC PG
Mature Themes

ALL NEW EPISODES

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

07:00 am **Entertainment Tonight** (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

07:30 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.

08:00 am **The Bold & The Beautiful** (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Carter tells Zoe she is beautiful before questioning the validity of her relationship with Thomas. Meanwhile, sparks reignite between Steffy and Liam as they spend family time together with Kelly.

08:30 am **Studio 10**

CC PG

ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 8.30am weekdays on 10.

12:00 pm **Dr Phil**

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**



MELBOURNE PROGRAM GUIDE

Monday 17th February 2020

02:30 pm Entertainment Tonight	CC
03:00 pm Judge Judy	CC PG
03:30 pm Three Veg And Meat	CC
04:00 pm Farm To Fork	CC G
04:30 pm The Bold & The Beautiful	CC
05:00 pm 10 News First	CC
06:00 pm 10 News First (Rpt)	CC

ALL NEW EPISODES

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

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.

SEASON PREMIERE

ALL NEW EPISODES

Andy Allen, Michael Weldon and Courtney Roulston take you on a food journey to find the freshest produce and create inspiring recipes in the kitchen.

ALL NEW EPISODES

Katie is taken in by Bill's overt attentiveness and demonstrative behaviour. Meanwhile, Sally shuts Wyatt down when he arrives at Forrester concerned about her well-being.

LIVE

Comprehensive coverage of local, national and international news presented by Jennifer Keyte; including sport presented by Stephen Quartermain and the latest weather from Mike Larkan.

LIVE

Comprehensive coverage of local, national and international news presented by Jennifer Keyte; including sport presented by Stephen Quartermain and the latest weather from Mike Larkan.



MELBOURNE PROGRAM GUIDE

Monday 17th February 2020

06:30 pm	The Project	CC
07:30 pm	Australian Survivor: All Stars	CC PG Coarse Language
09:00 pm	Hughesy, We Have A Problem	CC
10:00 pm	Akmal - Transparent (Rpt)	CC MA15+ Strong Coarse Language
11:30 pm	The Project Encore (Rpt)	CC
12:30 am	The Late Show With Stephen Colbert	CC PG
01:30 am	Home Shopping (Rpt)	
02:00 am	Home Shopping (Rpt)	

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

ALL NEW EPISODES

Hughesy, Tom Gleeson, Akmal Saleh, Steph Tisdell & Mel Buttle tackle the first world problems we just can't seem to solve.

Akmal - Transparent

See Akmal at his best as he tackles every subject from reality TV, through to politics. Make sure you have Paramedics on call to transport you to hospital as your sides split from laughter!

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

Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews the hottest stars, brilliant minds & talented artists.

Home Shopping

Home Shopping



MELBOURNE PROGRAM GUIDE

Monday 17th February 2020

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

CC

Home Shopping

Home Shopping

Home Shopping

Home Shopping

ALL NEW EPISODES

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



MELBOURNE PROGRAM GUIDE

Tuesday 18th February 2020

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

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

07:00 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

07:30 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.

08:00 am The Bold & The Beautiful (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Katie is taken in by Bill's overt attentiveness and demonstrative behaviour. Meanwhile, Sally shuts Wyatt down when he arrives at Forrester concerned about her well-being.

08:30 am Studio 10

CC PG

ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 8.30am weekdays on 10.

12:00 pm Dr Phil

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



MELBOURNE PROGRAM GUIDE

Tuesday 18th February 2020

02:40 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 Three Veg And Meat CC

ALL NEW EPISODES

04:00 pm Farm To Fork CC G

ALL NEW EPISODES

Andy Allen, Michael Weldon and Courtney Roulston take you on a food journey to find the freshest produce and create inspiring recipes in the kitchen.

04:30 pm The Bold & The Beautiful CC

ALL NEW EPISODES

Quinn pushes Flo to marry Wyatt quickly even though he is still technically engaged to Sally. Meanwhile, Katie offers Sally comfort and support in her time of pain and sorrow.

05:00 pm 10 News First CC

LIVE

Comprehensive coverage of local, national and international news presented by Jennifer Keyte; including sport presented by Stephen Quartermain and the latest weather from Mike Larkan.

06:00 pm 10 News First (Rpt) CC

LIVE

Comprehensive coverage of local, national and international news presented by Jennifer Keyte; including sport presented by Stephen Quartermain and the latest weather from Mike Larkan.



MELBOURNE PROGRAM GUIDE

Tuesday 18th February 2020

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 Australian Survivor: All Stars

CC PG
Coarse Language,
Nudity

ALL NEW EPISODES

09:00 pm NCIS

CC

ALL NEW EPISODES

Lonely Hearts

10:00 pm NCIS: Los Angeles

CC M
Violence

ALL NEW EPISODES

Bloody Brilliant Plan, A

The NCIS team reluctantly aligns with two former criminals from England, after a powerful arms dealer kidnaps Ricky's daughter in an attempt to obtain a dangerous weapons system.

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

Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews the hottest stars, brilliant minds & talented artists.

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping



MELBOURNE PROGRAM GUIDE

Tuesday 18th February 2020

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

CC

ALL NEW EPISODES

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



MELBOURNE PROGRAM GUIDE

Wednesday 19th February 2020

06:00 am **The Talk**

CC PG
Mature Themes

ALL NEW EPISODES

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

07:00 am **Entertainment Tonight** (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

07:30 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.

08:00 am **The Bold & The Beautiful** (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Quinn pushes Flo to marry Wyatt quickly even though he is still technically engaged to Sally. Meanwhile, Katie offers Sally comfort and support in her time of pain and sorrow.

08:30 am **Studio 10**

CC PG

ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 8.30am weekdays on 10.

12:00 pm **Dr Phil**

CC PG
Coarse Language,
Drug References,
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**



MELBOURNE PROGRAM GUIDE

Wednesday 19th February 2020

02:40 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 Three Veg And Meat CC

ALL NEW EPISODES

04:00 pm Farm To Fork CC G

ALL NEW EPISODES

Andy Allen, Michael Weldon and Courtney Roulston take you on a food journey to find the freshest produce and create inspiring recipes in the kitchen.

04:30 pm The Bold & The Beautiful CC

ALL NEW EPISODES

Thomas admits the shocking next step in his plan after Vinny calls him out about Zoe and Hope. Meanwhile, Katie breaks her vow of silence to Sally and spills her secret to Dollar Bill.

05:00 pm 10 News First CC

LIVE

Comprehensive coverage of local, national and international news presented by Jennifer Keyte; including sport presented by Stephen Quartermain and the latest weather from Mike Larkan.

06:00 pm 10 News First (Rpt) CC

LIVE

Comprehensive coverage of local, national and international news presented by Jennifer Keyte; including sport presented by Stephen Quartermain and the latest weather from Mike Larkan.



MELBOURNE PROGRAM GUIDE

Wednesday 19th February 2020

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 **Australian Survivor: All Stars**

CC PG
Coarse Language

ALL NEW EPISODES

09:00 pm **Bull**

CC M
Mature Themes

ALL NEW EPISODES

Doctor Killer

Bull has a difficult time defending a client who has confessed to accidentally killing his sister's doctor after her death.

10:00 pm **Bull**(Rpt)

CC M

No Good Deed

Bull is asked to help a teachers union represent a woman who is being prosecuted by the DA for helping an impoverished student pass an important test.

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

Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews the hottest stars, brilliant minds & talented artists.

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

Home Shopping

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

Home Shopping

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

Home Shopping



MELBOURNE PROGRAM GUIDE

Wednesday 19th February 2020

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

CC

ALL NEW EPISODES

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



MELBOURNE PROGRAM GUIDE

Thursday 20th February 2020

06:00 am **The Talk**

CC PG
Mature Themes

ALL NEW EPISODES

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

07:00 am **Entertainment Tonight** (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

07:30 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.

08:00 am **The Bold & The Beautiful** (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Thomas admits the shocking next step in his plan after Vinny calls him out about Zoe and Hope. Meanwhile, Katie breaks her vow of silence to Sally and spills her secret to Dollar Bill.

08:30 am **Studio 10**

CC PG

ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 8.30am weekdays on 10.

12:00 pm **Dr Phil**

CC M
Drug Use,
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**



MELBOURNE PROGRAM GUIDE

Thursday 20th February 2020

02:00 pm Entertainment Tonight	CC
02:30 pm Judge Judy (Rpt)	CC PG
03:00 pm Judge Judy	CC PG
03:30 pm Three Veg And Meat	CC
04:00 pm Farm To Fork	CC G
04:30 pm The Bold & The Beautiful	CC
05:00 pm 10 News First	CC
06:00 pm 10 News First (Rpt)	CC

ALL NEW EPISODES

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

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

ALL NEW EPISODES

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

ALL NEW EPISODES

ALL NEW EPISODES

Andy Allen, Michael Weldon and Courtney Roulston take you on a food journey to find the freshest produce and create inspiring recipes in the kitchen.

ALL NEW EPISODES

Justifying his coming actions as payback, Thomas throws Zoe a surprise birthday party. Meanwhile, realising that Sally won't do it herself, Katie tells Wyatt about Sally's diagnosis.

