



SYDNEY PROGRAM GUIDE

Sunday 13th January 2019

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

06:30 am **Hillsong (Rpt)** CC PG

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

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

08:00 am **The Cook's Pantry With Matt Sinclair (Rpt)** CC G

08:30 am **The Living Room - Encore (Rpt)** CC PG

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

ALL NEW EPISODES

Religious Program

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.

ALL NEW EPISODES

Surrounded By The Most High

Religious.

Cook's Pantry With Matt Sinclair, The 8

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.

SPECIAL ENCORE PRESENTATION

Matty J returns to the couch to host with Amanda, Miguel and Grant, while Tiffany Hall introduces us to her new baby Arnold and discovers the best way to get him to sleep.

ALL NEW EPISODES

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



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12:00 pm **The Offroad Adventure Show** CC G

ALL NEW EPISODES

Join Ricko, Jamie, Alicia & Starlo as they explore Australia's best 4WD destinations with real-world fishing tips & great down-to-earth bush cooking. The best adventures start in your own backyard!

01:00 pm **All 4 Adventure** CC PG
Coarse Language

ALL NEW EPISODES

Follow a couple of modern-day adventurers on rugged expeditions into some of the remotest corners and wildest frontiers of Australia.

02:00 pm **Bondi Rescue Red Centre Adventure** CC G

SPECIAL EVENT

Bondi Rescue Red Centre Adventure

From Bondi Rescue - Andrew Reid, Corey Oliver & Ryan Clarke; Australia's most famous larrikin lifeguards, head out on another exciting adventure - this time to explore Australia's red centre.

03:00 pm **Maxing Out** CC PG

ALL NEW EPISODES

Maxing Out

We follow celebrities as they take on one of the toughest challenges in their lives. With just 4-months to train, they are to complete an iron distance race; the holy grail of extreme endurance.

04:00 pm **Which Car?** CC G

ALL NEW EPISODES

Whether you're a car enthusiast, influencer or intender you will find everything you need on Which Car?

04:30 pm **Luxury Escapes (Rpt)** CC PG

SPECIAL ENCORE PRESENTATION

Bali/sydney.

Luxury Escapes - The World's Best Holidays - showcases Australia's most loved and desired holiday hotspots. We visit some incredible hotels, experiencing beautiful places to eat, drink and explore!

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.



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06:00 pm	David Attenborough's Natural Curiosities (Rpt)	CC G	<p><u>Natural Curiosities - Curious Feeders</u></p> <p>Sir David presents remarkable cases of diet adaptation in two species. Firstly, the blue whale, whose body sifts & consumes plankton and the flamingos unusual eating technique.</p>
06:30 pm	The Sunday Project	CC	<p>ALL NEW EPISODES</p> <p>The Sunday Project team is back and we have a top secret interview with a controversial politician just moments before they enter the African jungle.</p>
07:30 pm	I'm A Celebrity...Get Me Out Of Here!	CC PG Coarse Language	<p>SEASON PREMIERE</p> <p>Through all the tears, fears & gory foods who will survive the jungle? Not only do these celebs have to survive challenges, they'll have to survive each other!</p>
09:30 pm	NCIS (Rpt)	CC M Violence	<p><u>Willoughby</u></p> <p>The team searches for new leads when an undercover mission to apprehend a businessman who is manipulating the stock market is compromised.</p>
10:30 pm	NCIS (Rpt)	CC M	<p><u>Off The Grid</u></p> <p>When Gibbs spots the brother of a Most Wanted suspect, he assumes an old alias and goes undercover with their anti-government militia.</p>
11:30 pm	The Sunday Project (Rpt)	CC	<p>SPECIAL ENCORE PRESENTATION</p> <p>The Sunday Project team is back and we have a top secret interview with a controversial politician just moments before they enter the African jungle.</p>
12:30 am	Home Shopping (Rpt)		<u>Home Shopping</u>
01:00 am	Home Shopping (Rpt)		<u>Home Shopping</u>
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04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS This Morning

ALL NEW EPISODES



SYDNEY PROGRAM GUIDE

Monday 14th January 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

Reese steps in and demands that Brooke apologize to Taylor. Maya gets combative with Zoe and delivers bad news to Brooke.

08:00 am Pointless (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

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

08:30 am Studio 10

CC PG

ALL NEW EPISODES

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

12:00 pm Dr. Phil (Rpt)

CC PG
Coarse Language,
Mature Themes

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

01:00 pm To Be Advised



SYDNEY PROGRAM GUIDE

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03:00 pm	Entertainment Tonight	CC
03:30 pm	Judge Judy	CC PG
04:00 pm	The Cook's Pantry With Matt Sinclair	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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Welcome to the court room of Judge Judith Sheindlin, the cases are real, the people are real and the rulings are final.

