



Sun Mar 7, 2021

06:00	POLLY POCKET				WS	G
	<p><i>Area Fifty None/Happy Polly Days</i></p> <p>With her shrinking-powered magic locket around her neck and her friends by her side, Polly Pocket proves there's no adventure too big for "tiny power!" Our pint-sized heroes use their unique point-of-view to help the neighbourhood animals, conquer school assignments, and discover a big world full of fun.</p>					
06:30	EARTH TO LUNA!		Repeat		WS	G
	<p><i>Pyramids Of The Past/Water Festival</i></p> <p>Curious about everything and excited about science, 6-year-old Luna, her brother Jupiter and pet Clyde explore nature to learn about the world.</p>					
07:00	CARE BEARS: UNLOCK THE MAGIC		Repeat		WS	G
	<p><i>A Patch of Perturbed Petunias/Nobody's Perfect</i></p> <p>Share fears she's losing her ability as a problem-solver and peacemaker when she can't calm a squabble between a group of Whiffles and a flower bed of Perturbed Petunias.</p>					
07:30	PIRATE EXPRESS	Captioned	Repeat		WS	C
	<p><i>Jungle Booty Part 1/ Jungle Booty Part 2</i></p> <p>Armando receives the will of his uncle Hucardo who has been missing for 320 years and having escaped the Amazons and their secret city of Eldorado, Newt and the Crew find they have a stowaway, Andromeda!</p>					
08:00	MY LITTLE PONY: FRIENDSHIP IS FOREVER		Repeat		WS	G
	<p><i>Memories and More</i></p> <p>After learning that her friends, as well as herself, are the magical Elements of Harmony, studious unicorn Twilight Sparkle is sent by her mentor, Princess Celestia, to Ponyville to study the magic of friendship with help from her friends.</p> <p>Cons.Advice: Themes, Mild Violence</p>					
08:30	RICKY ZOOM		Repeat		WS	G
	<p><i>Ramp it Up/Toot & the Wheelies</i></p> <p>Little red rescue motorbike Ricky Zoom, along with his loyal and enthusiastic bike buddies Loop, Scootio and DJ, race around the sports track, try new stunts at the park, and zoom into adventures.</p>					
09:00	TRANSFORMERS: RESCUE BOTS ACADEMY		Repeat		WS	G
	<p><i>Tough Luck Chuck/Whirl'd View</i></p> <p>Hotshot has to baby-sit the damaged RBA Test Robot, who wont stay put. / When the recruits get caught in a snow storm, Whirl's police bot attention to procedure and detail saves the day.</p>					
09:30	TRUE AND THE RAINBOW KINGDOM		Repeat		WS	G
	<p><i>Big Mossy Mess</i></p> <p>Bartleby adores Farmer Mosser's soft Zazoony Moss. But when he brings a small piece home to True's house, it soon becomes a BIG problem for the Rainbow Kingdom.</p>					
10:00	THE TOM & JERRY SHOW		Repeat		WS	G
	<p><i>Dis-Repair Man/ The Royal Treatment/ The Beast from the Bayou</i></p> <p>The iconic cat and mouse rivals are back in THE TOM AND JERRY SHOW, a fresh take on the classic series.</p> <p>Cons.Advice: Animated Violence</p>					