LIVE

Comprehensive coverage of local, national and international news presented by Jennifer Keyte; including sport presented by Stephen Quartermain and the latest weather from Mike Larkan.

LIVE

Comprehensive coverage of local, national and international news presented by Jennifer Keyte; including sport presented by Stephen Quartermain and the latest weather from Mike Larkan.



MELBOURNE PROGRAM GUIDE

Thursday 20th February 2020

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 **Ambulance Australia**

CC

ALL NEW EPISODES

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

CC M
Strong Adult Themes

ALL NEW EPISODES

At Midnight In Manhattan

The detectives are spread thin when three major cases come in at midnight; Rollins and Carisi argue over an arrest.

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

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

CC M
Violence,
Strong Adult Themes

Story Of More Woe, A

The SVU investigate a father's murder after a home burglary turns into a deadly assault. The team speaks with the medical examiner but the details don't add up. Meanwhile, Rollins goes into labour.

Starring: Mariska Hargitay, Ice T , Kelli Giddish, Peter Scanavino, Philip Winchester

Guest Starring: George Newbern

10:30 pm **Blue Bloods**

CC M
Mature Themes

ALL NEW EPISODES

Another Look

Franks takes a case to heart when it involves the suspicious death of his friend's terminally ill wife. Erin receives a robbery case that proves to be impossible to crack without help from Anthony.

Starring: Tom Selleck, Donnie Wahlberg, Bridget Moynahan, Will Estes, Vanessa Ray, Sami Gayle

11:30 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.



MELBOURNE PROGRAM GUIDE

Thursday 20th February 2020

12:30 am **The Late Show With Stephen Colbert** CC PG

ALL NEW EPISODES

Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews the hottest stars, brilliant minds & talented artists.

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

Home Shopping

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

Home Shopping

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

Home Shopping

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

Home Shopping

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

Home Shopping

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

Home Shopping

04:30 am **CBS This Morning** CC

ALL NEW EPISODES

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



MELBOURNE PROGRAM GUIDE

Friday 21st February 2020

06:00 am **The Talk**

CC PG
Mature Themes

ALL NEW EPISODES

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

07:00 am **Entertainment Tonight** (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

07:30 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.

08:00 am **The Bold & The Beautiful** (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Justifying his coming actions as payback, Thomas throws Zoe a surprise birthday party. Meanwhile, realising that Sally won't do it herself, Katie tells Wyatt about Sally's diagnosis.

08:30 am **Studio 10**

CC PG

ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 8.30am weekdays on 10.

12:00 pm **Dr Phil**

CC M
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**



MELBOURNE PROGRAM GUIDE

Friday 21st February 2020

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 Three Veg And Meat CC

ALL NEW EPISODES

04:00 pm Farm To Fork CC G

ALL NEW EPISODES

Andy Allen, Michael Weldon and Courtney Roulston take you on a food journey to find the freshest produce and create inspiring recipes in the kitchen.

04:30 pm The Bold & The Beautiful CC

ALL NEW EPISODES

Ridge and Brooke disagree about the reasons behind their continued breakup. Meanwhile, Thomas turns the tables on Hope when she confronts him about hurting Douglas.

05:00 pm 10 News First CC

LIVE

Comprehensive coverage of local, national and international news presented by Jennifer Keyte; including sport presented by Stephen Quartermain and the latest weather from Mike Larkan.

06:00 pm 10 News First (Rpt) CC

LIVE

Comprehensive coverage of local, national and international news presented by Jennifer Keyte; including sport presented by Stephen Quartermain and the latest weather from Mike Larkan.

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.



MELBOURNE PROGRAM GUIDE

Friday 21st February 2020

07:30 pm **The Graham Norton Show** CC

ALL NEW EPISODES

Join the hilarious and cheeky Graham Norton as interviews some of the most well-known faces in the world. Tonight's guests: Mark Ruffal, David Schwimmer, Nick Mohammed, Tamsin Greig & Alicia Keys.

08:30 pm **To Be Advised**

09:30 pm **To Be Advised**

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

Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews the hottest stars, brilliant minds & talented artists.

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

Home Shopping

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

Home Shopping

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



MELBOURNE PROGRAM GUIDE

Friday 21st February 2020

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am Home Shopping (Rpt)

Home Shopping

05:00 am Home Shopping (Rpt)

Home Shopping

05:30 am Home Shopping (Rpt)

Home Shopping



MELBOURNE PROGRAM GUIDE

Saturday 22nd February 2020

06:00 am **1 Fish**(Rpt) G

Join one of Australia's finest fishermen, Paul Worsteling as he travels around Australia and the world in search of the ultimate angling experience.

06:30 am **Leading The Way With Dr. Michael Youssef** 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

SPECIAL ENCORE PRESENTATION

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 **The Offroad Adventure Show**(Rpt) CC G

Four ultimate touring 4WDs, two all-new thrillseeking hosts, tackling our toughest adventures yet, discovering spectacular campsites and bucket list adventures along the way.

08:30 am **What's Up Down Under**(Rpt) CC G

Summer Series

Travel and Lifestyle, Celebrating the Australian pastime of caravanning, camping and holiday parks.

09:00 am **Farm To Fork**(Rpt) CC G

Andy Allen, Michael Weldon and Courtney Roulston take you on a food journey to find the freshest produce and create inspiring recipes in the kitchen.

09:30 am **Studio 10 Saturday** CC PG

See what all the fuss is about with Sarah, Joe, Angela, Kerri-Anne, Ding Dong and Narelda. Fiery debates, big exclusives and a whole lot of fun - with this gang you never know what will happen next!

12:00 pm **Whichcar**(Rpt) CC PG

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

12:30 pm **Supercars Adelaide 500**

LIVE

Supercars: Adelaide 500 Day 2

Get revved up and ready for day 2 of the 2020 Supercars at the Adelaide 500. Don't miss a minute of the action on 10. Track coverage from 12:30pm AEDT.



MELBOURNE PROGRAM GUIDE

Saturday 22nd February 2020

07:00 pm 10 News First

CC

LIVE

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

08:00 pm To Be Advised

09:00 pm Ambulance

CC M
Violence,
Coarse Language,
Mature Themes

ALL NEW EPISODES

Doctor Ian & Paramedic Nikki see the human consequences of youth violence. Their first job is for a 13-year-old who has been stabbed. Their next is two young men who've been shot.

10:15 pm 999: What's Your Emergency? (Rpt)

CC M
Coarse Language

I Think Their Motivation Was To Kill Me

This episode examines what happens when members of the public take the law into their own hands, and the dramatic consequences the emergency services have to deal with.

11:15 pm To Be Advised

12:10 am To Be Advised

01:05 am To Be Advised

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



MELBOURNE PROGRAM GUIDE

Saturday 22nd February 2020

04:30 am Beyond The Search (Rpt)

PG

ALL NEW EPISODES

Beyond Talk - The Search For Commitment

Loyalty and commitment don't just happen, they result from positive choices and changes we make in our lives. Beyond Talk explores the commitment needed for a successful lasting marriage.

05:00 am Hour Of Power

G

ALL NEW EPISODES

Bobby Schuller's call to you, no matter how wounded, broken or 'unwanted' is to 'believe in the God that believes in you.' This message goes out to nearly 5 million people around the globe every week.



BRISBANE PROGRAM GUIDE

Sunday 16th February 2020

06:00 am Mass For You At Home CC G

ALL NEW EPISODES

Religious.

06:30 am Hillsong CC G

ALL NEW EPISODES

Discover your God-given potential with Pastor Brian Houston as he shares empowering and inspiring messages from the Word of God.

07:00 am Joseph Prince CC G

ALL NEW EPISODES

The Truth About Tithing Under Grace

Religious

07:30 am Joel Osteen CC G

ALL NEW EPISODES

It's Just A Matter Of Time

Religious.

08:00 am Snap Happy (Rpt) CC G

If you like photography then you'll love Snap Happy. This show will inspire and equip you to become a better photographer.

08:30 am This Is Mexico (Rpt) CC PG

Take a journey into the heart of the real Mexico. Discover the food, architecture, culture, and of course the people of this amazing land.

09:00 am Tasting Australia With Hayden Quinn (Rpt) CC G

Hayden explores hidden gems of Australia through the stories of those that inspire him. He visits stunning locations, interesting people and makes the food we all love to enjoy.

09:30 am Studio 10 Sunday CC PG

See what all the fuss is about with Sarah, Joe, Angela, Kerri-Anne, Ding Dong and Narelda. Fiery debates, big exclusives and a whole lot of fun - with this gang you never know what will happen next!

12:00 pm The Offroad Adventure Show CC G

ALL NEW EPISODES

Four ultimate touring 4WDs, two all-new thrillseeking hosts, tackling our toughest adventures yet, discovering spectacular campsites and bucket list adventures along the way.



BRISBANE PROGRAM GUIDE

Sunday 16th February 2020

01:00 pm The Living Room (Rpt) CC PG

Barry helps finish a laundry renovation in 6 days, Miguel serves up a kangaroo fillet, Matt shares secrets to a well-manicured hedge and the team checks in with Chris from his trek to Antarctica.

