



SYDNEY PROGRAM GUIDE

Sunday 03rd March 2019

06:00 am Mass For You At Home CC G

Religious program.

06:30 am Hillsong CC G

ALL NEW EPISODES

Religious Program

07:00 am Joseph 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

Miracles In Your Mouth

Religious.

08:00 am Places We Go With Jennifer Adams (Rpt) CC G

S11ep.4

Places We Go is series about real travel, hosted by real travellers. Jennifer Adams and Clint Bizzell take viewers on a journey to some of most stunning destinations around Australia and the World.

08:30 am Escape Fishing With ET (Rpt) CC G

Join Andrew 'ET' Ettingshausen, as he escapes the city for adventure around Australia and the Pacific, hunting out the most exciting species & interesting spots with his mates.

09:00 am Whichcar (Rpt) CC G

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

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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11:30 am Supercars Adelaide 500	CC	<p>LIVE <u>Supercars- Adelaide 500 Day 3</u> Get revved up for day 3 of the 2019 Supercars at the Adelaide 500. Don't miss a minute of the action on 10, the home of Motorsport! Track coverage from 11:30am AEDT.</p>
06:00 pm 10 News First	CC	<p>ALL NEW EPISODES Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.</p>
06:30 pm The Sunday Project	CC	<p>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.</p>
07:30 pm Chris & Julia's Sunday Night Takeaway	CC PG Sexual References, Coarse Language, May Contain:	<p>LIVE Chris and Julia have called in the big guns to make sure your Sunday nights go off with a bang! Bringing you big entertainment, challenges, surprises, celeb's & outrageous fun for the whole family.</p>
09:00 pm Hughesy, We Have A Problem	CC M Sexual References, Coarse Language	<p>ALL NEW EPISODES Merrick Watts, Cal Wilson, Sam Simmons and Mel Buttle are on board this week to help resident funny man, Hughesy solve his plethora of issues. Plus, Grant Denyer drops by for advice.</p>
10:00 pm NCIS (Rpt)	CC M Violence	<p><u>ONE Book, Two Covers</u> Torres must rely on old case notes and contacts after a Marine's murder is linked to a former dirt bike gang he joined for a year-long undercover operation.</p>
11:00 pm The Sunday Project (Rpt)	CC	<p>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.</p>



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12:00 am Home Shopping (Rpt)

Home Shopping

12:30 am Home Shopping (Rpt)

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01:00 am Home Shopping (Rpt)

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03:30 am Home Shopping (Rpt)

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04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS This Morning

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 04th March 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

Zoe apologises to Flo before demanding more answers about her connection to Reese. Meanwhile, Steffy worries that Hope is getting too close to Phoebe.

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

CC PG
Coarse Language,
Drug References,
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

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.



SYDNEY PROGRAM GUIDE

Monday 04th March 2019

03:30 pm	Entertainment Tonight	CC
04:00 pm	Good Chef Bad Chef	CC G
04:30 pm	The Bold & The Beautiful	CC PG
05:00 pm	10 News First	CC
06:00 pm	Pointless	CC PG
06:30 pm	The Project	CC
07:30 pm	Dancing With The Stars	CC PG

ALL NEW EPISODES

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

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.

ALL NEW EPISODES

Flo desperately attempts to get in touch with Reese. Meanwhile, Liam defends Hope to Steffy when she expresses concern for Hope's attachment to Phoebe.

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.

ALL NEW EPISODES

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ALL NEW EPISODES

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ALL NEW EPISODES

Hosted by Grant Denyer & Amanda Keller, our celebrities are ready to foxtrot, rumba, waltz, shimmy and spin their way to dancing glory – all in the name of charity. Shall we dance?



SYDNEY PROGRAM GUIDE

Monday 04th March 2019

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

SPECIAL ENCORE PRESENTATION

Join the hilarious and cheeky Graham Norton as he hosts Dame Judi Dench, Sir Kenneth Branagh, Anthony Joshua, Greg Davies, Noomi Rapace & Claire Richards.

10:30 pm To Be Advised

11:30 pm The Project Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

Join the Project hosts and our guest panellists as they dissect, digest and reconstitute 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 Norah O'Donnell, John Dickerson, Gayle King & Bianna Golodryga. Plus, Spike Lee.