Sydney Program Guide

Sun Mar 7, 2021

10:30	BAKUGAN: ARMORED ALLIANCE				WS	PG
	<i>The Awesome Brawlers Vs. Haavik/Their Fights</i> Dan and the Awesome brawlers have made their way up Haavik's tower as the final showdown between Haavik and the Awesome Brawlers begins. Cons.Advice: Animated Violence, Themes					
11:00	LEGO FRIENDS: GIRLS ON A MISSION		Repeat		WS	G
	<i>Part of the Herd/Free Bird</i> Olive, Andrea, Emma, Mia, and Stephanie are five best friends on a mission, embarking on a series of challenges and adventures in their beautiful Heartlake City.					
11:30	LEGO JURASSIC WORLD - LEGEND OF ISLA NUBLAR		Repeat		WS	PG
	<i>The Haunted And The Hunted</i> Animal behaviorist Owen Grady and park operations assistant manager Claire Dearing work together in dealing with running Jurassic World. Cons.Advice: Animated Violence, Themes					
12:00	KAIJUDO: RISE OF THE DUEL MASTERS		Repeat		WS	PG
	<i>The Deep End - Part2</i> Narrowly escaping the Water Civilization rulers after being accused of stealing their most powerful artefact, the kids team with Gabe's creature Gargle to prove that the Choten is guilty, and to stop him from getting away with his crime. Cons.Advice: Animated Violence, Themes, Scary Scenes					
12:30	BEYBLADE BURST RISE		Repeat		WS	PG
	<i>Dragon Vs Apocalypse!</i> Middle schooler Valt Aoi, with his Beyblade Valtryek, faces off against friends, classmates and rivals on his way to become the world's number one blader. Cons.Advice: Mild Violence					
13:00	POWER RANGERS DINO CHARGE		Repeat		WS	PG
	<i>Return Of The Caveman</i> Chase tries to help Koda adapt to modern day technology after he struggles to learn how to ride their new high tech Dino Cycles, but when they are caged in a cave by one of Sledge's monsters, Koda must rely on his caveman instincts to escape and save his friend. Cons.Advice: Stylised Violence					
13:30	LIQUID SCIENCE	Captioned	Repeat		WS	PG
	<i>Material World</i> American rapper GZA wonders where our hunger for new materials might take us as he hosts the latest episode of Liquid Science, the Red Bull TV series that looks into the modern world of big data.					
14:00	DANCE MOMS		Repeat		WS	PG
	<i>Wild Wild West Coast, Part 2</i> While in Los Angeles, the girls juggle a competition and a music video shoot; Abby attempts to shut down the music video shoot; the mothers fight to keep their daughters on the team when Abby announces that she will be cutting one dancer. Cons.Advice: Themes, Mild Coarse Language					



Sydney Program Guide

Sun Mar 7, 2021

15:00	DANCE MOMS		Repeat		WS	PG
	<p><i>The Great Divide</i></p> <p>The ALDC returns to Pittsburgh; the mothers are divided based on who stayed to film the music video and those who left; the group dance becomes a personal attack against the mothers; Abby discovers the team is in the teen division.</p> <p>Cons.Advice: Themes, Mild Coarse Language</p>					
16:00	MARMADUKE	2010	Captioned	Repeat	WS	PG
	<p><i>Marmaduke</i></p> <p>When Marmaduke moves to a new neighbourhood with his family, the super-sized Great Dane soon discovers he just doesn't fit in - literally! But, with the help of his best pal Carlos the Cat, Marmaduke may just get out of the doghouse after all.</p> <p>Starring: Owen Wilson, Emma Stone, William H Macy, Kiefer Sutherland</p> <p>Cons.Advice: Mild Coarse Language</p>					
17:45	ALVIN AND THE CHIPMUNKS: CHIPWRECKED	2011	Captioned	Repeat	WS	G
	<p><i>Alvin And The Chipmunks: Chipwrecked</i></p> <p>On their nuttiest adventure yet, the Chipmunks and Chipettes accidentally go overboard while on a cruise and end up marooned in a tropical paradise. A relative paradise, they soon discover their new turf is not as deserted as it seems.</p> <p>Starring: Justin Long, Jesse McCartney, Matthew Gray Gubler</p>					