02:00 pm To Be Advised

04:00 pm Whichcar CC PG

ALL NEW EPISODES

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

04:30 pm RPM Summer Series CC

Summer Series

Hosted by 10 Sport's Kate Peck, RPM Summer Series delivers all the latest in race previews and reviews, as well as feature stories covering Formula One, MotoGP, Supercars and all things motorsport.

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
Mature Themes

It's been a long hot summer and as Bondi swells with beach lovers, the lifeguards feel the pressure. This year's unpredictable events are really going to test the boys and girls in blue.

06:30 pm The Sunday Project CC

ALL NEW EPISODES

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

07:30 pm Dancing With The Stars CC

ALL NEW EPISODES

Strap on your dancing shoes and shine your sequins because Dancing With The Stars is back and ready to jump and jive its way onto screens in a sparkly new season.



BRISBANE PROGRAM GUIDE

Sunday 16th February 2020

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

SPECIAL ENCORE PRESENTATION

Join the hilarious Graham Norton as interviews some of the most well-known faces in the world. Tonight's guests: Margot Robbie, Daniel Kaluuya, Jodie Turner-Smith, Jim Carrey & Lewis Capaldi.

10:30 pm **To Be Advised**

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

SPECIAL ENCORE PRESENTATION

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

12:30 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 **CBS This Morning** CC

ALL NEW EPISODES

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



BRISBANE PROGRAM GUIDE

Monday 17th February 2020

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

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

07:00 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

07:30 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.

08:00 am The Bold & The Beautiful (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Carter tells Zoe she is beautiful before questioning the validity of her relationship with Thomas. Meanwhile, sparks reignite between Steffy and Liam as they spend family time together with Kelly.

08:30 am Studio 10

CC PG

ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 8.30am weekdays on 10.

12:00 pm Dr Phil

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



BRISBANE PROGRAM GUIDE

Monday 17th February 2020

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 Three Veg And Meat CC

SEASON PREMIERE

04:00 pm Farm To Fork CC G

ALL NEW EPISODES

Andy Allen, Michael Weldon and Courtney Roulston take you on a food journey to find the freshest produce and create inspiring recipes in the kitchen.

04:30 pm The Bold & The Beautiful CC

ALL NEW EPISODES

Katie is taken in by Bill's overt attentiveness and demonstrative behaviour. Meanwhile, Sally shuts Wyatt down when he arrives at Forrester concerned about her well-being.

05:00 pm 10 News First CC

LIVE

Comprehensive coverage of local, national and international news presented by Georgina Lewis. Includes sport presented by Jonathan Williams and the latest weather from Josh Holt.

06:00 pm 10 News First (Rpt) CC

LIVE

Comprehensive coverage of local, national and international news presented by Georgina Lewis. Includes sport presented by Jonathan Williams and the latest weather from Josh Holt.



BRISBANE PROGRAM GUIDE

Monday 17th February 2020

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 **Australian Survivor: All Stars**

CC PG
Coarse Language

ALL NEW EPISODES

09:00 pm **Hughesy, We Have A Problem**

CC

ALL NEW EPISODES

Hughesy, Tom Gleeson, Akmal Saleh, Steph Tisdell & Mel Buttle tackle the first world problems we just can't seem to solve.

10:00 pm **Akmal - Transparent (Rpt)**

CC MA15+
Strong Coarse
Language

Akmal - Transparent

See Akmal at his best as he tackles every subject from reality TV, through to politics. Make sure you have Paramedics on call to transport you to hospital as your sides split from laughter!

11:30 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.

12:30 am **The Late Show With Stephen Colbert** CC PG

ALL NEW EPISODES

Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews the hottest stars, brilliant minds & talented artists.

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

Home Shopping

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

Home Shopping



BRISBANE PROGRAM GUIDE

Monday 17th February 2020

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

CC

ALL NEW EPISODES

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



BRISBANE PROGRAM GUIDE

Tuesday 18th February 2020

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

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

07:00 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

07:30 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.

08:00 am The Bold & The Beautiful (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Katie is taken in by Bill's overt attentiveness and demonstrative behaviour. Meanwhile, Sally shuts Wyatt down when he arrives at Forrester concerned about her well-being.

08:30 am Studio 10

CC PG

ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 8.30am weekdays on 10.

12:00 pm Dr Phil

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



BRISBANE PROGRAM GUIDE

Tuesday 18th February 2020

02:40 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 Three Veg And Meat CC

ALL NEW EPISODES

04:00 pm Farm To Fork CC G

ALL NEW EPISODES

Andy Allen, Michael Weldon and Courtney Roulston take you on a food journey to find the freshest produce and create inspiring recipes in the kitchen.

04:30 pm The Bold & The Beautiful CC

ALL NEW EPISODES

Quinn pushes Flo to marry Wyatt quickly even though he is still technically engaged to Sally. Meanwhile, Katie offers Sally comfort and support in her time of pain and sorrow.

05:00 pm 10 News First CC

LIVE

Comprehensive coverage of local, national and international news presented by Georgina Lewis. Includes sport presented by Jonathan Williams and the latest weather from Josh Holt.

06:00 pm 10 News First (Rpt) CC

LIVE

Comprehensive coverage of local, national and international news presented by Georgina Lewis. Includes sport presented by Jonathan Williams and the latest weather from Josh Holt.



BRISBANE PROGRAM GUIDE

Tuesday 18th February 2020

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 Australian Survivor: All Stars

CC PG
Coarse Language,
Nudity

ALL NEW EPISODES

09:00 pm NCIS

CC

ALL NEW EPISODES

Lonely Hearts

10:00 pm NCIS: Los Angeles

CC M
Violence

ALL NEW EPISODES

Bloody Brilliant Plan, A

The NCIS team reluctantly aligns with two former criminals from England, after a powerful arms dealer kidnaps Ricky's daughter in an attempt to obtain a dangerous weapons system.

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

Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews the hottest stars, brilliant minds & talented artists.

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping



BRISBANE PROGRAM GUIDE

Tuesday 18th February 2020

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

CC

ALL NEW EPISODES

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



BRISBANE PROGRAM GUIDE

Wednesday 19th February 2020

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

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

07:00 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

07:30 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.

08:00 am The Bold & The Beautiful (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Quinn pushes Flo to marry Wyatt quickly even though he is still technically engaged to Sally. Meanwhile, Katie offers Sally comfort and support in her time of pain and sorrow.

08:30 am Studio 10

CC PG

ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 8.30am weekdays on 10.

12:00 pm Dr Phil

CC PG
Coarse Language,
Drug References,
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



BRISBANE PROGRAM GUIDE

Wednesday 19th February 2020

02:40 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 Three Veg And Meat CC

ALL NEW EPISODES

04:00 pm Farm To Fork CC G

ALL NEW EPISODES

Andy Allen, Michael Weldon and Courtney Roulston take you on a food journey to find the freshest produce and create inspiring recipes in the kitchen.

04:30 pm The Bold & The Beautiful CC

ALL NEW EPISODES

Thomas admits the shocking next step in his plan after Vinny calls him out about Zoe and Hope. Meanwhile, Katie breaks her vow of silence to Sally and spills her secret to Dollar Bill.

05:00 pm 10 News First CC

LIVE

Comprehensive coverage of local, national and international news presented by Georgina Lewis. Includes sport presented by Jonathan Williams and the latest weather from Josh Holt.

06:00 pm 10 News First (Rpt) CC

LIVE

Comprehensive coverage of local, national and international news presented by Georgina Lewis. Includes sport presented by Jonathan Williams and the latest weather from Josh Holt.



BRISBANE PROGRAM GUIDE

Wednesday 19th February 2020

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 **Australian Survivor: All Stars**

CC PG
Coarse Language

ALL NEW EPISODES

09:00 pm **Bull**

CC M
Mature Themes

ALL NEW EPISODES

Doctor Killer

Bull has a difficult time defending a client who has confessed to accidentally killing his sister's doctor after her death.

10:00 pm **Bull**(Rpt)

CC M

No Good Deed

Bull is asked to help a teachers union represent a woman who is being prosecuted by the DA for helping an impoverished student pass an important test.

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

Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews the hottest stars, brilliant minds & talented artists.

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

Home Shopping

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

Home Shopping

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

Home Shopping



BRISBANE PROGRAM GUIDE

Wednesday 19th February 2020

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

CC

ALL NEW EPISODES

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



BRISBANE PROGRAM GUIDE

Thursday 20th February 2020

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

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

07:00 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

07:30 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.

08:00 am The Bold & The Beautiful (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Thomas admits the shocking next step in his plan after Vinny calls him out about Zoe and Hope. Meanwhile, Katie breaks her vow of silence to Sally and spills her secret to Dollar Bill.

08:30 am Studio 10

CC PG

ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 8.30am weekdays on 10.

12:00 pm Dr Phil

CC M
Drug Use,
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



BRISBANE PROGRAM GUIDE

Thursday 20th February 2020

02:00 pm Entertainment Tonight	CC
02:30 pm Judge Judy (Rpt)	CC PG
03:00 pm Judge Judy	CC PG
03:30 pm Three Veg And Meat	CC
04:00 pm Farm To Fork	CC G
04:30 pm The Bold & The Beautiful	CC
05:00 pm 10 News First	CC
06:00 pm 10 News First (Rpt)	CC

ALL NEW EPISODES

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

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

ALL NEW EPISODES

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

ALL NEW EPISODES

ALL NEW EPISODES

Andy Allen, Michael Weldon and Courtney Roulston take you on a food journey to find the freshest produce and create inspiring recipes in the kitchen.