01:30 am Home Shopping (Rpt)

[Home Shopping](#)

02:00 am Home Shopping (Rpt)

[Home Shopping](#)

02:30 am Home Shopping (Rpt)

[Home Shopping](#)

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03:30 am Home Shopping (Rpt)

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04:00 am Home Shopping (Rpt)

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04:30 am 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 05th March 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

Flo desperately attempts to get in touch with Reese. Meanwhile, Liam defends Hope to Steffy when she expresses concern for Hope's attachment to Phoebe.

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

CC M
Sexual References

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01:00 pm To Be Advised

02:00 pm Entertainment Tonight

CC

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SYDNEY PROGRAM GUIDE

Tuesday 05th March 2019

02:30 pm Neighbours Encore (Rpt) CC PG

03:00 pm Judge Judy CC PG

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

04:00 pm Good Chef Bad Chef CC G

04:30 pm The Bold & The Beautiful CC PG

05:00 pm 10 News First CC

06:00 pm Pointless CC PG

06:30 pm The Project CC

SPECIAL ENCORE PRESENTATION

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.

Cook's Pantry With Matt Sinclair, The 17

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.

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.

ALL NEW EPISODES

Flo breaks down. Meanwhile, Thorne blindsides Katie, who is preparing for Valentine's Day, with an admission about their marriage.

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.

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07:30 pm **Ambulance Australia** CC

ALL NEW EPISODES

Ambulance Australia follows people in the business of saving lives, going beyond the flashing lights to the heart & soul of heroes.

08:30 pm **NCIS** CC

ALL NEW EPISODES

Once Upon A Tim

McGee reluctantly visits his high school after the unique computer password he used as a teenager is linked to the murder of a department of defence contractor.

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

09:30 pm **NCIS: Los Angeles** CC

ALL NEW EPISODES

Smokescreen, Part II

The NCIS team continue to work with the FBI in an effort to locate a terrorist cell in Los Angeles believed to be prepping for an imminent attack.

10:30 pm **NCIS: Los Angeles (Rpt)** CC MA15+
Strong Violence

The Monster

While investigating a missing person, the team uncovers a killer who puts on shows for high-paying voyeurs. Mosley assigns Callen as her partner on a joint mission to arrest someone from her past.

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

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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



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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 06th March 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

Flo breaks down. Meanwhile, Thorne blindsides Katie, who is preparing for Valentine's Day, with an admission about their marriage.

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

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

02:30 pm Entertainment Tonight

CC

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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 19

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

Hope tries to remember the details from the night that Beth died. Meanwhile, Zoe calls Reese and demands further explanation of Flo's tale.

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 CC PG

ALL NEW EPISODES

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06:30 pm The Project CC

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Wednesday 06th March 2019

07:30 pm Bondi Rescue

CC

ALL NEW EPISODES

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.

08:00 pm Bondi Rescue (Rpt)

CC PG
Coarse Language,
Mature Themes

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

08:30 pm Law & Order: SVU

CC

ALL NEW EPISODES

Facing Demons

The SVU investigate the death of a man they believe to be a paedophile - when they dig deeper, they realise that things are not what they seem and the case hits close to home.

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

09:30 pm Law & Order: SVU (Rpt)

CC M
Mature Themes

Mama

The SVU investigates a rape claim made by a woman living with Alzheimer's Disease. Her mental state brings her allegation into question. Meanwhile, Fin receives his sergeant orders.

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

Guest Starring: Anne Archer, Fionnula Flanagan, Hal Linden, Joe Piscopo

10:30 pm Hawaii Five-0 (Rpt)

CC M
Violence

E Uhi Wale No 'a' Ole E Nalo, He Imu Pumi

The lives of Five-0's informants are in danger when the HPD system is hacked and one of them ends up dead, forcing McGarrett to enlist the help of hacker Aaron Wright, who he just imprisoned.

