



SYDNEY PROGRAM GUIDE

Sunday 14th April 2019

06:00 am Mass For You At Home CC G

ALL NEW EPISODES

Religious program.

06:30 am Hillsong CC G

ALL NEW EPISODES

Religious Program

07:00 am Joesph Prince New Creation Church CC G

ALL NEW EPISODES

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

07:30 am Joel Osteen CC G

ALL NEW EPISODES

Declare Favor

Religious.

08:00 am The Living Room Encore (Rpt) CC PG

SPECIAL ENCORE PRESENTATION

The Living Room's newest recruit, Matt Leacy helps a couple sift through 30 tons of dirt and Miguel's cooking skills are put to the test when asked to prepare a delicious meal using 2-minute noodles.

09:00 am XVenture Family Challenge (Rpt) CC G

XVenture Family Challenge features 16 New Zealand and Australian families competing in fun and testing challenges to win NZ\$25,000.

09:30 am Studio 10 Sunday CC PG

ALL NEW EPISODES

See what all the fuss is about with Sarah, Joe, Angela, Kerri-Anne Kennerley, Denise Drysdale and Denise Scott. From hot topics, celebrity & current affairs, you never know what will happen next.



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12:00 pm **Everyday Gourmet With Justine Schofield (Rpt)** CC G

Hosted by popular series one MasterChef contestant, Justine Schofield, EG presents can-do cooking ideas as well as tips, tricks and insights into making us all more confident in the kitchen

12:30 pm **The Cook's Pantry With Matt Sinclair (Rpt)** CC G

Cook's Pantry With Matt Sinclair, The 59

Matt Sinclair is joined in the kitchen by ex MasterChef Australia favourites, Michael Weldon and Courtney Roulston, all cooking fabulous dishes, all with different styles.

01:00 pm **Chris & Julia's Sunday Night Takeaway Encore (Rpt)** CC PG
Sexual References,
Coarse Language,
May Contain:

SPECIAL ENCORE PRESENTATION

With the misguided voices of Chris & Julia feeding instructions, Kris Smith & Josh Gibson hit a local gym - with their dignity & dumbbells on the line. Plus, Masterchef's Matt Preston is in the studio

02:30 pm **XVenture Family Challenge** CC G

ALL NEW EPISODES

XVenture Family Challenge features 16 New Zealand and Australian families competing in fun and testing challenges to win NZ\$25,000.

03:00 pm **WhichCar** CC PG

ALL NEW EPISODES

Jump into the passenger seat and ride with the WhichCar team as we travel Australia and the world in search of automotive adventures and inspiration.

03:30 pm **RPM** CC

ALL NEW EPISODES

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

04:00 pm **Supercars Highlights** CC

Supercars Phillip Island (Sun)

Highlights of 2019 Supercars Championship from the Phillip Island SuperSprint, Victoria.

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

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Sunday 14th April 2019

06:00 pm Bondi Rescue (Rpt)

CC PG
Coarse Language

In the throes of massive swell and unpredictable weather, the Bondi lifeguards push each other to their limits in the annual lifeguard challenge.

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 Chris & Julia's Sunday Night Takeaway

CC PG
Sexual References,
Coarse Language,
May Contain:

LIVE

The life of another Aussie every day hero is about to change and an unsuspecting celebrity will get a surprise after signing up to the celebrity prank!

09:00 pm Hughesy, We Have A Problem

CC M
Nudity

ALL NEW EPISODES

Arj Barker, Kate McLennan, Susie Youssef and Akmal Saleh have their problem-solving hats on as they join Dave Hughes at the desk ready to solve another batch of life's most infuriating issues.

10:00 pm NCIS (Rpt)

CC M

Fake IT 'til You Make IT

After Reeves sees his friend get kidnapped, the NCIS team discovers the primary suspect disappeared two days ago with confidential military information.

11:00 pm NCIS (Rpt)

CC M
Violence

Trapped

After a petty officer is found murdered on a golf course, McGee spends hours on the victim's ham radio trying to locate a key witness.

12:00 am The Sunday Project (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.



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Sunday 14th April 2019

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping

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 This Morning

CC

ALL NEW EPISODES

Gayle King, Norah O'Donnell, John Dickerson & Bianna Golodryga cover breaking news, politics, health, money, lifestyle and pop culture.



SYDNEY PROGRAM GUIDE

Monday 15th April 2019

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

CBS's Daytime Emmy Award-winning talk show The Talk hosted by Sara Gilbert, Sharon Osbourne, Sheryl Underwood and Eve discuss current events, pop culture and the trending topics of the day.