Sydney Program Guide

Sun Mar 7, 2021

19:30	THE MATRIX REVOLUTIONS	2003	Captioned	Repeat		WS	M
	<p><i>The Matrix Revolutions</i></p> <p>Third episode of the blockbuster MATRIX franchise, resolving the cliff hanger ending from The Matrix Reloaded. With Neo trapped inside the crumbling Matrix whilst the others rush to protect Zion from the machines, the end is about to be determined as to who'll survive in the Human vs. Machines war.</p> <p>Starring: Keanu Reeves, Hugo Weaving, Laurence Fishburne</p> <p>Cons.Advice: Frequent Violence</p>						
22:00	LIFE	2017	Captioned	Repeat		WS	MA
	<p><i>Life</i></p> <p>A team of scientists aboard the International Space Station discover a rapidly evolving life form that caused extinction on Mars and now threatens all life on Earth.</p> <p>Starring: Jake Gyllenhaal, Rebecca Ferguson, Ryan Reynolds</p> <p>Cons.Advice: Strong Adult Themes, Sci-fi Violence, Some Coarse Language</p>						
00:00	LETHAL WEAPON		Captioned	Repeat		WS	MA
	<p><i>Frankie Comes to Hollywood</i></p> <p>The duo sets out to unlock a case about a veteran hit man who Murtaugh has followed for years; Riggs struggles to find a connection with his father; Murtaugh scares Riana with his overprotective driving lessons; the team's trust is tested.</p> <p>Starring: Clayne Crawford, Damon Wayans, Kevin Rahm</p> <p>Cons.Advice: Strong Violence</p>						
01:00	MIKE TYSON MYSTERIES			Repeat		WS	MA
	<p><i>Clam Bam Thank You Ma'am</i></p> <p>An unspeakable tragedy occurs at the Clam Shack.</p> <p>Cons.Advice: Strong Violence, Adult Themes, Sexual References, Some Coarse Language</p>						
01:10	DANCE MOMS			Repeat		WS	PG
	<p><i>Wild Wild West Coast, Part 2</i></p> <p>While in Los Angeles, the girls juggle a competition and a music video shoot; Abby attempts to shut down the music video shoot; the mothers fight to keep their daughters on the team when Abby announces that she will be cutting one dancer.</p> <p>Cons.Advice: Themes, Mild Coarse Language</p>						
02:10	DANCE MOMS			Repeat		WS	PG
	<p><i>The Great Divide</i></p> <p>The ALDC returns to Pittsburgh; the mothers are divided based on who stayed to film the music video and those who left; the group dance becomes a personal attack against the mothers; Abby discovers the team is in the teen division.</p> <p>Cons.Advice: Themes, Mild Coarse Language</p>						



Sydney Program Guide



Sydney Program Guide

Sun Mar 7, 2021

03:00	POWER RANGERS DINO CHARGE		Repeat		WS	PG
	<p><i>Return Of The Caveman</i></p> <p>Chase tries to help Koda adapt to modern day technology after he struggles to learn how to ride their new high tech Dino Cycles, but when they are caged in a cave by one of Sledge's monsters, Koda must rely on his caveman instincts to escape and save his friend.</p> <p>Cons.Advice: Stylised Violence</p>					
03:30	THUNDERBIRDS		Repeat		WS	G
	<p><i>The Imposter</i></p> <p>Follow the adventures of the International Rescue, an organisation created to help those in grave danger in this marionette puppetry classic.</p>					
04:30	THE TOM & JERRY SHOW		Repeat		WS	G
	<p><i>Dis-Repair Man/ The Royal Treatment/ The Beast from the Bayou</i></p> <p>The iconic cat and mouse rivals are back in THE TOM AND JERRY SHOW, a fresh take on the classic series.</p> <p>Cons.Advice: Animated Violence</p>					
04:50	LEGO FRIENDS: GIRLS ON A MISSION		Repeat		WS	G
	<p><i>Part of the Herd/Free Bird</i></p> <p>Olive, Andrea, Emma, Mia, and Stephanie are five best friends on a mission, embarking on a series of challenges and adventures in their beautiful Heartlake City.</p>					
05:10	LEGO JURASSIC WORLD - LEGEND OF ISLA NUBLAR		Repeat		WS	PG
	<p><i>The Haunted And The Hunted</i></p> <p>Animal behaviorist Owen Grady and park operations assistant manager Claire Dearing work together in dealing with running Jurassic World.</p> <p>Cons.Advice: Animated Violence, Themes</p>					
05:30	YU-GI-OH! CLASSIC		Repeat		WS	PG
	<p><i>The Master Magicians - Part 2</i></p> <p>Giant monsters! Powerful magic! Ancient Egyptian legends! Yu-Gi-Oh! is one action-packed adventure series that holds all the cards! It's your move!</p> <p>Cons.Advice: Mild Violence</p>					