Starring: Alex O'Loughlin, Chi McBride, Meaghan Rath, Jorge Garcia, Beulah Koale

Guest Starring: Reggie Lee, Joey Lawrence

11:30 pm The Project Encore (Rpt)

CC

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04:30 am CBS This Morning CC

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



SYDNEY PROGRAM GUIDE

Thursday 07th March 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

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08:00 am Pointless (Rpt)

CC PG

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08:30 am Studio 10

CC PG

ALL NEW EPISODES

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12:00 pm Dr. Phil

CC PG
Sexual References,
Coarse Language,
Mature Themes

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01:00 pm To Be Advised

02:00 pm Entertainment Tonight

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Thursday 07th March 2019

02:30 pm Neighbours Encore (Rpt) CC PG

03:00 pm Judge Judy CC PG

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

04:00 pm Good Chef Bad Chef CC G

04:30 pm The Bold & The Beautiful CC PG

05:00 pm 10 News First CC

06:00 pm Pointless CC PG

06:30 pm The Project CC

SPECIAL ENCORE PRESENTATION

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.

Cook's Pantry With Matt Sinclair, The 21

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.

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.

ALL NEW EPISODES

Katie reveals to a shocked Wyatt what Thorne gave her for Valentine's Day. Meanwhile, Bill uses Justin as a sounding board.

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.

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07:30 pm Show Me The Movie!

CC

ALL NEW EPISODES

Hosted by Rove McManus and captained by Brooke Satchwell & Joel Creasey, two teams will battle it out in funny, irreverent and entertaining ways, testing their knowledge of the big screen.

08:30 pm Gogglebox

CC

ALL NEW EPISODES

No show is safe in the brand new season of Gogglebox which takes the audience into the lounge rooms of some of Australia's most opinionated, outspoken, funny and avid TV viewers.

09:30 pm To Be Advised

10:30 pm Blue Bloods (Rpt)

CC M
Violence,
Drug Use

Pain Killers

Baez gets an accidental overdose after she and Danny join a narcotics task force. Meanwhile, Jamie works to protect a rehabilitated sex offender, and Frank forms an unlikely alliance in City Hall.

Starring: Tom Selleck, Donnie Wahlberg, Bridget Moynahan, Will Estes, Vanessa Ray, Marisa Ramirez, Len Cariou, Sami Gayle

Guest Starring: David Zayas, Christian Campbell

11:00 pm Blue Bloods (Rpt)

CC M
Violence

Heavy Is The Head

Jamie asks Erin to drop charges against a man who rescued a woman from a hostage situation. Danny and Baez work a car theft case and discover that the leader is a mobster they've dealt with before.

Starring: Tom Selleck, Donnie Wahlberg, Bridget Moynahan, Will Estes, Vanessa Ray, Marisa Ramirez, Len Cariou, Sami Gayle

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04:30 am CBS This Morning

CC

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SYDNEY PROGRAM GUIDE

Friday 08th March 2019

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

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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

SPECIAL ENCORE PRESENTATION

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08:00 am Pointless (Rpt)

CC PG

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02:00 pm Entertainment Tonight

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02:30 pm Neighbours Encore (Rpt) CC PG

03:00 pm Judge Judy CC PG

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

04:00 pm Good Chef Bad Chef CC G

04:30 pm The Bold & The Beautiful CC PG

05:00 pm 10 News First CC

06:00 pm Pointless CC PG

06:30 pm The Project CC

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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.

ALL NEW EPISODES

Reese tries to silence Zoe from spilling the truth that Hope's baby is alive. Meanwhile, Bill, Brooke and Donna find out the reason that Thorne left.

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.

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SYDNEY PROGRAM GUIDE

Friday 08th March 2019

07:30 pm	Changing Rooms	CC
09:00 pm	Leaving Neverland - Part I	CC
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)	
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ALL NEW EPISODES

Hosted by Natalie Bassingthwaighe, Changing Rooms transforms the lives of everyday people on a budget. Will courageous and bold design choices pay off big time, or will they fail spectacularly?

SPECIAL EVENT

Pt.1

Through gut-wrenching interviews, Leaving Neverland crafts a portrait of sustained exploitation, deception & complicated feelings that have led two men to tell their story of abuse by Michael Jackson.

SPECIAL ENCORE PRESENTATION

Join the Project hosts and our guest panellists as they dissect, digest and reconstitute 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.

