



SYDNEY PROGRAM GUIDE

Sunday 22nd January 2023

06:00 am Mass For You At Home CC G

ALL NEW EPISODES

Weekly celebration of Catholic Mass for those unable to travel to church.

06:30 am Turning Point With David Jeremiah CC PG
Mature Themes

ALL NEW EPISODES

Sometimes we feel that we must be powerful and influential to overcome obstacles in our lives, but in this message Dr. Jeremiah shows us that isn't true.

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

ALL NEW EPISODES

458 - Fresh Grace For Every Trial

Pastor Joseph Prince is a leading voice in proclaiming the gospel of grace around the world. He is the senior pastor of New Creation Church, a vibrant and fast-growing church.

07:30 am Joel Osteen CC G

ALL NEW EPISODES

Religious.

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

Luca Ciano returns with another essential key ingredient, basil. Fundamental to Italian cuisine, Luca gives his recipe for basil pesto which becomes the foundation for a delicious basil pasta.

08:30 am Freshly Picked With Simon Toohey (Rpt) CC G

Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them.

09:00 am Good Chef Bad Chef (Rpt) CC G

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

09:30 am Destination Dessert (Rpt) CC G

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



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Sunday 22nd January 2023

10:00 am Studio 10: Sunday	CC PG	Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus.
SPECIAL ENCORE PRESENTATION		
12:00 pm The Bachelors Australia Encore (Rpt)	CC PG Sexual References, Coarse Language	This episode pickups directly after the rose ceremony from the previous episode. Before Felix can say hello to half of his group, Tilly whisks Felix away for a private chat which takes up the entire time of Felix and aggravates Krystal.
01:15 pm My Market Kitchen (Rpt)	CC G	Mike Reid, Matt Sinclair and Laura Sharrad, three of Australia's most popular chefs, cook amazing dishes from three iconic locations around the country.
01:30 pm Luxury Escapes (Rpt)	CC G	Bali Sophie meets up with former Bachelorette and Bachelor contestant, Brooke Blurton, as they take you on a tour of Bali and visit two of its finest resorts.
02:00 pm Waltzing Jimeoin (Rpt)	CC PG Mild Themes	Jimeoin wants to do a comedy tour like no other. With comedian mates, celebrity friends and maybe even his family, Jimeoin will travel around Australia doing standup wherever the tour takes him.
ALL NEW EPISODES		
02:30 pm Exploring Off The Grid	CC PG Mild Coarse Language	True adventure happens when the road ends, join Rick, Jamie and Johnno for exploration, adventure and a bloody good time.
ALL NEW EPISODES		
03:00 pm Pat Callinan's 4x4 Adventures	CC G	Explore Australia's most breathtaking destinations with our very own "Mr 4X4", Pat Callinan.
ALL NEW EPISODES		
04:00 pm All 4 Adventure	CC	Jase and Simon rescue stranded travellers north of Cape York. They head off-shore into the Torres Strait before travelling south for a cool change on the wild west coast of Tassie.



SYDNEY PROGRAM GUIDE

Sunday 22nd January 2023

05:00 pm 10 News First

CC

LIVE

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

06:30 pm The Sunday Project

CC

ALL NEW EPISODES

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

07:30 pm The Bachelors Australia

CC

ALL NEW EPISODES

Tash is back and ready to re-enter the mansion and Jed has a big decision to make. Is Tash the one that got away, or someone best left in the past? Thomas and Felix are concerned about the negative impact Tash's re-entry could have.

08:40 pm NCIS: Hawaii (Rpt)

CC M
Violence

Recruiter

Kai goes undercover with one of Hawaii's oldest surf gangs when a petty officer who's trying to help wayward kids find a new path in the Marines is murdered

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

09:40 pm FBI (Rpt)

CC M

Trauma

When the FBI finds a connection between the bombings of Federal buildings and a private veterans' club in New York City, Isobel instructs a reluctant OA to recruit a former Army buddy for intel.

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

10:30 pm FBI: International Encore (Rpt)

CC M
Violence

SPECIAL ENCORE PRESENTATION

The Soul Of Chess

Jamie accuses Forrester of being overprotective as the team suspect Russian involvement in an American journalist's death by poison, after his attempt to meet with an anonymous source in Poland.