Sydney Program Guide



Sydney Program Guide

Mon Mar 8, 2021

06:00	BEYBLADE BURST TURBO		Repeat		WS	PG
	<p><i>Spirit of Flame! vs Lord of Destruction!</i></p> <p>Middle schooler Valt Aoi, with his Beyblade Valtryek, faces off against friends, classmates and rivals on his way to become the world's number one blader.</p> <p>Cons.Advice: Mild Violence</p>					
06:30	BEYBLADE BURST RISE		Repeat		WS	PG
	<p><i>Shining Ashindra!</i></p> <p>Middle schooler Valt Aoi, with his Beyblade Valtryek, faces off against friends, classmates and rivals on his way to become the world's number one blader.</p> <p>Cons.Advice: Mild Violence</p>					
07:00	YU-GI-OH! VRAINS		Repeat		WS	PG
	<p><i>From the Heart</i></p> <p>The theme for the new work is "Let's take one step forward and try it!" Yuusaku hates standing out, and at his school he doesn't. However, Yuusaku starts meeting others through duels, and starts moving forward.</p> <p>Cons.Advice: Animated Violence, Themes</p>					
07:30	BAKUGAN: ARMORED ALLIANCE		Repeat		WS	PG
	<p><i>Tiko's Back?!/The Rise Of Drago Infinity</i></p> <p>Magnus and Ajit spot Haavik on the street and decide to follow him, but the shape shifting Haavik is on to them. It's not long before an epic brawl breaks out between them – Five Faction Fusion Sabrus vs. Nillious X Darkus and Pharol.</p> <p>Cons.Advice: Animated Violence, Themes</p>					
08:00	SMASHHDOWN!	Captioned	Repeat		WS	C
	<p><i>Match Day 4, Pool C – Willstar vs. Yoshi</i></p> <p>It's all about Korea and Japan today! Nick heads to a junior karate class, our players try their hands at sumo-soccer, then it's time to try to choke down a deplorable Japanese and Korean smoothie!</p>					
08:30	RICKY ZOOM				WS	G
	<p><i>Saving Mr. Speedy/Toot's Invisible Friend</i></p> <p>Little red rescue motorbike Ricky Zoom, along with his loyal and enthusiastic bike buddies Loop, Scootio and DJ, race around the sports track, try new stunts at the park, and zoom into adventures.</p>					
09:00	GIGANTOSAURUS				WS	G
	<p><i>The Biggest Hero/Think Quick</i></p> <p>Four curious young dinosaur friends explore the mystery of Gigantosaurus, the largest, fiercest dinosaur of all, as they face their individual fears and work together to solve problems during their many adventures.</p>					
09:30	RAINBOW RANGERS		Repeat		WS	G
	<p><i>Spooky Costume Party/GMO OMG</i></p> <p>The gang helps Patty with an eco-friendly spooky costume party; Preston's genetically modified crops are going crazy.</p>					



