



SYDNEY PROGRAM GUIDE

Sunday 24th 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 **Joseph 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

The God Who Crosses His Arms

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 **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.

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

Garden guru Jamie Durie revives a damaged garden, Chris does the great ocean road, Miguel & Street Smart's Tahir Bilgic cook some delicious donuts & Amanda explores the odd job of Koala Keepers.



SYDNEY PROGRAM GUIDE

Sunday 24th March 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 To Be Advised

SEASON PREMIERE

03:00 pm XVenture Family Challenge CC G

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

03:30 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.

04:00 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.

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 Bondi Rescue (Rpt) CC PG
Coarse Language,
Mature Themes

The temperature is rising and there are tens of thousands of people on the beach when the lifeguards are called out to a large rescue. Later, can Harries play cupid and find a partner for Singlets?

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.



SYDNEY PROGRAM GUIDE

Sunday 24th March 2019

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 Encore

CC

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)

**NO
CC**

SPECIAL ENCORE PRESENTATION

Fragments

After a 50-year-old tape recording left by a murder victim is found so the team tries to exonerate the Marine serving a life sentence for the crime.

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

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

01:00 am Home Shopping (Rpt)

Home Shopping

01:30 am Home Shopping (Rpt)

Home Shopping



SYDNEY PROGRAM GUIDE

Sunday 24th 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

Monday 25th 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 introduces Flo to Hope. Meanwhile, Wyatt urges Liam to contemplate Hope's request that he reunite with 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 M
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 (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

The battle to be the best is on and now the contestants are taking their battle to the big screen with Movie Night - dancing to songs from the most popular movies of all time.



SYDNEY PROGRAM GUIDE

Monday 25th 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 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

Flo and Wyatt have a chance encounter which leaves them both revisiting their past. Meanwhile, Liam is concerned over Zoe's connection to Flo.

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.

07:30 pm Dancing With The Stars CC PG

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 25th March 2019

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

SPECIAL ENCORE PRESENTATION

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

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

SPECIAL ENCORE PRESENTATION

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.

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)

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03:30 am Home Shopping (Rpt)

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04:00 am Home Shopping (Rpt)

[Home Shopping](#)



SYDNEY PROGRAM GUIDE

Monday 25th March 2019

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 26th 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 and Wyatt have a chance encounter which leaves them both revisiting their past. Meanwhile, Liam is concerned over Zoe's connection to Flo.

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 Ambulance Australia Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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

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 26th 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 34

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

Things heat up between Zoe and Xander. Meanwhile, Wyatt invites Flo, Hope and Liam to have dinner with him and Sally.

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



SYDNEY PROGRAM GUIDE

Tuesday 26th March 2019

07:30 pm	Ambulance Australia	CC
08:30 pm	NCIS	NO CC
09:30 pm	NCIS: Los Angeles	CC
10:30 pm	NCIS: Los Angeles (Rpt)	CC M
11:30 pm	The Project Encore (Rpt)	CC
12:30 am	The Late Show With Stephen Colbert	CC PG
01:30 am	Home Shopping (Rpt)	
02:00 am	Home Shopping (Rpt)	
02:30 am	Home Shopping (Rpt)	
03:00 am	Home Shopping (Rpt)	
03:30 am	Home Shopping (Rpt)	

ALL NEW EPISODES

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

SEASON RETURN

Till Death Do Us Part

After months of planning, the NCIS family celebrates the wedding of Kensi and Deeks - with an old acquaintance paying a surprise visit to Deeks on his special day.

Where Everybody Knows Your Name

The team partners with the FBI after a Marine is murdered by a rare nerve gas; Deeks shares his dream to quit law enforcement and open a bar.

SPECIAL ENCORE PRESENTATION

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.

Home Shopping

Home Shopping

Home Shopping

Home Shopping

Home Shopping



SYDNEY PROGRAM GUIDE

Tuesday 26th March 2019

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 27th 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

Things heat up between Zoe and Xander. Meanwhile, Wyatt invites Flo, Hope and Liam to have dinner with him and Sally.