ALL NEW EPISODES

Cook's Pantry With Matt Sinclair, The 61

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

Liam and Steffy are shocked when Hope makes an all-or-nothing decision about the holidays; Reese comforts Taylor during a difficult time.

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

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Join Hamish MacDonald, Lisa Wilkinson, Peter Helliar & Steven Price as they dissect, digest and reconstitute the daily news, events and hottest topics. Plus, Miriam Margolyes is live at the desk.



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07:30 pm I'm A Celebrity...Get Me Out Of Here!	CC PG Coarse Language	ALL NEW EPISODES	Through all the tears, fears & gory foods who will survive the jungle? Not only do these celebs have to survive challenges, they'll have to survive each other!
09:00 pm Murphy Brown	CC PG Mature Themes	ALL NEW EPISODES	<u>Thanksgiving And Taking</u> When the culinary challenged Murphy invites her colleagues plus Phyllis, Miguel and his parents for Thanksgiving dinner, they all brace themselves for the worst.
09:30 pm Murphy Brown	CC PG Mature Themes	ALL NEW EPISODES	<u>Beat The Press</u> After Frank is physically attacked while covering a political rally, for the first time in her career Murphy is afraid to dispute the opposing viewpoint of a guest on her show.
10:00 pm The Graham Norton Show (Rpt)	CC M Violence, Coarse Language		Graham Norton showcases his wickedly cheeky sense of humour in this fast-paced interview show. Guests this week: Kurt Russell, Claire Foy, David Walliams & Mumford And Sons.
11:00 pm Hughesy, We Have a Problem (Rpt)	CC M Sexual References, Coarse Language		Hughesy, We Have a Problem brings together the biggest names in comedy and entertainment for a truly noble cause: to help the people of Australia get over life's infuriating problems.
12:00 am The Project Encore (Rpt)	CC	SPECIAL ENCORE PRESENTATION	Join Hamish MacDonald, Lisa Wilkinson, Peter Helliar & Steven Price as they dissect, digest and reconstitute the daily news, events and hottest topics. Plus, Miriam Margolyes is live at the desk.



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

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

Home Shopping

04:30 am **CBS This Morning**

ALL NEW EPISODES



SYDNEY PROGRAM GUIDE

Tuesday 15th January 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

Liam and Steffy are shocked when Hope makes an all-or-nothing decision about the holidays; Reese comforts Taylor during a difficult time.

08:00 am Pointless (Rpt)

CC PG

SPECIAL ENCORE PRESENTATION

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08:30 am Studio 10

CC PG

ALL NEW EPISODES

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

12:00 pm Dr. Phil (Rpt)

CC PG
Sexual References,
Mature Themes

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

01:00 pm To Be Advised



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02:30 pm	Entertainment Tonight	CC
03:00 pm	Judge Judy	CC PG
03:30 pm	Everyday Gourmet With Justine Schofield (Rpt)	CC G
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06:00 pm	Pointless	CC PG

ALL NEW EPISODES

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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

ALL NEW EPISODES

Cook's Pantry With Matt Sinclair, The 62

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

Liam and Hope make a significant request of Maya. Reese must keep his cool while trying to avoid a mysterious stranger at Il Giardino.

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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ALL NEW EPISODES

Join Lisa Wilkinson, Hamish MacDonald, Peter Helliard & Celia Pacquola as they dissect, digest and reconstitute the daily news, events and hottest topics... news delivered differently.

07:30 pm **I'm A Celebrity...Get Me Out Of Here!**

CC PG
Coarse Language

ALL NEW EPISODES

Through all the tears, fears & gory foods who will survive the jungle? Not only do these celebs have to survive challenges, they'll have to survive each other!

09:00 pm **NCIS: Los Angeles**

CC M

ALL NEW EPISODES

Joyride

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

CC M

Can I Get A Witness?

LAPD Detective Whiting calls in a favour from Deeks after his former partner, LAPD Lieutenant Bates, goes rogue and only Deeks can bring him in.

11:00 pm **NCIS: Los Angeles (Rpt)**

CC M
Violence

The Silo

After an Air Force captain Kensi dated a decade ago breaches a missile launch facility, she is transported to the location to help thwart the use of nuclear weapons.

12:00 am **The Project Encore (Rpt)**

CC

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04:00 am Home Shopping (Rpt)

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04:30 am CBS This Morning

ALL NEW EPISODES



SYDNEY PROGRAM GUIDE

Wednesday 16th January 2019

06:00 am The Talk

CC PG
Mature Themes

ALL NEW EPISODES

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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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08:30 am Studio 10

CC PG

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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

The Forresters, Logans, Avants and Spencers spend Christmas Eve together, and the family celebrates baby Kelly's first Christmas.