07:00 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

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

CC PG

SPECIAL ENCORE PRESENTATION

Quinn gives Sally a reluctant apology. Sally stuns Wyatt when she reveals that she is reconsidering her decision to work at Spencer.

08:00 am Pointless (Rpt)

CC PG

Hosted by Mark Humphries & Dr Andrew Rochford, this is the game where the least obvious answer wins!

08:30 am Studio 10

CC PG

ALL NEW EPISODES

Get more out of your mornings with Sarah Harris, Joe Hildebrand, Angela Bishop, Kerri-Anne Kennerley, Denise Drysdale and Denise Scott - 8.30am weekdays on 10.

12:00 pm Dr. Phil (Rpt)

CC PG
Coarse Language,
Mature Themes

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

01:00 pm Dancing With The Stars Encore CC PG
(Rpt)

SPECIAL ENCORE PRESENTATION

What's better than a couple dance you ask? Well, a trio dance, of course! Throwing another dancer into the mix, the remaining couples will be putting their creativity and coordination to the test.

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SYDNEY PROGRAM GUIDE

Monday 15th April 2019

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 Entertainment Tonight CC

ALL NEW EPISODES

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

04:00 pm Good Chef Bad Chef CC G

ALL NEW EPISODES

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

04:30 pm The Bold & The Beautiful CC PG

ALL NEW EPISODES

Katie and Bill are set-up again. Meanwhile, Brooke becomes frustrated and annoyed when Ridge reveals Taylor's suggestion about their children.

05:00 pm 10 News First CC

ALL NEW EPISODES

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 **Pointless** (Rpt)

CC PG

Hosted by Dr Andrew Rochford and Mark Humphries, Pointless sees three teams compete each night; faced with questions from a range of topics, players must produce the least obvious answers to progress.

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.

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SYDNEY PROGRAM GUIDE

Monday 15th April 2019

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

CC PG

ALL NEW EPISODES

Tonight's the night for the final four celebrities to seek redemption. They've shown everyone what they're made of and now they need to step it up again and own the dancefloor!

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

CC

SPECIAL ENCORE PRESENTATION

Join the hilarious and cheeky Graham Norton as he hosts Sally Field, Bill Pullman and The Lumineers.

10:30 pm **Hughesy, We Have A Problem**
Encore (Rpt)

CC M
Nudity

SPECIAL ENCORE PRESENTATION

Arj Barker, Kate McLennan, Susie Youssef and Akmal Saleh have their problem-solving hats on as they join Dave Hughes at the desk ready to solve another batch of life's most infuriating issues.

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

CC

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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

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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

Gayle King, Norah O'Donnell, John Dickerson & Bianna Golodryga cover breaking news, politics, health, money, lifestyle and pop culture.



SYDNEY PROGRAM GUIDE

Tuesday 16th April 2019

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

CBS's Daytime Emmy Award-winning talk show The Talk hosted by Sara Gilbert, Sharon Osbourne, Sheryl Underwood and Eve discuss current events, pop culture and the trending topics of the day.

07:00 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

SPECIAL ENCORE PRESENTATION

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

Katie and Bill are set-up again. Meanwhile, Brooke becomes frustrated and annoyed when Ridge reveals Taylor's suggestion about their children.

08:00 am **Pointless** (Rpt) CC PG

Hosted by Dr Andrew Rochford and Mark Humphries, Pointless sees three teams compete each night; faced with questions from a range of topics, players must produce the least obvious answers to progress.

08:30 am **Studio 10** CC PG

ALL NEW EPISODES

Get more out of your mornings with Sarah Harris, Joe Hildebrand, Angela Bishop, Kerri-Anne Kennerley, Denise Drysdale and Denise Scott - 8.30am weekdays on 10.

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

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

01:00 pm **To Be Advised**

02:45 pm **Entertainment Tonight** CC

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SYDNEY PROGRAM GUIDE

Tuesday 16th April 2019

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 **The Cook's Pantry With Matt Sinclair** (Rpt) CC G

Cook's Pantry With Matt Sinclair, The 44

Matt Sinclair is joined in the kitchen by ex MasterChef Australia

favourites, Michael Weldon and Courtney Roulston, all cooking fabulous dishes, all with different styles.

04:00 pm Good Chef Bad Chef CC G

ALL NEW EPISODES

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

04:30 pm The Bold & The Beautiful CC PG

ALL NEW EPISODES

Bill and Katie get to the bottom of who's behind their dates. Brooke thinks Taylor is using Steffy and Hope to continue their conflict.

