



## SYDNEY PROGRAM GUIDE

Sunday 10th March 2019

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

Religious program.

### ALL NEW EPISODES

**06:30 am Hillsong** CC G

Religious Program

### ALL NEW EPISODES

**07:00 am Joesph Prince New Creation Church** CC G

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.

### ALL NEW EPISODES

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

**Kiss IT Goodbye**

Religious.

**08:00 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.

**08:30 am K'gari Dreaming** CC G

**K'gari Dreaming**

One special place, with two names, Fraser Island & K'Gari. Not only does it have special meaning to its traditional owners, it's also key to new knowledge for scientists & a place to relax for tourists

### ALL NEW EPISODES

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

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 (Rpt)**

CC PG

The team share their Top 5 lists; Barry shares his water saving tips; Chris tackles the most embarrassing pet questions; Miguel tracks down the top 5 soups; Amanda reveals her favourite DIY hacks

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**01:00 pm Discover Japan: Okinawa With Liv Phyland (Rpt)**

**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.

**01:30 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

## SPECIAL ENCORE PRESENTATION

**02:00 pm Chris & Julia's Sunday Night Takeaway (Rpt)**

CC PG

Sexual References,  
Coarse Language,  
May Contain:

Last week there was a proposal, celebrity pranks, Shane Warne, massive prizes & revenge on Chris & Julia, but this week is going to be even bigger. Get ready for the ride!

## ALL NEW EPISODES

**03:30 pm WhichCar**

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.

## ALL NEW EPISODES

**04:00 pm RPM**

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.

## ALL NEW EPISODES

**05:00 pm 10 News First**

CC

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

## SPECIAL ENCORE PRESENTATION

**06:00 pm Bondi Rescue (Rpt)**

CC PG

Coarse Language,  
Mature Themes

The tower is on high alert when a swimmer's quick dip results in a possible spinal injury & the lifeguards farewell a much-loved member of the squad.

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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

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.

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

CC M

Sexual References,  
Coarse Language,  
Nudity

### ALL NEW EPISODES

Hughesy, We Have a Problem brings together the biggest names in comedy & entertainment for a truly noble cause: to help the people of Australia get over life's infuriating problems.

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

CC M

Mature Themes

### Beastmaster

After a Marine Sergeant is found murdered in a National Park, Gibbs and the NCIS team partner with Mounted Police Sergeant May Dawson to solve a string of related crimes in the park.

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

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CC PG  
Mature Themes

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**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

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.

**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.





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## ALL NEW EPISODES

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

CC PG

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?



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CC

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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

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Mature Themes

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**Tuesday 12th March 2019**

**SPECIAL ENCORE PRESENTATION****02:30 pm Neighbours Encore (Rpt)** CC PG**ALL NEW EPISODES****03:00 pm Judge Judy** CC PG

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

**03:30 pm The Cook's Pantry With Matt Sinclair (Rpt)** CC G**Cook's Pantry With Matt Sinclair, The 24**

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.

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

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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

#### Crossing The Line

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

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

### SERIES RETURN

#### 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 M  
Violence

**Outside The Lines**

Sam and Hidoko are sent under cover after a cryptocurrency farm is robbed of over \$10 million in bitcoin codes.

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

CC

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**04:30 am CBS This Morning**

## **ALL NEW EPISODES**

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



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Wednesday 13th March 2019

**06:00 am The Talk**

CC PG  
Mature Themes

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### **ALL NEW EPISODES**

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

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.

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Drug References,  
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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.

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### Cook's Pantry With Matt Sinclair, The 25

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.

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### ALL NEW EPISODES

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### 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**

CC PG

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**06:30 pm The Project**

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**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.

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**SYDNEY PROGRAM GUIDE****Wednesday 13th March 2019**

**08:00 pm Bondi Rescue (Rpt)**CC PG  
Coarse Language

With a record 234 rescues performed in Bondi on one day, Australia's prettiest playground can quickly become a nightmare for tourists not used to the precarious surf conditions.

**08:30 pm Law & Order: SVU**

CC

**ALL NEW EPISODES****Missing**

The SVU pursues a suspect when a child is discovered in the boot of an abandoned car.

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

**09:30 pm Law & Order: SVU (Rpt)**CC M  
Violence,  
Strong Adult  
Themes**Remember Me**

When a young woman takes a man hostage at gunpoint after meeting him at a nightclub, Benson puts herself at risk to defuse the situation and discovers the shocking motive for the abduction.