ALL NEW EPISODES

Justifying his coming actions as payback, Thomas throws Zoe a surprise birthday party. Meanwhile, realising that Sally won't do it herself, Katie tells Wyatt about Sally's diagnosis.

LIVE

Comprehensive coverage of local, national and international news presented by Georgina Lewis. Includes sport presented by Jonathan Williams and the latest weather from Josh Holt.

LIVE

Comprehensive coverage of local, national and international news presented by Georgina Lewis. Includes sport presented by Jonathan Williams and the latest weather from Josh Holt.



BRISBANE PROGRAM GUIDE

Thursday 20th February 2020

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 **Ambulance Australia**

CC

ALL NEW EPISODES

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

CC M
Strong Adult Themes

ALL NEW EPISODES

At Midnight In Manhattan

The detectives are spread thin when three major cases come in at midnight; Rollins and Carisi argue over an arrest.

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

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

CC M
Violence,
Strong Adult Themes

Story Of More Woe, A

The SVU investigate a father's murder after a home burglary turns into a deadly assault. The team speaks with the medical examiner but the details don't add up. Meanwhile, Rollins goes into labour.

Starring: Mariska Hargitay, Ice T , Kelli Giddish, Peter Scanavino, Philip Winchester

Guest Starring: George Newbern

10:30 pm **Blue Bloods**

CC M
Mature Themes

ALL NEW EPISODES

Another Look

Franks takes a case to heart when it involves the suspicious death of his friend's terminally ill wife. Erin receives a robbery case that proves to be impossible to crack without help from Anthony.

Starring: Tom Selleck, Donnie Wahlberg, Bridget Moynahan, Will Estes, Vanessa Ray, Sami Gayle

11:30 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.



BRISBANE PROGRAM GUIDE

Thursday 20th February 2020

12:30 am **The Late Show With Stephen Colbert** CC PG

ALL NEW EPISODES

Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews the hottest stars, brilliant minds & talented artists.

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

Home Shopping

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

Home Shopping

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

Home Shopping

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

Home Shopping

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

Home Shopping

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

Home Shopping

04:30 am **CBS This Morning** CC

ALL NEW EPISODES

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



BRISBANE PROGRAM GUIDE

Friday 21st February 2020

06:00 am **The Talk**

CC PG
Mature Themes

ALL NEW EPISODES

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

07:00 am **Entertainment Tonight** (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

07:30 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.

08:00 am **The Bold & The Beautiful** (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Justifying his coming actions as payback, Thomas throws Zoe a surprise birthday party. Meanwhile, realising that Sally won't do it herself, Katie tells Wyatt about Sally's diagnosis.

08:30 am **Studio 10**

CC PG

ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 8.30am weekdays on 10.

12:00 pm **Dr Phil**

CC M
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**



BRISBANE PROGRAM GUIDE

Friday 21st February 2020

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 Three Veg And Meat CC

ALL NEW EPISODES

04:00 pm Farm To Fork CC G

ALL NEW EPISODES

Andy Allen, Michael Weldon and Courtney Roulston take you on a food journey to find the freshest produce and create inspiring recipes in the kitchen.

04:30 pm The Bold & The Beautiful CC

ALL NEW EPISODES

Ridge and Brooke disagree about the reasons behind their continued breakup. Meanwhile, Thomas turns the tables on Hope when she confronts him about hurting Douglas.

05:00 pm 10 News First CC

LIVE

Comprehensive coverage of local, national and international news presented by Georgina Lewis. Includes sport presented by Jonathan Williams and the latest weather from Josh Holt.

06:00 pm 10 News First (Rpt) CC

LIVE

Comprehensive coverage of local, national and international news presented by Georgina Lewis. Includes sport presented by Jonathan Williams and the latest weather from Josh Holt.

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.



BRISBANE PROGRAM GUIDE

Friday 21st February 2020

07:30 pm **The Graham Norton Show** CC

ALL NEW EPISODES

Join the hilarious and cheeky Graham Norton as interviews some of the most well-known faces in the world. Tonight's guests: Mark Ruffal, David Schwimmer, Nick Mohammed, Tamsin Greig & Alicia Keys.

08:30 pm **To Be Advised**

09:30 pm **To Be Advised**

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

Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews the hottest stars, brilliant minds & talented artists.

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

Home Shopping

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

Home Shopping

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



BRISBANE PROGRAM GUIDE

Friday 21st February 2020

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am Home Shopping (Rpt)

Home Shopping

05:00 am Home Shopping (Rpt)

Home Shopping

05:30 am Home Shopping (Rpt)

Home Shopping



BRISBANE PROGRAM GUIDE

Saturday 22nd February 2020

06:00 am I Fish (Rpt) G

Join one of Australia's finest fishermen, Paul Worsteling as he travels around Australia and the world in search of the ultimate angling experience.

06:30 am Leading The Way With Dr. Michael Youssef 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

SPECIAL ENCORE PRESENTATION

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 The Offroad Adventure Show (Rpt) CC G

Four ultimate touring 4WDs, two all-new thrillseeking hosts, tackling our toughest adventures yet, discovering spectacular campsites and bucket list adventures along the way.

08:30 am Farm To Fork (Rpt) CC G

Andy Allen, Michael Weldon and Courtney Roulston take you on a food journey to find the freshest produce and create inspiring recipes in the kitchen.

09:00 am Studio 10 Saturday CC PG

See what all the fuss is about with Sarah, Joe, Angela, Kerri-Anne, Ding Dong and Narelda. Fiery debates, big exclusives and a whole lot of fun - with this gang you never know what will happen next!

11:30 am Supercars Adelaide 500

LIVE

Supercars: Adelaide 500 Day 2

Get revved up and ready for day 2 of the 2020 Supercars at the Adelaide 500. Don't miss a minute of the action on 10. Track coverage from 12:30pm AEDT.

06:00 pm 10 News First CC

LIVE

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



BRISBANE PROGRAM GUIDE

Saturday 22nd February 2020

07:00 pm **Bondi Rescue** (Rpt)

CC PG
Coarse Language,
Mature Themes

It's been a long hot summer and as Bondi swells with beach lovers, the lifeguards feel the pressure. This year's unpredictable events are really going to test the boys and girls in blue.

07:30 pm **To Be Advised**

08:30 pm **Ambulance**

CC M
Violence,
Coarse Language,
Mature Themes

ALL NEW EPISODES

Doctor Ian & Paramedic Nikki see the human consequences of youth violence. Their first job is for a 13-year-old who has been stabbed. Their next is two young men who've been shot.

09:45 pm **999: What's Your Emergency?** (Rpt)

CC M
Coarse Language

I Think Their Motivation Was To Kill Me

This episode examines what happens when members of the public take the law into their own hands, and the dramatic consequences the emergency services have to deal with.

10:45 pm **To Be Advised**

11:40 pm **To Be Advised**

12:35 am **To Be Advised**

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



BRISBANE PROGRAM GUIDE

Saturday 22nd February 2020

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am Beyond The Search (Rpt)

PG

ALL NEW EPISODES

Beyond Talk - The Search For Commitment

Loyalty and commitment don't just happen, they result from positive choices and changes we make in our lives. Beyond Talk explores the commitment needed for a successful lasting marriage.

05:00 am Hour Of Power

G

ALL NEW EPISODES

Bobby Schuller's call to you, no matter how wounded, broken or 'unwanted' is to 'believe in the God that believes in you.' This message goes out to nearly 5 million people around the globe every week.



ADELAIDE PROGRAM GUIDE

Sunday 16th February 2020

06:00 am Mass For You At Home CC G

ALL NEW EPISODES

Religious.

06:30 am Hillsong CC G

ALL NEW EPISODES

Discover your God-given potential with Pastor Brian Houston as he shares empowering and inspiring messages from the Word of God.

07:00 am Joseph Prince CC G

ALL NEW EPISODES

The Truth About Tithing Under Grace

Religious

07:30 am Joel Osteen CC G

ALL NEW EPISODES

It's Just A Matter Of Time

Religious.

08:00 am Snap Happy (Rpt) CC G

If you like photography then you'll love Snap Happy. This show will inspire and equip you to become a better photographer.

08:30 am This Is Mexico (Rpt) CC PG

Take a journey into the heart of the real Mexico. Discover the food, architecture, culture, and of course the people of this amazing land.

09:00 am Tasting Australia With Hayden Quinn (Rpt) CC G

Hayden explores hidden gems of Australia through the stories of those that inspire him. He visits stunning locations, interesting people and makes the food we all love to enjoy.

09:30 am Studio 10 Sunday CC PG

See what all the fuss is about with Sarah, Joe, Angela, Kerri-Anne, Ding Dong and Narelda. Fiery debates, big exclusives and a whole lot of fun - with this gang you never know what will happen next!