05:00 pm 10 News First CC

ALL NEW EPISODES

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 Pointless (Rpt) CC PG

Hosted by Dr Andrew Rochford and Mark Humphries, Pointless sees three teams compete each night; faced with questions from a range of topics, players must produce the least obvious answers to progress.

06:30 pm The Project CC

ALL NEW EPISODES

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Tuesday 16th April 2019

07:30 pm Bachelor In Paradise CC

SERIES PREMIERE

As one of the most hotly anticipated dates of the season takes place, the rest of the singles start to get nervous about their security at the resort.

09:15 pm NCIS	CC	ALL NEW EPISODES <u>Perennial</u> Starring: Mark Harmon, David McCallum, Sean Murray, Wilmer Valderrama, Emily Wickersham, Maria Bello, Brian Dietzen, Rocky Carroll
10:10 pm NCIS: Los Angeles	CC M Frequent Violence	ALL NEW EPISODES <u>Searching</u>
11:05 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.
12:05 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)		<u>Home Shopping</u>
01:30 am Home Shopping (Rpt)		<u>Home Shopping</u>
02:00 am Home Shopping (Rpt)		<u>Home Shopping</u>
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Tuesday 16th April 2019

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

Gayle King, Norah O'Donnell, John Dickerson & Bianna Golodryga cover breaking news, politics, health, money, lifestyle and pop culture.



SYDNEY PROGRAM GUIDE

Wednesday 17th April 2019

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

CBS's Daytime Emmy Award-winning talk show The Talk hosted by Sara Gilbert, Sharon Osbourne, Sheryl Underwood and Eve discuss current events, pop culture and the trending topics of the day.

07:00 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

CC PG

SPECIAL ENCORE PRESENTATION

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08:00 am Pointless (Rpt)

CC PG

Hosted by Dr Andrew Rochford and Mark Humphries, Pointless sees three teams compete each night; faced with questions from a range of topics, players must produce the least obvious answers to progress.

08:30 am Studio 10

CC PG

ALL NEW EPISODES

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12:00 pm Dr. Phil (Rpt)

CC PG
Coarse Language,
Mature Themes

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

01:00 pm To Be Advised

02:45 pm Entertainment Tonight

CC

ALL NEW EPISODES

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SYDNEY PROGRAM GUIDE

Wednesday 17th April 2019

03:00 pm Judge Judy CC PG

ALL NEW EPISODES

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03:30 pm The Cook's Pantry With Matt Sinclair (Rpt) CC G

Cook's Pantry With Matt Sinclair, The 16

Matt Sinclair is joined in the kitchen by ex MasterChef Australia favourites, Michael Weldon and Courtney Roulston, all cooking fabulous dishes, all with different styles.

04:00 pm Good Chef Bad Chef CC G

ALL NEW EPISODES

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

04:30 pm The Bold & The Beautiful CC PG

ALL NEW EPISODES

05:00 pm 10 News First CC

ALL NEW EPISODES

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 Pointless (Rpt) CC PG

Hosted by Mark Humphries & Dr Andrew Rochford, this is the game where the least obvious answer wins!

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 Bachelor In Paradise CC

ALL NEW EPISODES

A new bachelorette arrives and must unravel who's who in the dating zoo - the bikini clad single tries to get to the bottom of the love puzzle before making a controversial choice for her first date.



SYDNEY PROGRAM GUIDE

Wednesday 17th April 2019

09:10 pm Bull

NO M
CC Violence

ALL NEW EPISODES

Jury Duty

Bull finds himself on the opposite side when he serves jury duty while simultaneously mounting a defence for a woman on trial for killing her daughter's murderer.

10:05 pm Hawaii Five-O

CC M
Frequent Violence

ALL NEW EPISODES

Ke Kanaka I Ha'uile Mai Ka Lewa Mai (The Man Who Fell From The Sky)

A vacationing dad on a flight to Honolulu is kidnapped and forced to parachute mid-flight with his abductor. The 5-O team track him through the jungle to discover that he may not be who he seems.

Starring: Alex O'Loughlin, Scott Caan, Chi McBride, Meaghan Rath, Beulah Koale

Guest Starring: Jack Coleman

11:00 pm Sports Tonight

CC

ALL NEW EPISODES

Scott Mackinnon, Roz Kelly and Ant Sharwood present the latest sports news, views and highlights in a fun and engaging format.