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



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Sunday 22nd January 2023

11:30 pm **FBI: International Encore** (Rpt)

CC M
Violence,
Mature Themes

SPECIAL ENCORE PRESENTATION

The Secrets She Knows

After a U.S. intelligence negotiator goes missing and her Paris apartment is found covered in her blood, the team races to find her before the country's nuclear secrets fall into the wrong hands.

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

12:30 am **The Sunday Project Encore** (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

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

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

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

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

Home Shopping

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

Home Shopping

04:30 am **CBS Mornings**

CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Monday 23rd January 2023

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Akbar Gbajabiamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am Farm To Fork (Rpt)

CC PG

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

07:30 am Good Chef Bad Chef (Rpt)

CC G

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

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

CC G

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

08:30 am Entertainment Tonight Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

09:00 am Judge Judy (Rpt)

CC PG

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

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

CC PG

SPECIAL ENCORE PRESENTATION

Steffy and Finn are stunned as Sheila asks for the chance to right her wrongs. Taylor and Brooke embark on a new journey as friends.

10:00 am Studio 10

CC PG

LIVE

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

12:00 pm 10 News First: Midday

CC

LIVE

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



SYDNEY PROGRAM GUIDE

Monday 23rd January 2023

01:00 pm Dr Phil (Rpt)

CC PG
Mature Themes

Dr. Phil has a frank and open discussion with members of the public and law enforcement about the perceived lack of safety on American streets, and the rising conflict between civilians and police.

SPECIAL ENCORE PRESENTATION

02:00 pm The Bachelors Australia Encore (Rpt) CC

Tash is back and ready to re-enter the mansion and Jed has a big decision to make. Is Tash the one that got away, or someone best left in the past? Thomas and Felix are concerned about the negative impact Tash's re-entry could have.

ALL NEW EPISODES

03:10 pm Entertainment Tonight CC

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

03:30 pm Judge Judy (Rpt)

CC PG

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

ALL NEW EPISODES

04:00 pm Farm To Fork

CC G

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

ALL NEW EPISODES

04:30 pm The Bold & The Beautiful

CC PG

Liam and Wyatt grow concerned over Bill's state of mind. Sheila uses another trick to get what she wants from Finn and Steffy.

LIVE

05:00 pm 10 News First

CC

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

ALL NEW EPISODES

06:30 pm The Project

CC

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



SYDNEY PROGRAM GUIDE

Monday 23rd January 2023

07:30 pm The Bachelors Australia

CC

ALL NEW EPISODES

The Bachelors are reminded we are near the end and they all reveal real feelings are developing rapidly. Thomas confesses to being in love with multiple women. Each Bachelor will go on a single date and explore those connections further.

08:45 pm Ghosts

CC PG
Mature Themes

ALL NEW EPISODES

The Liquor License

Alberta's expertise from her past comes in handy when Sam and Jay run into some complications during their Woodstone whiskey tasting soiree. Also, Trevor devises a ghost fraternity.

Starring: Rose McIver, Utkarsh Ambudkar, Danielle Pinnock, Brandon Scott Jones, Asher Grodman, Richie Moriarty

09:15 pm FBI: Most Wanted

CC M
Violence

ALL NEW EPISODES

Appeal

When three prosecutors are assassinated outside a bar in their small Arkansas town, Remy's team must determine if this was connected to a case from the local DA's office or if it's a personal vendetta

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

10:15 pm FBI: Most Wanted (Rpt)

CC M
Violence,
Strong Adult Themes

Vanished

A new member joins the team as the FBI begin the hunt for a repeat offender and the child he kidnapped after murdering the boy's mother. Also, Jess tries to move past his awkward exchange with Sarah.

Starring: Julian McMahon, Kellan Lutz, Roxy Sternberg, Miguel Gomez, Jen Landon

11:05 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

12:05 am The Late Show With Stephen Colbert

CC PG

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Monday 23rd January 2023

01:00 am Home Shopping (Rpt)

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01:30 am Home Shopping (Rpt)

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03:00 am Home Shopping (Rpt)

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03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS Mornings

CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Tuesday 24th January 2023

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Akbar Gbajabiamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am Farm To Fork (Rpt)

CC PG

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

07:30 am Good Chef Bad Chef (Rpt)

CC G

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

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

CC G

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

08:30 am Entertainment Tonight Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

09:00 am Judge Judy (Rpt)

CC PG

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

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

CC PG

SPECIAL ENCORE PRESENTATION

Liam and Wyatt grow concerned over Bill's state of mind. Sheila uses another trick to get what she wants from Finn and Steffy.