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
Mild 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 Chris & Julia's Sunday Night Takeaway Encore (Rpt)

CC PG
Sexual References,
Coarse Language,
May Contain:

SPECIAL ENCORE PRESENTATION

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.



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Wednesday 27th March 2019

02:30 pm	Entertainment Tonight	CC
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

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

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 35

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

Taylor shares her perspective on the situation between Hope and Liam with Steffy. Meanwhile, Flo wants to tell Hope the truth about her baby.

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

Wednesday 27th March 2019

07:30 pm Bondi Rescue

CC

ALL NEW EPISODES

Bondir14/006 & 13/006

It's been a long hot summer and as Bondi swells with beach lovers, the lifeguards feel the pressure with unpredictable events testing the boys and girls in blue.

08:30 pm Law & Order: SVU

CC

ALL NEW EPISODES

Blackout

When defence attorney, Nikki Staines is raped after a police charity event, Benson reluctantly looks to her own for a suspect.

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

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

CC M
Violence,
Mature Themes

Man Down

In the dramatic conclusion to the season premiere, ADA Stone blames himself for the shocking verdict in Sam's case, and before Benson can offer help, Sam makes a tragic and deadly decision.

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

Guest Starring: Kurt Fuller, Dylan Walsh

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

Kau Ka 'onohi Ali'i I Luna (The Royal Eyes Rest Above)

Junior and Adam back up McGarrett when a bank heist in progress forces Steve to make a potentially heartbreaking mistake. Also, Adam is forced to face an empty home without Kono.

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

12:00 am The Project Encore (Rpt)

CC

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SYDNEY PROGRAM GUIDE

Wednesday 27th March 2019

01:00 am The Late Show With Stephen Colbert CC PG

ALL NEW EPISODES

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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 28th 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

Taylor shares her perspective on the situation between Hope and Liam with Steffy. Meanwhile, Flo wants to tell Hope the truth about her baby.

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 Show Me The Movie Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

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.



SYDNEY PROGRAM GUIDE

Thursday 28th 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
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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 36

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

Sally mentions to Wyatt that Hope and Flo were pregnant and neither went home with a baby. Meanwhile, Zoe confronts Flo for going to dinner at Wyatt's.

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!



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06:30 pm The Project CC

ALL NEW EPISODES

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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 Hughesy, We Have A Problem Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

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.

10:30 pm Blue Bloods CC

ALL NEW EPISODES

Rectify

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

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Thursday 28th March 2019

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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

Friday 29th 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 mentions to Wyatt that Hope and Flo were pregnant and neither went home with a baby. Meanwhile, Zoe confronts Flo for going to dinner at Wyatt's.

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
Mild 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 The Living Room (Rpt)

CC PG

This week the family go to Hawaii.. Chris embarks on a treasure hunt, Miguel cooks up some delicious Hawaiian LauLau, Amanda embarks on a Jurassic adventure and the team explore the sights of Waikiki.



SYDNEY PROGRAM GUIDE

Friday 29th March 2019

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SPECIAL ENCORE PRESENTATION

ALL NEW EPISODES

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Cook's Pantry With Matt Sinclair, The 37

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

Reese tries to convince Flo and Zoe to reveal the truth about the baby-switch. Meanwhile, Wyatt assures Sally about his love for her.

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 29th 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 Living Room

CC

SEASON PREMIERE

Barry helps a family find space with a brilliant reno idea, Miguel & Kirsten Tibballs explore the rarest blend of chocolate and Chris is in Tahiti where he tries to blend in with a pod of whales.

08:30 pm The Graham Norton Show

CC M

ALL NEW EPISODES

Catch some of the best interviews of the latest series - featuring: Chris Pratt, Dame Judi Dench, Keira Knightley, Sir Ian McKellen, Emily Blunt, Chris Pine & Lady Gaga...just to name a few!