11:30 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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12:30 am The Late Show With Stephen Colbert

CC PG

ALL NEW EPISODES

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01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

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SYDNEY PROGRAM GUIDE

Wednesday 17th April 2019

02:30 am Home Shopping (Rpt)

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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

Gayle King, Norah O'Donnell, John Dickerson & Bianna Golodryga cover breaking news, politics, health, money, lifestyle and pop culture.



SYDNEY PROGRAM GUIDE

Thursday 18th April 2019

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

CBS's Daytime Emmy Award-winning talk show The Talk hosted by Sara Gilbert, Sharon Osbourne, Sheryl Underwood and Eve discuss current events, pop culture and the trending topics of the day.

07:00 am Entertainment Tonight (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

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

CC PG

SPECIAL ENCORE PRESENTATION

08:00 am Pointless (Rpt)

CC PG

Hosted by Mark Humphries & Dr Andrew Rochford, this is the game where the least obvious answer wins!

08:30 am Studio 10

CC PG

ALL NEW EPISODES

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12:00 pm Dr. Phil (Rpt)

CC PG
Coarse Language,
Mature Themes

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01:00 pm To Be Advised

02:40 pm Entertainment Tonight

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03:30 pm The Cook's Pantry With Matt Sinclair (Rpt)

CC G

Cook's Pantry With Matt Sinclair, The 43

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04:00 pm Good Chef Bad Chef

CC G

ALL NEW EPISODES

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

04:30 pm The Bold & The Beautiful

CC PG

ALL NEW EPISODES

05:00 pm 10 News First

CC

ALL NEW EPISODES

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06:00 pm **Pointless** (Rpt) CC PG

Hosted by Mark Humphries & Dr Andrew Rochford, this is the game where the least obvious answer wins!

ALL NEW EPISODES

06:30 pm **The Project** CC

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ALL NEW EPISODES

07:30 pm **Bachelor In Paradise** CC

Hold on to your sun hats hombres - this trip to Paradise is going to be a doozy - the island awakes with one Bachelor missing!

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SYDNEY PROGRAM GUIDE

Thursday 18th April 2019

09:30 pm **Gogglebox** NO
CC

SEASON FINAL

10:30 pm **The Twilight Zone - 10 All Access Preview** CC M
Coarse Language,
Mature Themes

SPECIAL EVENT

[The Comedian](#)

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

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04:30 am CBS This Morning

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07:00 am Entertainment Tonight (Rpt)

CC

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

08:00 am **Pointless** (Rpt) CC PG

08:30 am **Studio 10** CC PG

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

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

SPECIAL ENCORE PRESENTATION

Hosted by Mark Humphries & Dr Andrew Rochford, this is the game where the least obvious answer wins!

ALL NEW EPISODES

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

SPECIAL ENCORE PRESENTATION

Cherie gives an ugly facade a frugal facelift. Meanwhile, Chris plays matchmaker to some giant Panda's & Miguel explores the life of artisan bakers. Plus, the gang check out gadgets in Hot Or Not.

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Friday 19th April 2019

02:00 pm **Entertainment Tonight** CC

02:30 pm **Neighbours Encore** (Rpt) CC PG

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ALL NEW EPISODES

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Friday 19th April 2019

07:30 pm The Living Room CC

ALL NEW EPISODES

It's a battle of chicken and the egg in this episode. Chris has all the info to raise a healthy, happy chook, Miguel recreates a Spanish version of Hot Cross Bun & Barry helps revamp a family room.

08:30 pm **The Graham Norton Show** CC

ALL NEW EPISODES

Join the hilarious and cheeky Graham Norton as he hosts Chris Hemsworth, Paul Rudd, Julianne Moore, Emilia Clarke, Kit Harington and Tom Walker.

09:30 pm **To Be Advised**

10:30 pm **To Be Advised**

12:30 am **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.

01:30 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.

