



SYDNEY PROGRAM GUIDE

Sunday 17th 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 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

The Joshua Generation

Religious.

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

Cherie Barber helps a couple on their first reno, Chris visits a kangaroo sanctuary in Alice Springs, Miguel makes the perfect dip for your next party and Barry heads out camping with his toolkit.

09:00 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.

11:00 am 2019 Australian Formula 1 Grand Prix CC

LIVE

F1- Australia- Day 3 Live

Watch all the live action here for day three of the 2019 FIA F1 World Championship in Melbourne. Look forward to increased speeds, beautiful cars and spectacular racing.



SYDNEY PROGRAM GUIDE

Sunday 17th March 2019

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

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,
Mature Themes

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

Something Blue

The stress of McGee & Delilah's imminent wedding takes its toll, as Delilah is rushed to the hospital. Also, the NCIS team travels out to sea after a young Petty Officer aboard a Navy destroyer dies.

11:00 pm 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.

12:00 am Home Shopping (Rpt)

Home Shopping

12:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Sunday 17th March 2019

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS This Morning

CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Monday 18th 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

Steffy and Liam realise Hope's situation is dire when she pushes to reunite them as a family. Meanwhile, Wyatt negotiates a Spectra Fashions revival.

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,
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 18th 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

Sally and Wyatt share a moment while they role-play how to negotiate with Bill. Meanwhile, Hope makes a big gesture that sends Liam and Steffy reeling.

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

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

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

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 18th March 2019

09:30 pm To Be Advised

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 the hottest stars, brilliant minds & talented artists.

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

Home Shopping

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

Home Shopping

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

Home Shopping

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

Home Shopping

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

Home Shopping

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

Home Shopping

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

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Tuesday 19th 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

Sally and Wyatt share a moment while they role-play how to negotiate with Bill. Meanwhile, Hope makes a big gesture that sends Liam and Steffy reeling.

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,
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

02:00 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.



SYDNEY PROGRAM GUIDE

Tuesday 19th 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 29

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

Bill reaffirms that he is dedicated to putting his family first. Meanwhile, Eric and Quinn react to Wyatt and Sally's working at Spencer.

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

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

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.



SYDNEY PROGRAM GUIDE

Tuesday 19th March 2019

07:30 pm Ambulance Australia	CC
08:30 pm NCIS	CC
09:30 pm NCIS: Los Angeles	CC
10:30 pm NCIS: Los Angeles (Rpt)	CC M Violence
11:30 pm The Project Encore (Rpt)	CC
12:30 am The Late Show With Stephen Colbert	CC PG

ALL NEW EPISODES

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

ALL NEW EPISODES

Bears And Cubs

Jimmy is torn between family and work after his father-in-law asks him to tamper with evidence in a current murder investigation. Ed's poker buddy offers to help with the case.

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

ALL NEW EPISODES

Into The Breach

The NCIS team investigates the murder of a journalist who was writing an expose on a mishandled military operation. Meanwhile, Kensi and Deeks work on their to-do list for their wedding day.

Reentry

Callen, Sam & Nell travel to the Angeles Forest to search for pieces of a failed rocket launch, including a top-secret government device. Hetty tries to help Keane acclimate to life in the states.

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.



SYDNEY PROGRAM GUIDE

Tuesday 19th March 2019

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS This Morning

CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Wednesday 20th 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

Bill reaffirms that he is dedicated to putting his family first. Meanwhile, Eric and Quinn react to Wyatt and Sally's working 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

CC PG
Sexual References,
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

02:30 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.



SYDNEY PROGRAM GUIDE

Wednesday 20th March 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 30

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

Zoe calls out Flo when she finds out she hasn't returned to Las Vegas. Meanwhile, Bill throws Wyatt and Sally a curve-ball when it comes to Spectra.

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!

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.



SYDNEY PROGRAM GUIDE

Wednesday 20th 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

Trainee Lachie will also find out if he has made a big enough impression on Hoppo and the team to earn him a permanent spot on the Bondi lifeguard squad.

08:30 pm 2018 Montreal Comedy Festival Part 2

NO
CC

ALL NEW EPISODES

2018 Montreal Comedy Festival, Just For Laughs #2

10:30 pm Sports Tonight

ALL NEW EPISODES

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

11:00 pm Hawaii Five-0 (Rpt)

CC M
Violence,
Mature Themes

Mohala I Ka Wai Ka Maka O Ka Pua (Unfolded By The Water Are The Faces Of The Flowers)

The murder of two tourists leads Five-0 to a man suffering from multiple personality disorder, where one of them becomes violent and another is a child.

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

Guest Starring: Claire Forlani, Duane "Dog" Chapman

12:00 am 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.

01:00 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.



SYDNEY PROGRAM GUIDE

Wednesday 20th March 2019

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS This Morning

CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Thursday 21st 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 calls out Flo when she finds out she hasn't returned to Las Vegas. Meanwhile, Bill throws Wyatt and Sally a curve-ball when it comes to Spectra.

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
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

02:00 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.