10:00 am Studio 10

CC PG

LIVE

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

12:00 pm 10 News First: Midday

CC

LIVE

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



SYDNEY PROGRAM GUIDE

Tuesday 24th January 2023

01:00 pm Dr Phil (Rpt)

CC PG
Coarse Language,
Mature Themes

Tiffany's mother-in-law, Nellie, requires a lot of emotional support and she has allowed Nellie to live with her family several times, but it didn't go well. Can Dr. Phil heal Nellie's past wounds?

SPECIAL ENCORE PRESENTATION

02:00 pm The Bachelors Australia Encore (Rpt) CC

The Bachelors are reminded we are near the end and they all reveal real feelings are developing rapidly. Thomas confesses to being in love with multiple women. Each Bachelor will go on a single date and explore those connections further.

ALL NEW EPISODES

03:15 pm Entertainment Tonight CC

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

03:30 pm Judge Judy (Rpt)

CC PG

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

ALL NEW EPISODES

04:00 pm Farm To Fork

CC G

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

ALL NEW EPISODES

04:30 pm The Bold & The Beautiful

CC PG

Steffy's past comes back to haunt her. Sheila Carter gets arrested!

LIVE

05:00 pm 10 News First

CC

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

ALL NEW EPISODES

06:30 pm The Project

CC

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



SYDNEY PROGRAM GUIDE

Tuesday 24th January 2023

07:30 pm The Bachelors Australia CC

ALL NEW EPISODES

It's the final single dates. All three bachelor's still have a lot of questions they need answered before they can commit to taking a girl to the finale.

08:50 pm NCIS (Rpt) CC M
Violence

Blood And Treasure

The discovery of two dead bodies in a forest leads the NCIS team into the wild world of modern-day treasure hunting. Also, Gibbs and Fornell get deeper into their search for the opioid kingpin

Starring: Mark Harmon, Sean Murray, Wilmer Valderrama

09:50 pm NCIS (Rpt) CC M

Sunburn

McGee and his wife Delilah's Bahamian vacation turns into a high-stakes mission; Gibbs fears the worst when his search for Fornell leads to blood.

Starring: Mark Harmon, Sean Murray, Wilmer Valderrama

10:40 pm The Project Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

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

11:40 pm The Late Show With Stephen Colbert CC PG

ALL NEW EPISODES

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

12:30 am Home Shopping (Rpt)

Home Shopping

01:00 am Home Shopping (Rpt)

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SYDNEY PROGRAM GUIDE

Tuesday 24th January 2023

02:00 am Home Shopping (Rpt)

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Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS Mornings

CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Wednesday 25th January 2023

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Akbar Gbajabiamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am Farm To Fork (Rpt)

CC PG

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

07:30 am Good Chef Bad Chef (Rpt)

CC G

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

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

CC G

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

08:30 am Entertainment Tonight Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

09:00 am Judge Judy (Rpt)

CC PG

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

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

CC PG

SPECIAL ENCORE PRESENTATION

Steffy's past comes back to haunt her. Sheila Carter gets arrested!

10:00 am Studio 10

CC PG

LIVE

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

12:00 pm 10 News First: Midday

CC

LIVE

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



SYDNEY PROGRAM GUIDE

Wednesday 25th January 2023

01:00 pm Dr Phil (Rpt)

CC PG
Coarse Language,
Mature Themes

Social media influencer White Plastic faces off with the people that he has catfished. While he thinks it's fun and has no intention of stopping, his victims are hurt, embarrassed, and angry.

02:00 pm The Bachelors Australia Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

It's the final single dates. All three bachelor's still have a lot of questions they need answered before they can commit to taking a girl to the finale.

03:20 pm Entertainment Tonight

CC

ALL NEW EPISODES

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

03:30 pm Judge Judy (Rpt)

CC PG

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

04:00 pm Farm To Fork

CC G

ALL NEW EPISODES

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

04:30 pm The Bold & The Beautiful

CC PG

ALL NEW EPISODES

Katie is thrilled that Bill was the hero that turned Sheila in. Finn and Steffy worry about being blackmailed.

05:00 pm 10 News First

CC

LIVE

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

06:30 pm The Project

CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Wednesday 25th January 2023

07:30 pm The Bachelors Australia

CC

ALL NEW EPISODES

09:25 pm Fire Country

CC M
Violence,
Drug References

ALL NEW EPISODES

Where There's Smoke...