09:30 pm Runaway Bride (Rpt) (1999)

CC PG
Sexual References,
Coarse Language

MOVIE

A cynical journo writes a scathing story about a woman who has left a string of fiances at the altar. But the more he gets to know her, the more he finds himself falling in love with The Runaway Bride.

Starring: Julia Roberts, Richard Gere, Joan Cusack, Rita Wilson, Hector Elizondo, Christopher Meloni, Paul Dooley, Donal Logue

11:35 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

Friday 29th March 2019

01:30 am Home Shopping (Rpt)	<u>Home Shopping</u>
02:00 am Home Shopping (Rpt)	<u>Home Shopping</u>
02:30 am Home Shopping (Rpt)	<u>Home Shopping</u>
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 30th 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 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.

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

ALL NEW EPISODES

Summer Series

Join one of Australia's finest fishermen, Paul Worsteling as he travels around Australia and the world in search of the ultimate angling experience.

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

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

Barry helps a family find space with a brilliant reno idea, Miguel & Kirsten Tibballs explore the rarest blend of chocolate and Chris is in Tahiti where he tries to blend in with a pod of whales.



SYDNEY PROGRAM GUIDE

Saturday 30th March 2019

01:00 pm	Renovation King (Rpt)	CC G	<p><u>Toilet Training Toddler</u></p> <p>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.</p>
01:30 pm	The Home Team (Rpt)	CC G	<p>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.</p>
02:00 pm	Everyday Gourmet With Justine Schofield (Rpt)	CC G	<p>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</p>
02:30 pm	Luxury Escapes (Rpt)	CC PG	<p><u>Las Vegas & Jackson Hole</u></p> <p>Join Shane Jolley as he takes in the bright lights and open spaces of Las Vegas and experiences the snow and scenery of stunning Jackson hole in the United States.</p>
03:00 pm	DISCOVER JAPAN: OKINAWA with Liv Phyland (Rpt)	CC G	<p><u>Discover Japan: Okinawa With Liv Phyland</u></p> <p>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.</p>
03:30 pm	The Cook's Pantry With Matt Sinclair (Rpt)	CC G	<p><u>Cook's Pantry With Matt Sinclair, The 33</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>
04:00 pm	Everyday Gourmet With Justine Schofield (Rpt)	CC G	<p>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</p>



SYDNEY PROGRAM GUIDE

Saturday 30th March 2019

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

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's Madagascar (Rpt) CC G

Lost Worlds

Narrated by David Attenborough, this episode showcases an amazing collection of wildlife, many of which have never before been filmed in an area that has been rarely travelled.

Voices: David Attenborough

07:00 pm Bondi Rescue 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 One Born Every Minute CC M
Mature Themes

SERIES PREMIERE

When it comes to having a baby, nothing ever goes to plan. Tune in to see the extraordinary highs and lows of a maternity ward.

08:30 pm Ambulance Australia Encore (Rpt) CC

SPECIAL ENCORE PRESENTATION

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

09:30 pm Ocean's Thirteen (2007) CC PG
Mild Violence,
Sexual References,
Mild Coarse
Language

NETWORK PREMIERE

It's bolder. Riskier. The most dazzling heist yet. Double-crossing Vegas kingpin Willy Bank has gone too far. Danny Ocean's crew wants to hit him where it hurts: in his wallet...

Starring: George Clooney, Brad Pitt, Al Pacino, Matt Damon, Elliott Gould



SYDNEY PROGRAM GUIDE

Saturday 30th March 2019

11:35 pm	NCIS: New Orleans (Rpt)	CC M Strong Violence	Powder Keg Pride and his bar patrons are held hostage by a group of volatile thieves.
12:30 am	Home Shopping (Rpt)		<u>Home Shopping</u>
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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04:00 am	Home Shopping (Rpt)		<u>Home Shopping</u>
04:30 am	Home Shopping (Rpt)		<u>Home Shopping</u>
05:00 am	Hour Of Power With Bobby Schuller	G	ALL NEW EPISODES Religious program.