12:00 pm The Offroad Adventure Show CC G

ALL NEW EPISODES

Four ultimate touring 4WDs, two all-new thrillseeking hosts, tackling our toughest adventures yet, discovering spectacular campsites and bucket list adventures along the way.



ADELAIDE PROGRAM GUIDE

Sunday 16th February 2020

01:00 pm **The Living Room** (Rpt) CC PG

Barry helps finish a laundry renovation in 6 days, Miguel serves up a kangaroo fillet, Matt shares secrets to a well-manicured hedge and the team checks in with Chris from his trek to Antarctica.

02:00 pm **To Be Advised**

ALL NEW EPISODES

04:00 pm **Whichcar** CC PG

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

04:30 pm **RPM Summer Series** CC

Summer Series

Hosted by 10 Sport's Kate Peck, RPM Summer Series delivers all the latest in race previews and reviews, as well as feature stories covering Formula One, MotoGP, Supercars and all things motorsport.

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
Mature Themes

It's been a long hot summer and as Bondi swells with beach lovers, the lifeguards feel the pressure. This year's unpredictable events are really going to test the boys and girls in blue.

06:30 pm **The Sunday Project** CC

ALL NEW EPISODES

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

07:30 pm **Dancing With The Stars** CC

ALL NEW EPISODES

Strap on your dancing shoes and shine your sequins because Dancing With The Stars is back and ready to jump and jive its way onto screens in a sparkly new season.



ADELAIDE PROGRAM GUIDE

Sunday 16th February 2020

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

SPECIAL ENCORE PRESENTATION

Join the hilarious Graham Norton as interviews some of the most well-known faces in the world. Tonight's guests: Margot Robbie, Daniel Kaluuya, Jodie Turner-Smith, Jim Carrey & Lewis Capaldi.

10:30 pm **To Be Advised**

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

SPECIAL ENCORE PRESENTATION

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

12:30 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 **CBS This Morning** CC

ALL NEW EPISODES

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



ADELAIDE PROGRAM GUIDE

Monday 17th February 2020

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

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

07:00 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

07:30 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.

08:00 am The Bold & The Beautiful (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Carter tells Zoe she is beautiful before questioning the validity of her relationship with Thomas. Meanwhile, sparks reignite between Steffy and Liam as they spend family time together with Kelly.

08:30 am Studio 10

CC PG

ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 8.30am weekdays on 10.

12:00 pm Dr Phil

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



ADELAIDE PROGRAM GUIDE

Monday 17th February 2020

02:30 pm Entertainment Tonight	CC
03:00 pm Judge Judy	CC PG
03:30 pm Three Veg And Meat	CC
04:00 pm Farm To Fork	CC G
04:30 pm The Bold & The Beautiful	CC
05:00 pm 10 News First	CC
06:00 pm 10 News First (Rpt)	CC

ALL NEW EPISODES

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

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.

SEASON PREMIERE

ALL NEW EPISODES

Andy Allen, Michael Weldon and Courtney Roulston take you on a food journey to find the freshest produce and create inspiring recipes in the kitchen.

ALL NEW EPISODES

Katie is taken in by Bill's overt attentiveness and demonstrative behaviour. Meanwhile, Sally shuts Wyatt down when he arrives at Forrester concerned about her well-being.

LIVE

Comprehensive coverage of local, national and overseas news presented by Rebecca Morse. Includes sport presented by Will Goodings and the latest weather from Kate Freebairn.

LIVE

Comprehensive coverage of local, national and overseas news presented by Rebecca Morse. Includes sport presented by Will Goodings and the latest weather from Kate Freebairn.



ADELAIDE PROGRAM GUIDE

Monday 17th February 2020

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 Australian Survivor: All Stars

CC PG
Coarse Language

ALL NEW EPISODES

09:00 pm Hughesy, We Have A Problem

CC

ALL NEW EPISODES

Hughesy, Tom Gleeson, Akmal Saleh, Steph Tisdell & Mel Buttle tackle the first world problems we just can't seem to solve.

10:00 pm Akmal - Transparent (Rpt)

CC MA15+
Strong Coarse
Language

Akmal - Transparent

See Akmal at his best as he tackles every subject from reality TV, through to politics. Make sure you have Paramedics on call to transport you to hospital as your sides split from laughter!

11:30 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.

12:30 am The Late Show With Stephen Colbert

CC PG

ALL NEW EPISODES

Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews the hottest stars, brilliant minds & talented artists.

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping



ADELAIDE PROGRAM GUIDE

Monday 17th February 2020

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

CC

ALL NEW EPISODES

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



ADELAIDE PROGRAM GUIDE

Tuesday 18th February 2020

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

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

07:00 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

07:30 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.

08:00 am The Bold & The Beautiful (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Katie is taken in by Bill's overt attentiveness and demonstrative behaviour. Meanwhile, Sally shuts Wyatt down when he arrives at Forrester concerned about her well-being.

08:30 am Studio 10

CC PG

ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 8.30am weekdays on 10.

12:00 pm Dr Phil

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



ADELAIDE PROGRAM GUIDE

Tuesday 18th February 2020

02:40 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 Three Veg And Meat CC

ALL NEW EPISODES

04:00 pm Farm To Fork CC G

ALL NEW EPISODES

Andy Allen, Michael Weldon and Courtney Roulston take you on a food journey to find the freshest produce and create inspiring recipes in the kitchen.

04:30 pm The Bold & The Beautiful CC

ALL NEW EPISODES

Quinn pushes Flo to marry Wyatt quickly even though he is still technically engaged to Sally. Meanwhile, Katie offers Sally comfort and support in her time of pain and sorrow.

05:00 pm 10 News First CC

LIVE

Comprehensive coverage of local, national and overseas news presented by Rebecca Morse. Includes sport presented by Will Goodings and the latest weather from Kate Freebairn.

06:00 pm 10 News First (Rpt) CC

LIVE

Comprehensive coverage of local, national and overseas news presented by Rebecca Morse. Includes sport presented by Will Goodings and the latest weather from Kate Freebairn.



ADELAIDE PROGRAM GUIDE

Tuesday 18th February 2020

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 **Australian Survivor: All Stars**

CC PG
Coarse Language,
Nudity

ALL NEW EPISODES

09:00 pm **NCIS**

CC

ALL NEW EPISODES

Lonely Hearts

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

CC M
Violence

ALL NEW EPISODES

Bloody Brilliant Plan, A

The NCIS team reluctantly aligns with two former criminals from England, after a powerful arms dealer kidnaps Ricky's daughter in an attempt to obtain a dangerous weapons system.

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

Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews the hottest stars, brilliant minds & talented artists.

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

Home Shopping

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

Home Shopping



ADELAIDE PROGRAM GUIDE

Tuesday 18th February 2020

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

CC

ALL NEW EPISODES

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



ADELAIDE PROGRAM GUIDE

Wednesday 19th February 2020

06:00 am **The Talk**

CC PG
Mature Themes

ALL NEW EPISODES

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

07:00 am **Entertainment Tonight** (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

07:30 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.

08:00 am **The Bold & The Beautiful** (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Quinn pushes Flo to marry Wyatt quickly even though he is still technically engaged to Sally. Meanwhile, Katie offers Sally comfort and support in her time of pain and sorrow.

08:30 am **Studio 10**

CC PG

ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 8.30am weekdays on 10.

12:00 pm **Dr Phil**

CC PG
Coarse Language,
Drug References,
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**



ADELAIDE PROGRAM GUIDE

Wednesday 19th February 2020

02:40 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 Three Veg And Meat CC

ALL NEW EPISODES

04:00 pm Farm To Fork CC G

ALL NEW EPISODES

Andy Allen, Michael Weldon and Courtney Roulston take you on a food journey to find the freshest produce and create inspiring recipes in the kitchen.

04:30 pm The Bold & The Beautiful CC

ALL NEW EPISODES

Thomas admits the shocking next step in his plan after Vinny calls him out about Zoe and Hope. Meanwhile, Katie breaks her vow of silence to Sally and spills her secret to Dollar Bill.

05:00 pm 10 News First CC

LIVE

Comprehensive coverage of local, national and overseas news presented by Rebecca Morse. Includes sport presented by Will Goodings and the latest weather from Kate Freebairn.

06:00 pm 10 News First (Rpt) CC

LIVE

Comprehensive coverage of local, national and overseas news presented by Rebecca Morse. Includes sport presented by Will Goodings and the latest weather from Kate Freebairn.



ADELAIDE PROGRAM GUIDE

Wednesday 19th February 2020

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 **Australian Survivor: All Stars**

CC PG
Coarse Language

ALL NEW EPISODES

09:00 pm **Bull**

CC M
Mature Themes

ALL NEW EPISODES

Doctor Killer

Bull has a difficult time defending a client who has confessed to accidentally killing his sister's doctor after her death.

10:00 pm **Bull**(Rpt)

CC M

No Good Deed

Bull is asked to help a teachers union represent a woman who is being prosecuted by the DA for helping an impoverished student pass an important test.

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

Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews the hottest stars, brilliant minds & talented artists.