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SYDNEY PROGRAM GUIDE

Friday 08th March 2019

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 09th March 2019

06:00 am All 4 Adventure (Rpt)	CC PG Coarse Language, Mature Themes	Follow a couple of modern-day adventurers on rugged expeditions into some of the remotest corners and wildest frontiers of Australia.
07:00 am WhichCar (Rpt)	CC G	Jump into the passenger seat and ride with the WhichCar team as we travel Australia and the world in search of automotive adventures and inspiration.
07:30 am Escape Fishing With ET (Rpt)	CC G	Join Andrew 'ET' Ettingshausen, as he escapes the city for adventure around Australia and the Pacific, hunting out the most exciting species & interesting spots with his mates.
08:00 am iFish Summer Series	CC G	<p>ALL NEW EPISODES</p> <p><u>Summer Series</u></p> <p>Join one of Australia's finest fishermen, Paul Worsteling as he travels around Australia and the world in search of the ultimate angling experience.</p>
09:00 am 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.
09:30 am Studio 10 Saturday	CC PG	<p>ALL NEW EPISODES</p> <p>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.</p>
12:00 pm Good Chef Bad Chef (Rpt)	CC G	Join chef Adrian Richardson and nutritionist Rosie Mansfield as they cook up a storm - sometimes healthy, sometimes comforting, always delicious.
12:30 pm The Cook's Pantry With Matt Sinclair (Rpt)	CC G	<p><u>Cook's Pantry With Matt Sinclair, The 41</u></p> <p>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.</p>
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



SYDNEY PROGRAM GUIDE

Saturday 09th March 2019

01:30 pm **The 48 Hour Destination** (Rpt) CC G

Tropical North Queensland

Join Flight Centre consultant, Greer on her adventures... In 48 hours, she'll travel to a destination, taking in the scenery, enjoying exciting activities, food and meeting the locals.

02:00 pm **Renovation King** (Rpt) CC G

SPECIAL ENCORE PRESENTATION

Open Plan Living

Every home is a castle, whether it's taken a few knocks, desperately in need of expansion or crying out for a little TLC. Barry Du Bois is the man with a plan to turn the humblest place into a palace.

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 Living Room** (Rpt) CC PG

It's the annual Hot or Not Special, featuring the all the latest gizmos and gadgets that could, but probably won't, reshape the world.

04:00 pm **What's Up Down Under** CC G

ALL NEW EPISODES

Travel & Lifestyle program celebrating the Australian caravanning and holiday park experience.

04:30 pm **DISCOVER JAPAN: OKINAWA with Liv Phyland**

SPECIAL EVENT

Discover Japan: Okinawa With Liv Phyland

Join Liv Phyland as she travels to Japan to discover its southern-most island - Okinawa. It is now is the No. 1 holiday destination of Japanese people, offering its unique nature, culture and food.

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.

06:00 pm **David Attenborough And The Sea Dragon** (Rpt) CC PG
Mature Themes

Attenborough And The Sea Dragon

A 200 million year-old fossil; the bones of a giant sea dragon has been discovered on the Jurassic coast of Britain. David Attenborough joins the hunt to bring this ancient creature's story to life.



SYDNEY PROGRAM GUIDE

Saturday 09th March 2019

07:00 pm Bondi Rescue (Rpt)

CC

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 Changing Rooms

CC

ALL NEW EPISODES

Changing Rooms - making life bigger, brighter and bolder. With a little know-how and a splash of confidence, two couples swap homes and make over 3 rooms on a \$20,000 budget.

08:30 pm To Be Advised

09:30 pm Leaving Neverland - Part II

CC

SPECIAL EVENT

Pt.2

Through gut-wrenching interviews, Leaving Neverland crafts a portrait of sustained exploitation, deception & complicated feelings that have led two men to tell their story of abuse by Michael Jackson.

11:30 pm NCIS: New Orleans (Rpt)

CC M
Strong Violence

Empathy

A congressional aide disappears after a hit man saves her from two men posing as NCIS agents; LaSalle struggles with life-altering decisions regarding his brother's future.

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



SYDNEY PROGRAM GUIDE

Saturday 09th March 2019

03:00 am Home Shopping (Rpt)

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05:00 am Hour Of Power With Bobby Schuller G

ALL NEW EPISODES

Hour Of Power 25

Religious program.