When the crew responds to a call in a remote forest on Mayhem Mountain, they come under fire by an outlaw protecting his illegal marijuana crops.

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

10:25 pm Bull (Rpt)

CC M
Drug References,
Mature Themes

The Boy Who Cried Murder

Izzy asks Bull to petition the court to have her best friend's body exhumed when the woman's son alleges she was murdered, despite her death already ruled accidental.

Starring: Michael Weatherly, Freddy Rodriguez, Geneva Carr

11:25 pm Bull (Rpt)

CC M
Violence

Truth And Reconciliation

The origin story of TAC is revealed through flashbacks when Bull tries to get a new trial for the wrongly convicted prisoner who inspired him to work in trial science 12 years earlier.

Starring: Michael Weatherly, Freddy Rodriguez, Geneva Carr

12:25 am The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

01:25 am The Late Show With Stephen Colbert

CC PG

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Wednesday 25th January 2023

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS Mornings

CC

ALL NEW EPISODES

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





SYDNEY PROGRAM GUIDE

Thursday 26th January 2023

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

Join hosts Akbar Gbajabiamila, Amanda Kloots, Jerry O'Connell, Natalie Morales and Sheryl Underwood on "The Talk" as they discuss current events, pop culture and trending topics of the day.

07:00 am Farm To Fork (Rpt)

CC PG

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

07:30 am Good Chef Bad Chef (Rpt)

CC G

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

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

CC G

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

08:30 am Entertainment Tonight Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

09:00 am Judge Judy (Rpt)

CC PG

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

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

CC PG

SPECIAL ENCORE PRESENTATION

Katie is thrilled that Bill was the hero that turned Sheila in. Finn and Steffy worry about being blackmailed.

10:00 am Studio 10

CC PG

LIVE

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

12:00 pm 10 News First: Midday

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LIVE

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SYDNEY PROGRAM GUIDE

Thursday 26th January 2023

01:00 pm Dr Phil (Rpt)

CC PG
Coarse Language,
Drug References,
Mature Themes

Lisa's boyfriend's anxiety has completely taken over their lives. She says Ted's angst is so bad that even their dog has anxiety now! Is Lisa just enabling Ted's anxiety by doing everything for him?

02:00 pm The Bachelors Australia Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

04:00 pm Farm To Fork

CC G

ALL NEW EPISODES

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

04:30 pm The Bold & The Beautiful

CC

ALL NEW EPISODES

Sheila is startled by a visit from Mike Guthrie. Bill confuses Steffy with his conflicting statements.

05:00 pm 10 News First

CC

LIVE

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

06:30 pm The Project

CC

ALL NEW EPISODES

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

07:30 pm Ambulance Australia (Rpt)

CC M
Coarse Language,
Mature Themes

In Brisbane a bystander calls in a crash in the heart of Brisbane CBD, involving a motorcyclist and taxi. Paramedics arrive to find patient Hector face down on the road, not moving.

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

CC M
Violence,
Mature Themes

ALL NEW EPISODES

Mirror Effect

Benson tries to help a pop star in a volatile relationship, Rollins struggles with taking the stress of work home with her, and Fin teaches rookie Grace Muncy a lesson in respecting fellow officers.

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



SYDNEY PROGRAM GUIDE

Thursday 26th January 2023

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

CC M
Violence,
Strong Adult Themes

Never Turn Your Back On Them

Chief McGrath pressures Benson to get a conviction as the bodies start piling up in the probe into Congressman Howard, while the search for witnesses on the run leads Fin and Kat down a dangerous path

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

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

CC M
Mature Themes

SPECIAL ENCORE PRESENTATION

Dead Stick

When Aiden Hanna's plane crashes and he is accused of being at fault for the accident, the NCIS team must investigate to clear his name. Also, Sam finds a new caretaker for his father.

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

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

CC

SPECIAL ENCORE PRESENTATION

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

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

CC PG

ALL NEW EPISODES

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

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

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04:30 am CBS Mornings

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SYDNEY PROGRAM GUIDE

Friday 27th January 2023

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

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07:00 am Farm To Fork (Rpt)

CC PG

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

07:30 am Good Chef Bad Chef (Rpt)

CC G

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

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

CC G

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

08:30 am Entertainment Tonight Encore

CC

SPECIAL ENCORE PRESENTATION

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

09:00 am Judge Judy (Rpt)

CC PG

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

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

CC

SPECIAL ENCORE PRESENTATION

Sheila is startled by a visit from Mike Guthrie. Bill confuses Steffy with his conflicting statements.