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

Guest Starring: Genesis Rodriguez, Carlos Miranda

**10:30 pm Hawaii Five-0 (Rpt)**CC MA15+  
Strong Violence**Kama' Oma 'o, Ka 'aina Huli Hana (At Kama'oma'o, The Land Of Activities)**

Five-0 must investigate a string of murders on Halloween that mirror stories from well-known Hawaiian folklore. Also, Grover visits a man hours away from execution who may hold the key to a cold case.

Starring: Alex O'Loughlin, Scott Caan, Chi McBride, Meaghan Rath, Jorge Garcia, Beulah Koale, Andrew Lawrence

Guest Starring: Claire Forlani, James Frain

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CC PG  
Mature Themes

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**07:30 pm Show Me The Movie!** CC

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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 Blue Bloods** CC

### ALL NEW EPISODES

#### Past Tense

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

**10:30 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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**01:00 pm Jamie's Quick & Easy Food (Rpt)**

CC G

Jamie is steaming up the kitchen with his Thai-style crispy sea bass, garlicky baked mushrooms, sweet chicken surprise, meltin' mustardy beef, steamed salmon nicoise and a decadent plum tarte tatin.

Starring: Jamie Oliver





# SYDNEY PROGRAM GUIDE

Friday 15th March 2019

02:00 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.

02:30 pm Neighbours Encore (Rpt) CC PG

## SPECIAL ENCORE PRESENTATION

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 27

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

## 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**

CC PG

### ALL NEW EPISODES

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



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## SYDNEY PROGRAM GUIDE

Friday 15th March 2019

**06:30 pm The Project**

CC

### ALL NEW EPISODES

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

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

Join the hilarious and cheeky Graham Norton as he hosts Sir Patrick Stewart, Ricky Gervais, Chiwetel Ejiofor and Jack Savoretti.

**08:30 pm To Be Advised**

**09:30 pm To Be Advised**

## **SPECIAL ENCORE PRESENTATION**

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

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.

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

## **ALL NEW EPISODES**

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

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

**Home Shopping**

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

**Home Shopping**

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

**Home Shopping**

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

**Home Shopping**



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# SYDNEY PROGRAM GUIDE

## Friday 15th March 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 Home Shopping (Rpt)**

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# SYDNEY PROGRAM GUIDE

Saturday 16th March 2019

<b>06:00 am Healthy Homes (Rpt)</b>	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.
<b>06:30 am RPM (Rpt)</b>	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.
<b>07:30 am Escape Fishing With ET (Rpt)</b>	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.
<b>08:00 am iFish Summer Series</b>	CC G	<b>ALL NEW EPISODES</b> <b><u>Summer Series</u></b> Join one of Australia's finest fishermen, Paul Worsteling as he travels around Australia and the world in search of the ultimate angling experience.
<b>09:00 am Studio 10 Saturday</b>	CC PG	<b>ALL NEW EPISODES</b> 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.
<b>11:00 am 2019 Australian Formula 1 Grand Prix</b>	CC	<b>LIVE</b> <b><u>F1- Australia- Day 2 Live</u></b> Watch all the live action here for day two of the 2019 FIA F1 World Championship in Melbourne. Look forward to increased speeds, beautiful cars and spectacular racing.
<b>07:30 pm Bondi Rescue (Rpt)</b>	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.

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## SYDNEY PROGRAM GUIDE

Saturday 16th March 2019

**08:00 pm To Be Advised**

**09:00 pm Ambulance (Rpt)**

CC M  
Drug References,  
Mature Themes

The season finale delivers an inside story on what it was like for the paramedics that dealt with the fatal consequences of Storm Doris, a storm which killed four people across the UK.

**10:15 pm NCIS: New Orleans**

CC

### ALL NEW EPISODES

#### Survivor

After an elusive terrorist with a personal vendetta against Hannah resurfaces, she is placed in protective custody with her family while the NCIS team searches for the suspect's whereabouts.

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

**11:15 pm NCIS: New Orleans (Rpt)**CC M  
Violence**Treasure Hunt**

The team investigates the murder of a Navy captain who was searching for a priceless 200-year-old fleur-de-lis during the annual Louisiana Pirate Festival.

**12:15 am Elementary (Rpt)**CC M  
Violence**Meet Your Maker**

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.

**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**





# SYDNEY PROGRAM GUIDE

**Saturday 16th 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 Hour Of Power With Bobby Schuller G**

## **ALL NEW EPISODES**

Religious program.



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