Sydney Program Guide

Mon Mar 8, 2021

10:00	NINJAGO: MASTERS OF SPINJITZU		Repeat		WS	PG
	<p><i>A Line in the Sand</i></p> <p>While the Ninja fight to save MegaMonster Amusement Park, Jay struggles to defend his family's home from the Vermillion Warriors.</p> <p>Starring: Michael Adamthwaite, Kelly Metzger, Kirby Morrow</p> <p>Cons.Advice: Animated Violence, Themes</p>					
10:30	POKEMON JOURNEYS		Repeat		WS	PG
	<p><i>Dreams are Made of These!</i></p> <p>Pokémon Trainer Ash Ketchum has a new plan: see the world! But first, he and his partner Pikachu are headed to the opening of the Cerise Laboratory, a research facility dedicated to uncovering the mysteries of Pokémon in every region.</p> <p>Cons.Advice: Animated Violence</p>					
11:00	DANCE MOMS				WS	PG
	<p><i>Battle of the Blondes</i></p> <p>Abby auditions a new dancer to be a part of the Great 8 team heading to Nationals; Brynn, Lilly and Maesi all go head-to-head with solos; the mothers are hopeful that a new dancer will complete the team, but Ashlee thinks otherwise.</p> <p>Cons.Advice: Themes, Mild Coarse Language</p>					
12:00	MADELINE	1998	Repeat		WS	G
	<p><i>Madeline</i></p> <p>Horrified at the prospect of her beloved school being sold, a young French girl uses her wit and craftiness to attempt to save it, making an unlikely new friend in the process.</p> <p>Starring: Frances McDormand, Nigel Hawthorne, Hatty Jones</p>					
13:50	SNOG MARRY AVOID		Repeat		WS	PG
	<p><i>Rockstar Spud</i></p> <p>In tonight's programme we meet a wrestler who looks like Rod Stewart. A model whose cats look like her and a cupcake-crazy girl from Bolton.</p> <p>Cons.Advice: Sexual References</p>					
14:25	SNOG MARRY AVOID		Repeat		WS	PG
	<p><i>Sarah J Packles</i></p> <p>In tonight's programme we meet an A star student who needs to be taken seriously. A stilt walking, angle grinding dancer who needs to be taken to a clothes shop and two time warped teenagers who need to be taken into the 21st Century.</p> <p>Cons.Advice: Sexual References</p>					
15:00	SOCIAL FABRIC	Captioned	Repeat		WS	PG
	<p><i>The Suit</i></p> <p>Born on London's Savile Row, the suit is probably the most famous piece of menswear in history. Kyle Ng looks for the perfect bespoke suit, meets some Dandies and goes wild with the Nudie suit.</p> <p>Cons.Advice: Some Coarse Language, Drug References</p>					



Sydney Program Guide



Sydney Program Guide

Mon Mar 8, 2021

15:30	SOCIAL FABRIC	Captioned	Repeat		WS	PG
	<p><i>Bling</i></p> <p>From the hip-hop culture in Los Angeles to the tribal villages of Kenya, Kyle Ng explores the global appeal of shiny jewellery, aka 'bling'.</p> <p>Cons.Advice: Some Coarse Language</p>					
16:00	BAYWATCH		Repeat		WS	PG
	<p><i>The Reunion</i></p> <p>Mitch and Craig feud at a lifeguard reunion; Eddie gets the deal of a lifetime on a new car.</p> <p>Starring: David Hasselhoff, Pamela Anderson, Yasmine Bleeth</p> <p>Cons.Advice: Some Violence</p>					
17:00	KNIGHT RIDER				WS	PG
	<p><i>Voo Doo Knight</i></p> <p>A powerful Japanese industrialist plans to reinstate an abolished terrorist group and ordain a 15-year-old boy as the emperor prince.</p> <p>Starring: David Hasselhoff, Edward Mulhare, Richard Basehart</p> <p>Cons.Advice: Some Violence</p>					