SYDNEY PROGRAM GUIDE

Thursday 21st 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 31

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 is shaken when she overhears a conversation between Hope and Katie. Liam turns to Wyatt for advice about Hope, Steffy, Kelly and 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

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

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.



SYDNEY PROGRAM GUIDE

Thursday 21st March 2019

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 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

10:30 pm Blue Bloods CC

ALL NEW EPISODES

Two-Faced

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

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 the hottest stars, brilliant minds & talented artists.



SYDNEY PROGRAM GUIDE

Thursday 21st March 2019

01:30 am Home Shopping (Rpt)

Home Shopping

02:00 am Home Shopping (Rpt)

Home Shopping

02:30 am Home Shopping (Rpt)

Home Shopping

03:00 am Home Shopping (Rpt)

Home Shopping

03:30 am Home Shopping (Rpt)

Home Shopping

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS This Morning

CC

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Friday 22nd 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 is shaken when she overhears a conversation between Hope and Katie. Liam turns to Wyatt for advice about Hope, Steffy, Kelly and 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
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 Jamie's Quick & Easy Food (Rpt)

CC G

Jamie cooks delicious smoky chorizo salmon, potato and artichoke al forno, lovely lamb hotpots, chickpea chard pork, dukkah beef carpaccio, a rustic fish pie, egg fried rice and walnut-whip affogato.

Starring: Jamie Oliver



SYDNEY PROGRAM GUIDE

Friday 22nd March 2019

02:00 pm	Entertainment Tonight	CC
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

ALL NEW EPISODES

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

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 32

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

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

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



SYDNEY PROGRAM GUIDE

Friday 22nd 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.

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

CC M
Mature Themes

ALL NEW EPISODES

Join the hilarious and cheeky Graham Norton as he hosts Felicity Jones, Armie Hammer, Stephen Merchant, Rob Beckett, Calvin Harris & Rag 'n' Bone Man.

08:30 pm **To Be Advised**

09:30 pm **To Be Advised**

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

CC

SPECIAL ENCORE PRESENTATION

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



SYDNEY PROGRAM GUIDE

Friday 22nd March 2019

03:00 am	Home Shopping (Rpt)	<u>Home Shopping</u>
03:30 am	Home Shopping (Rpt)	<u>Home Shopping</u>
04:00 am	Home Shopping (Rpt)	<u>Home Shopping</u>
04:30 am	Home Shopping (Rpt)	<u>Home Shopping</u>
05:00 am	Home Shopping (Rpt)	<u>Home Shopping</u>
05:30 am	Home Shopping (Rpt)	<u>Home Shopping</u>



SYDNEY PROGRAM GUIDE

Saturday 23rd March 2019

06:00 am	Reel Action (Rpt)	CC G	Reel Action is all about learning the tips and techniques to land your dream fish. Join Michael Guest as he takes you into the finer details of fishing.
06:30 am	All 4 Adventure (Rpt)	CC PG Coarse Language	Follow a couple of modern-day adventurers on rugged expeditions into some of the remotest corners and wildest frontiers of Australia.
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	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.
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	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.
12:30 pm	The Cook's Pantry With Matt Sinclair (Rpt)	CC G	<p><u>Cook's Pantry With Matt Sinclair, The 15</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>



SYDNEY PROGRAM GUIDE

Saturday 23rd March 2019

01:00 pm Bondi Vet (Rpt) CC PG

Chris faces one of his biggest challenges yet with a two tonne southern white rhinoceros. Meanwhile, Tim treats an alligator with an injured arm & Laura assists Achilles the cat.

02:00 pm Renovation King (Rpt) CC G

The Cummings Family Bbq

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

Barry shares his tips on revamping a laundry, Chris travels to the whimsical Pinnacles in Western Australia & Miguel transforms a roast chicken into a delicious Thai green curry.

04:00 pm What's Up Down Under CC

ALL NEW EPISODES

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

04:30 pm Jamie's 15 Minute Meals (Rpt) CC G

Jamie Oliver sets out to create a whole new selection of meals that can be completed in just 15 minutes, and push the concept of fast, nutritious, everyday food.

Starring: Jamie Oliver

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.



SYDNEY PROGRAM GUIDE

Saturday 23rd March 2019

06:00 pm David Attenborough's Madagascar CC G
(Rpt)

Island Of Marvels

David Attenborough takes us on a wild adventure on the oldest island in the world, Madagascar. This unique ecosystem is home to its own lemurs, birds and many other weird and wonderful wildlife.

Voices: David Attenborough

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 To Be Advised

NETWORK PREMIERE

08:30 pm Ocean's Twelve (0) **NO** M
CC Coarse Language

11:00 pm NCIS: New Orleans (Rpt) CC M
Strong Violence

Welcome To The Jungle

Pride, Sebastian and Tammy travel to South America after Pride is personally requested by a former colleague to assist with a classified operation that has been compromised.

12:00 am NCIS: New Orleans (Rpt) CC M

High Stakes

Percy and Lasalle go under cover at a high-stakes poker game after the organizer targets players with access to a naval research laboratory.

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 23rd 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.