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

Home Shopping

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

Home Shopping

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

Home Shopping



ADELAIDE PROGRAM GUIDE

Wednesday 19th February 2020

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

CC

ALL NEW EPISODES

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



ADELAIDE PROGRAM GUIDE

Thursday 20th February 2020

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

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

07:00 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

07:30 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.

08:00 am The Bold & The Beautiful (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Thomas admits the shocking next step in his plan after Vinny calls him out about Zoe and Hope. Meanwhile, Katie breaks her vow of silence to Sally and spills her secret to Dollar Bill.

08:30 am Studio 10

CC PG

ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 8.30am weekdays on 10.

12:00 pm Dr Phil

CC M
Drug Use,
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



ADELAIDE PROGRAM GUIDE

Thursday 20th February 2020

02:00 pm Entertainment Tonight	CC
02:30 pm Judge Judy (Rpt)	CC PG
03:00 pm Judge Judy	CC PG
03:30 pm Three Veg And Meat	CC
04:00 pm Farm To Fork	CC G
04:30 pm The Bold & The Beautiful	CC
05:00 pm 10 News First	CC
06:00 pm 10 News First (Rpt)	CC

ALL NEW EPISODES

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

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

ALL NEW EPISODES

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

ALL NEW EPISODES

ALL NEW EPISODES

Andy Allen, Michael Weldon and Courtney Roulston take you on a food journey to find the freshest produce and create inspiring recipes in the kitchen.

ALL NEW EPISODES

Justifying his coming actions as payback, Thomas throws Zoe a surprise birthday party. Meanwhile, realising that Sally won't do it herself, Katie tells Wyatt about Sally's diagnosis.

LIVE

Comprehensive coverage of local, national and overseas news presented by Rebecca Morse. Includes sport presented by Will Goodings and the latest weather from Kate Freebairn.

LIVE

Comprehensive coverage of local, national and overseas news presented by Rebecca Morse. Includes sport presented by Will Goodings and the latest weather from Kate Freebairn.



ADELAIDE PROGRAM GUIDE

Thursday 20th February 2020

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 **Ambulance Australia**

CC

ALL NEW EPISODES

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

CC M
Strong Adult Themes

ALL NEW EPISODES

At Midnight In Manhattan

The detectives are spread thin when three major cases come in at midnight; Rollins and Carisi argue over an arrest.

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

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

CC M
Violence,
Strong Adult Themes

Story Of More Woe, A

The SVU investigate a father's murder after a home burglary turns into a deadly assault. The team speaks with the medical examiner but the details don't add up. Meanwhile, Rollins goes into labour.

Starring: Mariska Hargitay, Ice T , Kelli Giddish, Peter Scanavino, Philip Winchester

Guest Starring: George Newbern

10:30 pm **Blue Bloods**

CC M
Mature Themes

ALL NEW EPISODES

Another Look

Franks takes a case to heart when it involves the suspicious death of his friend's terminally ill wife. Erin receives a robbery case that proves to be impossible to crack without help from Anthony.

Starring: Tom Selleck, Donnie Wahlberg, Bridget Moynahan, Will Estes, Vanessa Ray, Sami Gayle

11:30 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.



ADELAIDE PROGRAM GUIDE

Thursday 20th February 2020

12:30 am **The Late Show With Stephen Colbert** CC PG

ALL NEW EPISODES

Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews the hottest stars, brilliant minds & talented artists.

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

Home Shopping

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

Home Shopping

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

Home Shopping

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

Home Shopping

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

Home Shopping

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

Home Shopping

04:30 am **CBS This Morning** CC

ALL NEW EPISODES

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



ADELAIDE PROGRAM GUIDE

Friday 21st February 2020

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

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

07:00 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

07:30 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.

08:00 am The Bold & The Beautiful (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Justifying his coming actions as payback, Thomas throws Zoe a surprise birthday party. Meanwhile, realising that Sally won't do it herself, Katie tells Wyatt about Sally's diagnosis.

08:30 am Studio 10

CC PG

ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 8.30am weekdays on 10.

12:00 pm Dr Phil

CC M
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



ADELAIDE PROGRAM GUIDE

Friday 21st February 2020

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 Three Veg And Meat CC

ALL NEW EPISODES

04:00 pm Farm To Fork CC G

ALL NEW EPISODES

Andy Allen, Michael Weldon and Courtney Roulston take you on a food journey to find the freshest produce and create inspiring recipes in the kitchen.

04:30 pm The Bold & The Beautiful CC

ALL NEW EPISODES

Ridge and Brooke disagree about the reasons behind their continued breakup. Meanwhile, Thomas turns the tables on Hope when she confronts him about hurting Douglas.

05:00 pm 10 News First CC

LIVE

Comprehensive coverage of local, national and overseas news presented by Rebecca Morse. Includes sport presented by Will Goodings and the latest weather from Kate Freebairn.

06:00 pm 10 News First (Rpt) CC

LIVE

Comprehensive coverage of local, national and overseas news presented by Rebecca Morse. Includes sport presented by Will Goodings and the latest weather from Kate Freebairn.

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.



ADELAIDE PROGRAM GUIDE

Friday 21st February 2020

07:30 pm **The Graham Norton Show** CC

ALL NEW EPISODES

Join the hilarious and cheeky Graham Norton as interviews some of the most well-known faces in the world. Tonight's guests: Mark Ruffal, David Schwimmer, Nick Mohammed, Tamsin Greig & Alicia Keys.

08:30 pm **To Be Advised**

09:30 pm **To Be Advised**

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

Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews the hottest stars, brilliant minds & talented artists.

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

Home Shopping

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

Home Shopping

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



ADELAIDE PROGRAM GUIDE

Friday 21st February 2020

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am Home Shopping (Rpt)

Home Shopping

05:00 am Home Shopping (Rpt)

Home Shopping

05:30 am Home Shopping (Rpt)

Home Shopping



ADELAIDE PROGRAM GUIDE

Saturday 22nd February 2020

06:00 am I Fish (Rpt) G

Join one of Australia's finest fishermen, Paul Worsteling as he travels around Australia and the world in search of the ultimate angling experience.

06:30 am Leading The Way With Dr. Michael Youssef 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

SPECIAL ENCORE PRESENTATION

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 The Offroad Adventure Show (Rpt) CC G

Four ultimate touring 4WDs, two all-new thrillseeking hosts, tackling our toughest adventures yet, discovering spectacular campsites and bucket list adventures along the way.

08:30 am What's Up Down Under (Rpt) CC G

Summer Series

Travel and Lifestyle, Celebrating the Australian pastime of caravanning, camping and holiday parks.

09:00 am Farm To Fork (Rpt) CC G

Andy Allen, Michael Weldon and Courtney Roulston take you on a food journey to find the freshest produce and create inspiring recipes in the kitchen.

09:30 am Studio 10 Saturday CC PG

See what all the fuss is about with Sarah, Joe, Angela, Kerri-Anne, Ding Dong and Narelda. Fiery debates, big exclusives and a whole lot of fun - with this gang you never know what will happen next!

12:00 pm Supercars Adelaide 500

LIVE

Supercars: Adelaide 500 Day 2

Get revved up and ready for day 2 of the 2020 Supercars at the Adelaide 500. Don't miss a minute of the action on 10. Track coverage from 12:30pm AEDT.



ADELAIDE PROGRAM GUIDE

Saturday 22nd February 2020

06:30 pm 10 News First

CC

LIVE

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

07:30 pm To Be Advised

08:30 pm Ambulance

CC M
Violence,
Coarse Language,
Mature Themes

ALL NEW EPISODES

Doctor Ian & Paramedic Nikki see the human consequences of youth violence. Their first job is for a 13-year-old who has been stabbed. Their next is two young men who've been shot.

09:45 pm 999: What's Your Emergency? (Rpt)

CC M
Coarse Language

I Think Their Motivation Was To Kill Me

This episode examines what happens when members of the public take the law into their own hands, and the dramatic consequences the emergency services have to deal with.

10:45 pm To Be Advised

11:40 pm To Be Advised

12:35 am To Be Advised

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



ADELAIDE PROGRAM GUIDE

Saturday 22nd February 2020

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am Beyond The Search (Rpt)

PG

ALL NEW EPISODES

Beyond Talk - The Search For Commitment

Loyalty and commitment don't just happen, they result from positive choices and changes we make in our lives. Beyond Talk explores the commitment needed for a successful lasting marriage.

05:00 am Hour Of Power

G

ALL NEW EPISODES

Bobby Schuller's call to you, no matter how wounded, broken or 'unwanted' is to 'believe in the God that believes in you.' This message goes out to nearly 5 million people around the globe every week.



PERTH PROGRAM GUIDE

Sunday 16th February 2020

06:00 am Mass For You At Home CC G

ALL NEW EPISODES

Religious.

06:30 am Hillsong CC G

ALL NEW EPISODES

Discover your God-given potential with Pastor Brian Houston as he shares empowering and inspiring messages from the Word of God.

07:00 am Joseph Prince CC G

ALL NEW EPISODES

The Truth About Tithing Under Grace

Religious

07:30 am Joel Osteen CC G

ALL NEW EPISODES

It's Just A Matter Of Time

Religious.