10:00 am Studio 10

CC PG

LIVE

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

12:00 pm 10 News First: Midday

CC

LIVE

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



SYDNEY PROGRAM GUIDE

Friday 27th January 2023

01:00 pm Dr Phil (Rpt)

CC PG
Coarse Language,
Mature Themes

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.

02:00 pm Jamie's Ultimate Veg (Rpt)

CC PG

Jamie is encouraging everyone to stop thinking of vegetables as side dishes to meat. He says vegetables can steal the show and he wants to show us how through a variety of delicious recipes.

03:00 pm Entertainment Tonight

CC

ALL NEW EPISODES

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

03:30 pm Judge Judy (Rpt)

CC PG

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

04:00 pm Farm To Fork

CC G

ALL NEW EPISODES

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

04:30 pm The Bold & The Beautiful

CC

ALL NEW EPISODES

Sheila taunts Li about soon being back in Hayes and Finn's lives. Katie gives Bill pause when she applauds him for doing the right thing.

05:00 pm 10 News First

CC

LIVE

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

06:30 pm The Project

CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Friday 27th January 2023

07:30 pm The Graham Norton Show CC

08:30 pm The Graham Norton Show (Rpt) CC PG

09:30 pm Jimeoin: Ramble On (Rpt) CC M
Sexual References,
Coarse Language

11:00 pm The Project Encore (Rpt) CC

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

01:00 am Home Shopping (Rpt)

01:30 am Home Shopping (Rpt)

02:00 am Home Shopping (Rpt)

02:30 am Home Shopping (Rpt)

03:00 am Home Shopping (Rpt)

ALL NEW EPISODES

Join the hilarious and cheeky Graham Norton as he chats with guests Eddie Redmayne, Jessie Buckley, Stephen Merchant, Motsi Mabuse, Sir Ian McKellen, Sir Elton John & Charlie Puth.

Jimeoin - Ramble On

Jimeoin presents his new stand up show Ramble On! Jimeoin happily imparts his clever and quirky observations on everyday suburban life in his trademark devil-may-care style.

SPECIAL ENCORE PRESENTATION

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

ALL NEW EPISODES

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

Home Shopping

Home Shopping

Home Shopping

Home Shopping

Home Shopping



SYDNEY PROGRAM GUIDE

Friday 27th January 2023

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am Home Shopping (Rpt)

Home Shopping

05:00 am Home Shopping (Rpt)

Home Shopping

05:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Saturday 28th January 2023

06:00 am	Reel Action (Rpt)	CC G	<p><u>Mountain Trout</u></p> <p>Fishing takes you to some amazingly diverse locations. Guesty and Jack Nolan wet a line with the "Trout Father" Paul Sheather near Ebor casting lures for energetic rainbow trout.</p>
06:30 am	Leading The Way With Dr. Michael Youssef	CC G	<p><u>ALL NEW EPISODES</u></p> <p><u>2305 Finding True Peace With Dr. Michael Youssef In Aus, Part 02</u></p> <p>Dr Michael Youssef speaks about the Word of God and offers hope.</p>
07:00 am	Freshly Picked With Simon Toohey (Rpt)	CC G	<p>Join Simon Toohey as he showcases all the delicious and versatile ingredients the plant kingdom has on offer, as well as the Aussie farmers producing them.</p>
07:30 am	Escape Fishing With ET (Rpt)	CC G	<p>Escape with former Rugby League Legend "ET" Andrew Ettingshausen as he travels Australia and the Pacific, hunting out all types of species of fish, while sharing his knowledge on how to catch them.</p>
08:00 am	Exploring Off The Grid (Rpt)	CC PG Mild Coarse Language	<p>True adventure happens when the road ends, join Rick, Jamie and Johnno for exploration, adventure and a bloody good time.</p>
08:30 am	What's Up Down Under (Rpt)	CC G	<p>Love a driving or Caravanning holiday? Join Macca and the crew as they show you the best touring routes and destinations to visit!</p>
09:00 am	Planet Shapers (Rpt)	CC G	<p><u>Planet Shapers</u></p> <p>Sustainability stories about innovating and adapting to create a more sustainable world.</p>
09:30 am	Good Chef Bad Chef (Rpt)	CC G	<p>Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat.</p>
10:00 am	Studio 10: Saturday	CC PG	<p>Start your day with a dose of sunshine and join the feelgood fun with Sarah Harris and Tristan MacManus.</p>
12:00 pm	Beyond The Fire: Resilience	CC	<p><u>SPECIAL EVENT</u></p> <p><u>Beyond The Fire: Resilience</u></p> <p>Beyond The Fire: Resilience takes an honest look at the frustrations and triumphs on the road to recovery 3 years after the Black Summer Bushfire Crisis.</p>