Sydney Program Guide

Mon Mar 8, 2021

18:00	MALCOLM IN THE MIDDLE	Captioned	Repeat		WS	PG
	<i>Company Picnic - Part 2</i> As the picnic continues, Hal can't bring himself to admit his real identity to his boss, Malcolm further humiliates himself, and Reese bonds with his scavenger hunt partner. Meanwhile, Francis starts to regret his bet against the loggers' hockey team. Starring: Jane Kaczmarek, Bryan Cranston, Christopher Masterson, Frankie Muniz					
18:30	MALCOLM IN THE MIDDLE	Captioned	Repeat		WS	PG
	<i>Reese Drives</i> Reese's first driving lesson turns into a televised police chase, and Francis attempts to barter an endless chain of favours to pay off a debt. Starring: Jane Kaczmarek, Bryan Cranston, Christopher Masterson, Frankie Muniz					
19:00	THE NANNY	Captioned	Repeat		WS	PG
	<i>The Facts of Lice</i> After Niles is depressed about his life as a butler, he begins to act strange. Starring: Fran Drescher, Charles Shaughnessy, Lauren Lane, Daniel Davis					
19:30	RBT	Captioned	Repeat		WS	PG
	<i>Baby Shower/The Carer</i> Follow the police units for a unique behind-the-scenes look at RBT patrols testing for alcohol and drug affected drivers. Cons.Advice: Some Coarse Language					
20:30	UNDER SIEGE	1992	Captioned	Repeat	WS	M
	<i>Under Siege</i> When a Navy ship carrying nuclear warheads is hijacked by terrorists, the fate of the world depends on the ship's cook, who just happens to be a Special Forces martial arts weapons expert! Starring: Steven Seagal, Tommy Lee Jones, Gary Busey Cons.Advice: Some Coarse Language, Some Violence					
22:40	PARANORMAL CAUGHT ON CAMERA	Captioned	Repeat		WS	TBC
	<i>Florida Graveyard Shadows & More</i> A panel of experts analyze footage from some of the world's most eye-opening and terrifying paranormal videos. From poltergeist activity to lights in the sky, these firsthand accounts just might turn skeptics into believers.					
23:40	THE NANNY	Captioned	Repeat		WS	PG
	<i>The Facts of Lice</i> After Niles is depressed about his life as a butler, he begins to act strange. Starring: Fran Drescher, Charles Shaughnessy, Lauren Lane, Daniel Davis					



Sydney Program Guide



Mon Mar 8, 2021

00:10	LETHAL WEAPON	Captioned	Repeat		WS	MA
	<p><i>Leo Getz Hitched</i></p> <p>Riggs and Murtaugh investigate a case of a missing person while attending Leo Getz's surprise wedding; Riggs comes face-to-face with someone from his past; Murtaugh receives news that might change his life forever.</p> <p>Starring: Clayne Crawford, Damon Wayans, Kevin Rahm</p> <p>Cons.Advice: Strong Violence</p>					
01:10	BIG HEADS		Repeat		WS	PG
	<p>Contestants play physical games, while wearing giant celebrity polystyrene heads. The most successful player each week goes on to a cash bonus round, and returns for the series final. Hosted by comedian Jason Manford.</p>					
02:10	DANCE MOMS		Repeat		WS	PG
	<p><i>Battle of the Blondes</i></p> <p>Abby auditions a new dancer to be a part of the Great 8 team heading to Nationals; Brynn, Lilly and Maesi all go head-to-head with solos; the mothers are hopeful that a new dancer will complete the team, but Ashlee thinks otherwise.</p> <p>Cons.Advice: Themes, Mild Coarse Language</p>					
03:00	BEYBLADE BURST TURBO		Repeat		WS	PG
	<p><i>Spirit of Flame! vs Lord of Destruction!</i></p> <p>Middle schooler Valt Aoi, with his Beyblade Valtryek, faces off against friends, classmates and rivals on his way to become the world's number one blader.</p> <p>Cons.Advice: Mild Violence</p>					
03:30	NINJAGO: MASTERS OF SPINJITZU		Repeat		WS	PG
	<p><i>A Line in the Sand</i></p> <p>While the Ninja fight to save MegaMonster Amusement Park, Jay struggles to defend his family's home from the Vermillion Warriors.</p> <p>Starring: Michael Adamthwaite, Kelly Metzger, Kirby Morrow</p> <p>Cons.Advice: Animated Violence, Themes</p>					
04:00	POKEMON		Repeat		WS	G
	<p><i>Cloudy Fate, Bright Future!</i></p> <p>Ash is preparing for his Anistar Gym battle as Professor Sycamore arrives in the city to research the origins of the mysterious Anistar Sundial.</p> <p>Cons.Advice: Supernatural Themes, Animated Violence</p>					
04:30	POKEMON JOURNEYS		Repeat		WS	PG
	<p><i>Dreams are Made of These!</i></p> <p>Pokémon Trainer Ash Ketchum has a new plan: see the world! But first, he and his partner Pikachu are headed to the opening of the Cerise Laboratory, a research facility dedicated to uncovering the mysteries of Pokémon in every region.</p> <p>Cons.Advice: Animated Violence</p>					