08:00 am Snap Happy (Rpt) CC G

If you like photography then you'll love Snap Happy. This show will inspire and equip you to become a better photographer.

08:30 am This Is Mexico (Rpt) CC PG

Take a journey into the heart of the real Mexico. Discover the food, architecture, culture, and of course the people of this amazing land.

09:00 am Tasting Australia With Hayden Quinn (Rpt) CC G

Hayden explores hidden gems of Australia through the stories of those that inspire him. He visits stunning locations, interesting people and makes the food we all love to enjoy.

09:30 am Studio 10 Sunday CC PG

See what all the fuss is about with Sarah, Joe, Angela, Kerri-Anne, Ding Dong and Narelda. Fiery debates, big exclusives and a whole lot of fun - with this gang you never know what will happen next!

12:00 pm The Offroad Adventure Show CC G

ALL NEW EPISODES

Four ultimate touring 4WDs, two all-new thrillseeking hosts, tackling our toughest adventures yet, discovering spectacular campsites and bucket list adventures along the way.



PERTH PROGRAM GUIDE

Sunday 16th February 2020

01:00 pm The Living Room (Rpt) CC PG

Barry helps finish a laundry renovation in 6 days, Miguel serves up a kangaroo fillet, Matt shares secrets to a well-manicured hedge and the team checks in with Chris from his trek to Antarctica.

02:00 pm To Be Advised

04:00 pm Whichcar CC PG

ALL NEW EPISODES

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

04:30 pm RPM Summer Series CC

Summer Series

Hosted by 10 Sport's Kate Peck, RPM Summer Series delivers all the latest in race previews and reviews, as well as feature stories covering Formula One, MotoGP, Supercars and all things motorsport.

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
Mature Themes

It's been a long hot summer and as Bondi swells with beach lovers, the lifeguards feel the pressure. This year's unpredictable events are really going to test the boys and girls in blue.

06:30 pm The Sunday Project CC

ALL NEW EPISODES

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

07:30 pm Dancing With The Stars CC

ALL NEW EPISODES

Strap on your dancing shoes and shine your sequins because Dancing With The Stars is back and ready to jump and jive its way onto screens in a sparkly new season.



PERTH PROGRAM GUIDE

Sunday 16th February 2020

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

SPECIAL ENCORE PRESENTATION

Join the hilarious Graham Norton as interviews some of the most well-known faces in the world. Tonight's guests: Margot Robbie, Daniel Kaluuya, Jodie Turner-Smith, Jim Carrey & Lewis Capaldi.

10:30 pm **To Be Advised**

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

SPECIAL ENCORE PRESENTATION

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

12:30 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 **CBS This Morning** CC

ALL NEW EPISODES

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



PERTH PROGRAM GUIDE

Monday 17th February 2020

06:00 am **The Talk**

CC PG
Mature Themes

ALL NEW EPISODES

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

07:00 am **Entertainment Tonight** (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

07:30 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.

08:00 am **The Bold & The Beautiful** (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Carter tells Zoe she is beautiful before questioning the validity of her relationship with Thomas. Meanwhile, sparks reignite between Steffy and Liam as they spend family time together with Kelly.

08:30 am **Studio 10**

CC PG

ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 8.30am weekdays on 10.

12:00 pm **Dr Phil**

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**



PERTH PROGRAM GUIDE

Monday 17th February 2020

02:30 pm	Entertainment Tonight	CC
03:00 pm	Judge Judy	CC PG
03:30 pm	Three Veg And Meat	CC
04:00 pm	Farm To Fork	CC G
04:30 pm	The Bold & The Beautiful	CC
05:00 pm	10 News First	CC
06:00 pm	10 News First (Rpt)	CC
06:30 pm	The Project	CC

ALL NEW EPISODES

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

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.

SEASON PREMIERE

ALL NEW EPISODES

Andy Allen, Michael Weldon and Courtney Roulston take you on a food journey to find the freshest produce and create inspiring recipes in the kitchen.

ALL NEW EPISODES

Katie is taken in by Bill's overt attentiveness and demonstrative behaviour. Meanwhile, Sally shuts Wyatt down when he arrives at Forrester concerned about her well-being.

LIVE

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

LIVE

Comprehensive coverage of local, national and international news. Plus, 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.



PERTH PROGRAM GUIDE

Monday 17th February 2020

07:30 pm Australian Survivor: All Stars CC PG
Coarse Language

09:00 pm Hughesy, We Have A Problem CC

10:00 pm Akmal - Transparent (Rpt) CC MA15+
Strong Coarse
Language

11:30 pm The Project Encore (Rpt) CC

12:30 am The Late Show With Stephen Colbert CC PG

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)

ALL NEW EPISODES

ALL NEW EPISODES

Hughesy, Tom Gleeson, Akmal Saleh, Steph Tisdell & Mel Buttle tackle the first world problems we just can't seem to solve.

Akmal - Transparent

See Akmal at his best as he tackles every subject from reality TV, through to politics. Make sure you have Paramedics on call to transport you to hospital as your sides split from laughter!

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

Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews the hottest stars, brilliant minds & talented artists.

Home Shopping

Home Shopping

Home Shopping

Home Shopping

Home Shopping



PERTH PROGRAM GUIDE

Monday 17th February 2020

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS This Morning

CC

ALL NEW EPISODES

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



PERTH PROGRAM GUIDE

Tuesday 18th February 2020

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

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

07:00 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

07:30 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.

08:00 am The Bold & The Beautiful (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Katie is taken in by Bill's overt attentiveness and demonstrative behaviour. Meanwhile, Sally shuts Wyatt down when he arrives at Forrester concerned about her well-being.

08:30 am Studio 10

CC PG

ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 8.30am weekdays on 10.

12:00 pm Dr Phil

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



PERTH PROGRAM GUIDE

Tuesday 18th February 2020

02:40 pm Entertainment Tonight	CC
03:00 pm Judge Judy	CC PG
03:30 pm Three Veg And Meat	CC
04:00 pm Farm To Fork	CC G
04:30 pm The Bold & The Beautiful	CC
05:00 pm 10 News First	CC
06:00 pm 10 News First (Rpt)	CC
06:30 pm The Project	CC

ALL NEW EPISODES

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

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.

ALL NEW EPISODES

ALL NEW EPISODES

Andy Allen, Michael Weldon and Courtney Roulston take you on a food journey to find the freshest produce and create inspiring recipes in the kitchen.

ALL NEW EPISODES

Quinn pushes Flo to marry Wyatt quickly even though he is still technically engaged to Sally. Meanwhile, Katie offers Sally comfort and support in her time of pain and sorrow.

LIVE

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

LIVE

Comprehensive coverage of local, national and international news. Plus, 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.



PERTH PROGRAM GUIDE

Tuesday 18th February 2020

07:30 pm Australian Survivor: All Stars CC PG
Coarse Language,
Nudity

ALL NEW EPISODES

09:00 pm NCIS CC

ALL NEW EPISODES

Lonely Hearts

10:00 pm NCIS: Los Angeles CC M
Violence

ALL NEW EPISODES

Bloody Brilliant Plan, A

The NCIS team reluctantly aligns with two former criminals from England, after a powerful arms dealer kidnaps Ricky's daughter in an attempt to obtain a dangerous weapons system.

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

Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews the hottest stars, brilliant minds & talented artists.

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping



PERTH PROGRAM GUIDE

Tuesday 18th February 2020

03:00 am Home Shopping (Rpt)

03:30 am Home Shopping (Rpt)

04:00 am Home Shopping (Rpt)

04:30 am CBS This Morning

CC

Home Shopping

Home Shopping

Home Shopping

ALL NEW EPISODES

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



PERTH PROGRAM GUIDE

Wednesday 19th February 2020

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

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

07:00 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

07:30 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.

08:00 am The Bold & The Beautiful (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Quinn pushes Flo to marry Wyatt quickly even though he is still technically engaged to Sally. Meanwhile, Katie offers Sally comfort and support in her time of pain and sorrow.

08:30 am Studio 10

CC PG

ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 8.30am weekdays on 10.

12:00 pm Dr Phil

CC PG
Coarse Language,
Drug References,
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



PERTH PROGRAM GUIDE

Wednesday 19th February 2020

02:40 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 Three Veg And Meat CC

ALL NEW EPISODES

04:00 pm Farm To Fork CC G

ALL NEW EPISODES

Andy Allen, Michael Weldon and Courtney Roulston take you on a food journey to find the freshest produce and create inspiring recipes in the kitchen.

04:30 pm The Bold & The Beautiful CC

ALL NEW EPISODES

Thomas admits the shocking next step in his plan after Vinny calls him out about Zoe and Hope. Meanwhile, Katie breaks her vow of silence to Sally and spills her secret to Dollar Bill.

05:00 pm 10 News First CC

LIVE

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

06:00 pm 10 News First (Rpt) CC

LIVE

Comprehensive coverage of local, national and international news. Plus, 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.



PERTH PROGRAM GUIDE

Wednesday 19th February 2020

07:30 pm **Australian Survivor: All Stars** CC PG
Coarse Language

ALL NEW EPISODES

09:00 pm **Bull** CC M
Mature Themes

ALL NEW EPISODES

Doctor Killer

Bull has a difficult time defending a client who has confessed to accidentally killing his sister's doctor after her death.