SYDNEY PROGRAM GUIDE

Saturday 28th January 2023

01:00 pm Bondi Rescue (Rpt)	CC PG Coarse Language, Mature Themes	When a backpacker has a violent seizure for over 15 minutes, team leader Beardy fears long-term consequences.
01:30 pm All 4 Adventure (Rpt)	CC	Jase and Simon rescue stranded travellers north of Cape York. They head off-shore into the Torres Strait before travelling south for a cool change on the wild west coast of Tassie.
02:30 pm Planet Shapers	CC	<p>ALL NEW EPISODES</p> <p><u>Planet Shapers</u></p> <p>Sustainability stories about innovating and adapting to create a more sustainable world.</p>
03:00 pm What's Up Down Under	CC	<p>ALL NEW EPISODES</p> <p>Love a driving or Caravanning holiday? Join Macca and the crew as they show you the best touring routes and destinations to visit!</p>
03:30 pm Cook It With Luke (Rpt)	CC G	Your home of quick, tasty, good food. Cooking healthy and delicious meals has never been easier with Luke Hines in your kitchen.
04:00 pm Farm To Fork (Rpt)	CC G	Packed with inspiring recipes we will take you on a food journey around Australia and meet some of our hardworking Australian farmers. Hosted by Courtney Roulston, Michael Weldon and Louis Tikaram.
04:30 pm Taste Of Australia With Hayden Quinn (Rpt)	CC G	Taste of Australia with Hayden Quinn explores the unique personalities shaping the food scene in Australia. Experience the characters, produce and creative forces contributing to our food culture.
05:00 pm 10 News First	CC	<p>LIVE</p> <p>Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.</p>
06:00 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.



SYDNEY PROGRAM GUIDE

Saturday 28th January 2023

06:30 pm Jamie Oliver: Together

CC G

ALL NEW EPISODES

Taco Party

Jamie starts with a delicious slow-cooked pork belly, served in handmade tacos with roasted pineapple and pepper sauce, cheesy black beans, green salsa and citrusy cabbage slaw.

Starring: Jamie Oliver

07:30 pm NCIS: Los Angeles

CC M
Violence,
Mature Themes

ALL NEW EPISODES

Flesh & Blood

NCIS is called to investigate when a woman is seen fleeing the scene of her husband's murder. Also, Roberta Deeks comes into town to meet Rosa, and Sam looks for another aide for his father.

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

08:30 pm FBI: International

CC M
Violence,
Sexual References,
Mature Themes

ALL NEW EPISODES

Trying To Grab Smoke

When an American founder of an illegal adults-only site is killed in Prague, the team is tasked to locate his co-founder, who is still on the run in the Czech Republic.

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

09:30 pm FBI: International

CC M
Violence

ALL NEW EPISODES

Voice Of The People

When Vo's new boyfriend is badly wounded among the victims of a bombing at a festival in Budapest, the team is brought in to find the perpetrators before they can strike again.

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

10:30 pm NCIS(Rpt)

CC M
Violence

Blood And Treasure

The discovery of two dead bodies in a forest leads the NCIS team into the wild world of modern-day treasure hunting. Also, Gibbs and Fornell get deeper into their search for the opioid kingpin

Starring: Mark Harmon, Sean Murray, Wilmer Valderrama



SYDNEY PROGRAM GUIDE

Saturday 28th January 2023

11:30 pm NCIS (Rpt) CC M

Sunburn

McGee and his wife Delilah's Bahamian vacation turns into a high-stakes mission; Gibbs fears the worst when his search for Fornell leads to blood.

Starring: Mark Harmon, Sean Murray, Wilmer Valderrama

12:30 am Home Shopping (Rpt)

Home Shopping

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am Home Shopping (Rpt)

Home Shopping

05:00 am Hour Of Power G

ALL NEW EPISODES