Sydney Program Guide



Sydney Program Guide

Mon Mar 8, 2021

04:50	POWER RANGERS BEAST MORPHERS		Repeat		WS	PG
	<p><i>End Of The Road</i></p> <p>Zoey tries to convince the citizens of Coral Harbour to use Morph-X powered bikes instead of cars, but Blaze uses this opportunity to execute an evil plan</p> <p>Cons.Advice: Themes, Mild Violence, Scary Scenes</p>					
05:10	BAKUGAN: BATTLE PLANET		Repeat		WS	PG
	<p><i>At The Beginning, an Ending/This Late Hour</i></p> <p>When Shun and Lia track down Ichiro and Masato on their quest for more allies, they are forced to battle a Bakuzoned Ichiro!</p> <p>Cons.Advice: Animated Violence, Themes</p>					
05:30	YU-GI-OH! CLASSIC		Repeat		WS	PG
	<p><i>The Master Magicians - Part 3</i></p> <p>Giant monsters! Powerful magic! Ancient Egyptian legends! Yu-Gi-Oh! is one action-packed adventure series that holds all the cards! It's your move!</p> <p>Cons.Advice: Mild Violence</p>					



Sydney Program Guide



Tue Mar 9, 2021

06:00	BEYBLADE BURST TURBO		Repeat		WS	PG
	<p><i>Blading Together! Turbo Awakening!</i></p> <p>Middle schooler Valt Aoi, with his Beyblade Valtryek, faces off against friends, classmates and rivals on his way to become the world's number one blader.</p> <p>Cons.Advice: Mild Violence</p>					
06:30	BEYBLADE BURST RISE		Repeat		WS	PG
	<p><i>Dragon's Ultimate Awakening!</i></p> <p>Middle schooler Valt Aoi, with his Beyblade Valtryek, faces off against friends, classmates and rivals on his way to become the world's number one blader.</p> <p>Cons.Advice: Mild Violence</p>					
07:00	YU-GI-OH! VRAINS		Repeat		WS	PG
	<p><i>Fight with a Friend</i></p> <p>The theme for the new work is "Let's take one step forward and try it!" Yuusaku hates standing out, and at his school he doesn't. However, Yuusaku starts meeting others through duels, and starts moving forward.</p> <p>Cons.Advice: Animated Violence, Themes</p>					
07:30	BAKUGAN: ARMORED ALLIANCE		Repeat		WS	PG
	<p><i>The AB Bakugan Battle League! Part 1/The AB Bakugan Battle League! Part 2</i></p> <p>With all the mayhem and destruction Haavik is causing, the Awesome Brawlers decide that a bit of Bakugan brawling is the perfect distraction to take their minds off all.</p> <p>Cons.Advice: Animated Violence, Themes</p>					
08:00	SMASHDOWN!	Captioned	Repeat		WS	C
	<p><i>Elimination Quarter Final, Pool C – Midi vs. Willstar</i></p> <p>The top players of Pool C face off, as Nick goes rock climbing, the coach tells us what not to do when it comes to injury, and our players dive into our giant ball pit!</p>					
08:30	RICKY ZOOM		Repeat		WS	G
	<p><i>New Bike On the Block/Little Buster Bunker</i></p> <p>Little red rescue motorbike Ricky Zoom, along with his loyal and enthusiastic bike buddies Loop, Scootio and DJ, race around the sports track, try new stunts at the park, and zoom into adventures.</p>					
09:00	GIGANTOSAURUS				WS	G
	<p><i>Please Don't Pick The Flowers/No Joke</i></p> <p>Four curious young dinosaur friends explore the mystery of Gigantosaurus, the largest, fiercest dinosaur of all, as they face their individual fears and work together to solve problems during their many adventures.</p>					
09:30	RAINBOW RANGERS		Repeat		WS	G
	<p><i>Frozen Falls/Got Silk</i></p> <p>The Rangers save turtles trapped on an ice floe when a waterfall freezes over, but their save has consequences; the Rangers save spiders from the Praxtons, who are milking them for their silk.</p>					