10:00 pm **Bull (Rpt)** CC M

No Good Deed

Bull is asked to help a teachers union represent a woman who is being prosecuted by the DA for helping an impoverished student pass an important test.

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

Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews the hottest stars, brilliant minds & talented artists.

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

Home Shopping

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

Home Shopping

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



PERTH PROGRAM GUIDE

Wednesday 19th February 2020

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS This Morning

CC

ALL NEW EPISODES

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



PERTH PROGRAM GUIDE

Thursday 20th February 2020

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

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

07:00 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

07:30 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.

SPECIAL ENCORE PRESENTATION

08:00 am The Bold & The Beautiful (Rpt)

CC

Thomas admits the shocking next step in his plan after Vinny calls him out about Zoe and Hope. Meanwhile, Katie breaks her vow of silence to Sally and spills her secret to Dollar Bill.

08:30 am Studio 10

CC PG

ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 8.30am weekdays on 10.

12:00 pm Dr Phil

CC M
Drug Use,
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



PERTH PROGRAM GUIDE

Thursday 20th February 2020

02:00 pm Entertainment Tonight	CC
02:30 pm Judge Judy (Rpt)	CC PG
03:00 pm Judge Judy	CC PG
03:30 pm Three Veg And Meat	CC
04:00 pm Farm To Fork	CC G
04:30 pm The Bold & The Beautiful	CC
05:00 pm 10 News First	CC
06:00 pm 10 News First (Rpt)	CC
06:30 pm The Project	CC

ALL NEW EPISODES

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

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

ALL NEW EPISODES

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

ALL NEW EPISODES

ALL NEW EPISODES

Andy Allen, Michael Weldon and Courtney Roulston take you on a food journey to find the freshest produce and create inspiring recipes in the kitchen.

ALL NEW EPISODES

Justifying his coming actions as payback, Thomas throws Zoe a surprise birthday party. Meanwhile, realising that Sally won't do it herself, Katie tells Wyatt about Sally's diagnosis.

LIVE

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

LIVE

Comprehensive coverage of local, national and international news. Plus, 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.



PERTH PROGRAM GUIDE

Thursday 20th February 2020

ALL NEW EPISODES

07:30 pm Ambulance Australia CC

ALL NEW EPISODES

08:30 pm Law & Order: S.V.U CC M
Strong Adult Themes

At Midnight In Manhattan

The detectives are spread thin when three major cases come in at midnight; Rollins and Carisi argue over an arrest.

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

09:30 pm Law & Order: S.V.U (Rpt) CC M
Violence,
Strong Adult Themes

Story Of More Woe, A

The SVU investigate a father's murder after a home burglary turns into a deadly assault. The team speaks with the medical examiner but the details don't add up. Meanwhile, Rollins goes into labour.

Starring: Mariska Hargitay, Ice T , Kelli Giddish, Peter Scanavino, Philip Winchester

Guest Starring: George Newbern

10:30 pm Blue Bloods CC M
Mature Themes

ALL NEW EPISODES

Another Look

Franks takes a case to heart when it involves the suspicious death of his friend's terminally ill wife. Erin receives a robbery case that proves to be impossible to crack without help from Anthony.

Starring: Tom Selleck, Donnie Wahlberg, Bridget Moynahan, Will Estes, Vanessa Ray, Sami Gayle

11:30 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.

12:30 am The Late Show With Stephen Colbert CC PG

ALL NEW EPISODES

Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews the hottest stars, brilliant minds & talented artists.



PERTH PROGRAM GUIDE

Thursday 20th February 2020

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

CC

ALL NEW EPISODES

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



PERTH PROGRAM GUIDE

Friday 21st February 2020

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

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

07:00 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

07:30 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.

08:00 am The Bold & The Beautiful (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Justifying his coming actions as payback, Thomas throws Zoe a surprise birthday party. Meanwhile, realising that Sally won't do it herself, Katie tells Wyatt about Sally's diagnosis.

08:30 am Studio 10

CC PG

ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 8.30am weekdays on 10.

12:00 pm Dr Phil

CC M
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



PERTH PROGRAM GUIDE

Friday 21st February 2020

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 Three Veg And Meat CC

ALL NEW EPISODES

04:00 pm Farm To Fork CC G

ALL NEW EPISODES

Andy Allen, Michael Weldon and Courtney Roulston take you on a food journey to find the freshest produce and create inspiring recipes in the kitchen.

04:30 pm The Bold & The Beautiful CC

ALL NEW EPISODES

Ridge and Brooke disagree about the reasons behind their continued breakup. Meanwhile, Thomas turns the tables on Hope when she confronts him about hurting Douglas.

05:00 pm 10 News First CC

LIVE

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

06:00 pm 10 News First (Rpt) CC

LIVE

Comprehensive coverage of local, national and international news. Plus, 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 Graham Norton Show CC

ALL NEW EPISODES

Join the hilarious and cheeky Graham Norton as interviews some of the most well-known faces in the world. Tonight's guests: Mark Ruffal, David Schwimmer, Nick Mohammed, Tamsin Greig & Alicia Keys.



PERTH PROGRAM GUIDE

Friday 21st February 2020

08:30 pm To Be Advised

09:30 pm To Be Advised

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

Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews the hottest stars, brilliant minds & talented artists.

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

Home Shopping

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

Home Shopping

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

Home Shopping

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

Home Shopping

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

Home Shopping

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

Home Shopping

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

Home Shopping

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

Home Shopping



PERTH PROGRAM GUIDE

Friday 21st February 2020

05:00 am Home Shopping (Rpt)

Home Shopping

05:30 am Home Shopping (Rpt)

Home Shopping



PERTH PROGRAM GUIDE

Saturday 22nd February 2020

06:00 am	I Fish (Rpt)	G	Join one of Australia's finest fishermen, Paul Worsteling as he travels around Australia and the world in search of the ultimate angling experience.
ALL NEW EPISODES			
06:30 am	Leading The Way With Dr. Michael Youssef	CC G	Dr. Michael Youssef preaches spiritual advice and provides biblical clarity to modern social and political issues.
SPECIAL ENCORE PRESENTATION			
07:00 am	Escape Fishing With ET (Rpt)	CC	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	The Offroad Adventure Show (Rpt)	CC G	Four ultimate touring 4WDs, two all-new thrillseeking hosts, tackling our toughest adventures yet, discovering spectacular campsites and bucket list adventures along the way.
08:30 am	What's Up Down Under (Rpt)	CC G	Summer Series Travel and Lifestyle, Celebrating the Australian pastime of caravanning, camping and holiday parks.
09:00 am	Whichcar (Rpt)	CC PG	Whether you're a car enthusiast, influencer or intender, you will find everything you need on Which Car TV.
09:30 am	Supercars Adelaide 500		LIVE Supercars: Adelaide 500 Day 2 Get revved up and ready for day 2 of the 2020 Supercars at the Adelaide 500. Don't miss a minute of the action on 10. Track coverage from 12:30pm AEDT.
04:00 pm	Whichcar (Rpt)	CC PG	Whether you're a car enthusiast, influencer or intender, you will find everything you need on Which Car TV.
04:30 pm	Farm To Fork (Rpt)	CC G	Andy Allen, Michael Weldon and Courtney Roulston take you on a food journey to find the freshest produce and create inspiring recipes in the kitchen.



PERTH PROGRAM GUIDE

Saturday 22nd February 2020

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 Jamie's Super Food Family Classics (Rpt) CC G

Jamie visits Sardinia and South Korea and cooks a toasted fruit crumble, squash and ricotta ravioli, and a vegetable tomato sauce.

Starring: Jamie Oliver

07:00 pm Bondi Rescue (Rpt) CC PG
Coarse Language,
Mature Themes

It's been a long hot summer and as Bondi swells with beach lovers, the lifeguards feel the pressure. This year's unpredictable events are really going to test the boys and girls in blue.

07:30 pm To Be Advised

ALL NEW EPISODES

08:30 pm Ambulance CC M
Violence,
Coarse Language,
Mature Themes

Doctor Ian & Paramedic Nikki see the human consequences of youth violence. Their first job is for a 13-year-old who has been stabbed. Their next is two young men who've been shot.

09:45 pm 999: What's Your Emergency? (Rpt) CC M
Coarse Language

I Think Their Motivation Was To Kill Me

This episode examines what happens when members of the public take the law into their own hands, and the dramatic consequences the emergency services have to deal with.

10:45 pm To Be Advised

11:40 pm To Be Advised

12:35 am To Be Advised



PERTH PROGRAM GUIDE

Saturday 22nd February 2020

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 Beyond The Search (Rpt)

PG

ALL NEW EPISODES

Beyond Talk - The Search For Commitment

Loyalty and commitment don't just happen, they result from positive choices and changes we make in our lives. Beyond Talk explores the commitment needed for a successful lasting marriage.

05:00 am Hour Of Power

G

ALL NEW EPISODES

Bobby Schuller's call to you, no matter how wounded, broken or 'unwanted' is to 'believe in the God that believes in you.' This message goes out to nearly 5 million people around the globe every week.