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



Friday 19th April 2019

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 20th April 2019

06:00 am	XVenture Family Challenge (Rpt)	CC G	XVenture Family Challenge features 16 New Zealand and Australian families competing in fun and testing challenges to win NZ\$25,000.
06:30 am	Australian Fishing Championships (Rpt)	CC G	Welcome to the Australian Fishing Championships, where the best anglers in Australia go head-to-head. AFC is hosted across the Mackay and Whitsundays region in northern Queensland.
07:00 am	Escape Fishing With ET (Rpt)	CC	Join Andrew 'ET' Ettingshausen, as he escapes the city for adventure around Australia and the Pacific, hunting out the most exciting species & interesting spots with his mates.
07:30 am	RPM (Rpt)	CC	Hosted by 10 Sport's Matt White, RPM delivers all the latest in race previews and reviews, as well as feature stories covering Formula One, MotoGP, Supercars and all things motorsport.
08:00 am	WhichCar (Rpt)	CC PG	Jump into the passenger seat and ride with the WhichCar team as we travel Australia and the world in search of automotive adventures and inspiration.
08:30 am	My Market Kitchen (Rpt)	CC G	Best friends Emma Dean and Lynton Tapp collaborate in the My Market Kitchen studio to create their fresh, modern Australian cuisine.
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	Studio 10 Saturday	CC PG	ALL NEW EPISODES See what all the fuss is about with Sarah, Joe, Angela, Kerri-Anne Kennerley, Denise Drysdale and Denise Scott. From hot topics, celebrity & current affairs, you never know what will happen next.
12:00 pm	The Living Room Encore (Rpt)	CC	SPECIAL ENCORE PRESENTATION It's a battle of chicken and the egg in this episode. Chris has all the info to raise a healthy, happy chook, Miguel recreates a Spanish version of Hot Cross Bun & Barry helps revamp a family room.



SYDNEY PROGRAM GUIDE

Saturday 20th April 2019

01:00 pm Everyday Gourmet With Justine Schofield (Rpt) CC G

Hosted by popular series one MasterChef contestant, Justine Schofield, EG presents can-do cooking ideas as well as tips, tricks and insights into making us all more confident in the kitchen

01:30 pm Healthy Homes (Rpt) CC G

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

02:00 pm Buy To Build CC G

ALL NEW EPISODES

The latest ideas and inspirations in home, garden and lifestyle with Walt and Dani.

02:30 pm The Home Team (Rpt) CC G

Tune in and get inspired to do that job you've been putting off for too long... The Home Team are your team of dedicated DIY'ers. Learn affordable ways to make your home stylish, cozy and sustainable.

03:00 pm The Cook's Pantry With Matt Sinclair (Rpt) CC G

Cook's Pantry With Matt Sinclair, The 42

Matt Sinclair is joined in the kitchen by ex MasterChef Australia favourites, Michael Weldon and Courtney Roulston, all cooking fabulous dishes, all with different styles.

03:30 pm What's Up Down Under CC G

ALL NEW EPISODES

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

04:00 pm Bondi Vet (Rpt) CC PG

Chris needs to find a solution to give brave puppy Anika a second chance at life. Meanwhile, Lisa must urgently help Saimese cat Beau who was accidently run over by his owner.

05:00 pm 10 News First CC

ALL NEW EPISODES

Comprehensive coverage of local, national and international news.



SYDNEY PROGRAM GUIDE

Saturday 20th April 2019

06:00 pm **Jamie's Quick & Easy Food (Rpt)** CC G

Jamie Oliver presents the ultimate set of go-to recipes for quick and easy-to-remember cooking. If you think you haven't got time to cook - think again.

Starring: Jamie Oliver

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

The lifeguards are still coming to terms with the worst tragedy on Bondi Beach in decades when Singlets attempts his first rescue since the incident. Plus, why is Hoppo telling kids to swim in a rip?

07:30 pm **Ambulance (Rpt)** CC M
Coarse Language,
Mature Themes

An insight into the ambulance service, from the highly-pressurised control room to the crews on the streets. This is an honest snapshot of the ambulance services daily dilemmas and pressures.

08:45 pm **Ambulance (Rpt)** CC M
Coarse Language,
Mature Themes

An insight into the ambulance service, from the highly-pressurised control room to the crews on the streets. This is an honest snapshot of the ambulance services daily dilemmas and pressures.

10:00 pm **Ambulance (Rpt)** CC M
Coarse Language,
Strong Adult
Themes

An insight into the ambulance service, from the highly-pressurised control room to the crews on the streets. This is an honest snapshot of the ambulance services daily dilemmas and pressures.

11:15 pm **NCIS: New Orleans** CC

ALL NEW EPISODES
House Divided, A

Starring: Scott Bakula, Lucas Black, C C H Pounder, Daryl Mitchell, Rob Kerkovich, Vanessa Ferlito

12:15 am **Elementary (Rpt)** CC M

Meet Your Maker

Violence

Detective Bell considers leaving the NYPD after he is recommended for a once-in-a-lifetime career opportunity; Holmes and Watson investigate the disappearance of a young woman who led a double life.

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SYDNEY PROGRAM GUIDE

Saturday 20th April 2019

01:00 am Home Shopping (Rpt)

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04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am Home Shopping (Rpt)

Home Shopping

05:00 am Hour Of Power With Bobby Schuller G

ALL NEW EPISODES

Religious program.