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 **I'm A Celebrity...Get Me Out Of Here!**

CC PG
Coarse Language

ALL NEW EPISODES

Through all the tears, fears & gory foods who will survive the jungle? Not only do these celebs have to survive challenges, they'll have to survive each other!

09:00 pm **Law & Order: SVU**

CC M
Mature Themes

ALL NEW EPISODES

Mea Culpa

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

10:00 pm **Law & Order: SVU (Rpt)**

CC M
Mature Themes

Info Wars

After a female Republican pundit is sexually assaulted during a protest, Benson and Barba struggle to put their political beliefs aside in order to help bring the attacker to justice.

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

Guest Starring: Rhea Seehorn, Kurt Fuller, Joe Grifasi

11:00 pm **Hawaii Five-0 (Rpt)**

CC M
Frequent Violence

Ka Hana A Ka Makua, O Ka Hana No IA A Keiki (What Parents Will Do ...)

McGarrett and Five-0 take on the mob when a former boss is killed and Junior's friend Cammy Lin is on the run after witnessing the hit.

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

Guest Starring: James Hong, Will Sasso

12:00 am **The Project Encore (Rpt)**

CC

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04:30 am **CBS This Morning**

ALL NEW EPISODES



SYDNEY PROGRAM GUIDE

Thursday 17th January 2019

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CC PG
Mature Themes

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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.

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CC

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

CC PG

SPECIAL ENCORE PRESENTATION

The Forresters, Logans, Avants and Spencers spend Christmas Eve together, and the family celebrates baby Kelly's first Christmas.

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 (Rpt)

CC PG
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CC PG
Coarse Language

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09:00 pm **The Conners**

CC PG
Mature Themes

ALL NEW EPISODES

Hold The Salt

Dan questions Peter's motives when he learns about the pricey Christmas gift Jackie purchased for her new, unemployed beau. Meanwhile, Darlene receives advice from an unlikely source.

09:30 pm **The Conners**

CC PG
Mature Themes

ALL NEW EPISODES

O Sister, Where Art Thou?

Becky helps Harris keep a secret from Darlene, which causes a rift between the sisters. Meanwhile, Jackie supports Peter with his project and Dan & an old mate reunite.

10:00 pm **Blue Bloods**

CC M
Violence

ALL NEW EPISODES

Authority Figures

Frank demands to know who leaked video of officers clearly entrapping gang members. Danny probes the murder of a tabloid writer, and Eddie retaliates against a co-worker who is pranking Jamie.

Starring: Tom Selleck, Donnie Wahlberg, Bridget Moynahan, Will Estes, Marisa Ramirez, Vanessa Ray

11:00 pm **Blue Bloods (Rpt)**

CC M
Violence

Out Of The Blue

Danny and Baez investigate a case of a detective who was gunned down prior to testifying against a career criminal. Meanwhile, Garrett is accosted by a S.W.A.T. team outside his home.

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

Guest Starring: Kevin Corrigan



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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.

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.

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

ALL NEW EPISODES

Cook's Pantry With Matt Sinclair, The 65

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

A mysterious stranger from Reese's past makes a serious threat to Zoe's safety; Hope arrives at the airport where she meets Matt and Kieran.

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



SYDNEY PROGRAM GUIDE

Friday 18th January 2019

06:30 pm The Project

CC

ALL NEW EPISODES

Join Andrew Rochford, Gorgi Coghlan, Meshel Laurie & Jamila Rizvi as they dissect and digest the daily news, events and hottest topics. Plus, the band, Bastille is live at the desk.

07:30 pm The Living Room (Rpt)

CC PG

Amanda visits reptile royalty, Terri Irwin; Chris runs with Texas Longhorns in far North Queensland; Miguel hitches a ride with a food truck and Cherie shares tips to save on kitchen renovation.

08:30 pm The Graham Norton Show (Rpt)

CC PG

Graham Norton showcases his wickedly cheeky sense of humour in this fast-paced interview show. Guests this week: Sir Ian McKellan, Carey Mulligan, Taron Egerton, Michael Buble.

09:30 pm Killers (Rpt) (2010)

CC M
Violence,
Sexual References,
Coarse Language

Spencer is an expert spy with a special talent for assassination, and no bullets, bombs or bad guys can keep him and his new wife Jen from living happily ever after - if they can manage to stay alive.

Starring: Ashton Kutcher, Katherine Heigl, Tom Selleck, Catherine O'Hara, Katheryn Winnick, Martin Mull, Rob Riggle

11:30 pm The Project Encore (Rpt)

CC

SPECIAL ENCORE PRESENTATION

Join Andrew Rochford, Gorgi Coghlan, Meshel Laurie & Jamila Rizvi as they dissect and digest the daily news, events and hottest topics. Plus, the band, Bastille is live at the desk.

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 18th January 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 19th January 2019

06:00 am	Escape Fishing With ET (Rpt)	CC G	Join rugby league and fishing legend, Andrew 'ET' Ettingshausen, as he escapes the city for adventure.
06:30 am	Which Car? (Rpt)	CC G	Whether you're a car enthusiast, influencer or intender you will find everything you need on Which Car?
07:00 am	Australia By Design: Landscapes (Rpt)	CC G	<u>Queensland</u> Australia by Design: Landscapes partners with the Australian Institute of Landscape Architects to look at the best landscape designs in Australia.
07:30 am	What's Up Down Under (Rpt)	CC G	Travel & Lifestyle program celebrating the Australian caravanning and holiday park experience.
08:00 am	Pooches At Play (Rpt)	CC G	Join hosts Gyton Grantley & dog trainer Lara Shannon, as they provide all the health, training and other pet care tips you need to know to keep your furry, feathered and scaly friends healthy & happy.
08:30 am	Luxury Escapes (Rpt)	CC PG	<u>London And Fiji</u> Join Shane in London as he discovers the city's most forward thinking restaurants, bars, hotels & fashion houses. Plus, Sophie uncovers the stunning Namale Resort and Spa in Tropical Fiji.
09:00 am	Places We Go With Jennifer Adams (Rpt)	CC G	Places We Go takes viewers on a journey to some of the most stunning destinations across the world. Hosted by Jennifer Adams, the series is all about real travel, shared by real travellers.
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 Cook's Pantry With Matt Sinclair (Rpt)	CC G	<u>Cook's Pantry With Matt Sinclair, The 3</u> 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.



SYDNEY PROGRAM GUIDE

Saturday 19th January 2019

12:30 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

01:00 pm **Renovation King** (Rpt) CC G

Unloved Laundry

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.

01:30 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.

02:00 pm **The Living Room - Encore** (Rpt) CC PG

SPECIAL ENCORE PRESENTATION

Miguel goes to the country for a Carrot Cake cook off, Amanda is at Parliament House trying her hand at an odd job, and Chris witnesses extra-terrestrial love in the shallows of South Australia.

03:00 pm **TRY TIME in Kyushu Japan** CC

ALL NEW EPISODES

Try Time In Kyushu Japan 1

Rugby league legends, Nathan Sharpe and Justin Marshall travel around Kyushu, Japan - the battleground of the Rugby World Cup 2019.

03:30 pm **The 48 Hour Destination** (Rpt) CC G

Japan

Greer kicks off 48 Hours in Japan after meeting her Flight Centre guide Keiichi in the middle of the famous Shibuya intersection before visiting a Ninja restaurant and a helicopter flight over Tokyo.

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

ALL NEW EPISODES

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



SYDNEY PROGRAM GUIDE

Saturday 19th January 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 Natural Curiosities (Rpt) CC PG
Mature Themes

Animal Frankensteins

David Attenborough presents a collection of his favourite natural curiosities found throughout the animal kingdom from cross-bred Pizzly Bears to lethal killer bees.

06:30 pm David Attenborough's Natural Curiosities (Rpt) CC G

Curious Counters

David Attenborough presents a collection of his favourite natural curiosities found throughout the animal and plant kingdoms from horses seemingly capable of complex maths to year-counting bamboo.

07:00 pm I'm A Celebrity...Get Me Out Of Here! Saturday Schoolies CC

ALL NEW EPISODES

08:00 pm Madagascar (Rpt) (2005) CC PG
Mature Themes

NETWORK PREMIERE

Spoiled by their upbringing and with no idea what wild life is really like, four animal friends from New York Central Zoo escape and find themselves in Madagascar, among a bunch of merry lemurs.

Starring: Ben Stiller, Chris Rock, David Schwimmer, Jada Pinkett Smith, Sacha Baron Cohen

09:45 pm NCIS: New Orleans (Rpt) CC MA15+
Strong Violence

Sins Of The Father

Wade's son, Danny, calls Pride for help after he's attacked at his girlfriend's house and she is now missing. Also, the director of NCIS mandates that Pride meet with a therapist.



SYDNEY PROGRAM GUIDE

Saturday 19th January 2019

10:45 pm	NCIS: New Orleans (Rpt)	CC M Strong Violence	<u>Hard Knock Life</u> Pride second-guesses evidence suggesting homeless kids are the suspects in the murder of a petty officer.
11:45 pm	Elementary (Rpt)	CC M Violence	<u>Bits And Pieces</u> Holmes and Watson retrace Holmes' steps after Holmes finds himself in possession of a severed head and can't remember anything about the last six hours.
12:30 am	Home Shopping (Rpt)		<u>Home Shopping</u>
01:00 am	Home Shopping (Rpt)		<u>Home Shopping</u>
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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.