Sydney Program Guide

Tue Mar 9, 2021

10:00	NINJAGO: MASTERS OF SPINJITZU		Repeat		WS	PG
	<p><i>The Attack</i></p> <p>The Ninja celebrate their escape from the Vermillion Army and their retrieval of the Emerald Time Blade, but with Acronix and Krux determined to get their Blade back, the Airjitzu Temple becomes a battleground.</p> <p>Starring: Michael Adamthwaite, Kelly Metzger, Kirby Morrow</p> <p>Cons.Advice: Animated Violence, Themes</p>					
10:30	POKEMON JOURNEYS		Repeat		WS	PG
	<p><i>Caring For A Mystery!</i></p> <p>Pokémon Trainer Ash Ketchum has a new plan: see the world! But first, he and his partner Pikachu are headed to the opening of the Cerise Laboratory, a research facility dedicated to uncovering the mysteries of Pokémon in every region.</p> <p>Cons.Advice: Animated Violence</p>					
11:00	DANCE MOMS		Repeat		WS	PG
	<p><i>Kickoff Special - Girl Talk 2</i></p> <p>Abby Lee Miller runs the Abby Lee Dance Company in Pittsburgh, which she started when she was 14. Miller is a notoriously demanding and passionate instructor. But she has competition in the area of being demanding - from her students' mothers.</p> <p>Cons.Advice: Themes, Mild Coarse Language</p>					
12:00	ROYAL PAINS				WS	M
	<p><i>Run, Hank, Run</i></p> <p>Hank receives help from a two-time world athletics champion when he gets cramp in his leg while jogging, so he repays her by finding out why she has recently been feeling weak and feverish after exercise.</p> <p>Starring: Mark Feuerstein, Paulo Costanzo, Reshma Shetty</p> <p>Cons.Advice: Mature Themes, Medical Procedures</p>					
13:00	THE MINDY PROJECT				WS	M
	<p><i>Dibs</i></p> <p>A heartbroken Anna grieves her breakup at Mindy's place, while Jody and Jeremy compete for her affection.</p> <p>Starring: Mindy Kaling, Ike Barinholtz, Ed Weeks</p> <p>Cons.Advice: Mature Themes, Sexual References</p>					
13:30	THE MINDY PROJECT				WS	M
	<p><i>Mindy Lahiri Is a White Man</i></p> <p>Mindy is unfairly passed over for a promotion and goes to bed wishing things were different. She wakes up in the body of a handsome white man and quickly discovers the perks that come with white male privilege.</p> <p>Starring: Mindy Kaling, Ike Barinholtz, Ed Weeks</p> <p>Cons.Advice: Mature Themes, Sexual References</p>					



Sydney Program Guide



Sydney Program Guide

Tue Mar 9, 2021

14:00	SNOG MARRY AVOID		Repeat		WS	PG
	<p><i>Lissy Summers</i></p> <p>On tonight's show POD takes on a cage wrestling ring girl whose style is out for the count. A model from Manchester who is always out of her clothes and a man from Norwich who is out of this world.....</p>					
14:30	SNOG MARRY AVOID		Repeat		WS	PG
	<p><i>The Family Special</i></p> <p>Tonight POD meets Stephen and Natalie Rooney, Wayne's cousins, who are in need of help. A pair of clubbing cousins from Bolton with a love of all things fluorescent and fishnet. And two Mangas try to keep POD off their backs.</p> <p>Cons.Advice: Sexual References</p>					
15:00	MALCOLM IN THE MIDDLE	Captioned	Repeat		WS	PG
	<p><i>Company Picnic - Part 2</i></p> <p>As the picnic continues, Hal can't bring himself to admit his real identity to his boss, Malcolm further humiliates himself, and Reese bonds with his scavenger hunt partner. Meanwhile, Francis starts to regret his bet against the loggers' hockey team.</p> <p>Starring: Jane Kaczmarek, Bryan Cranston, Christopher Masterson, Frankie Muniz</p>					
15:30	MALCOLM IN THE MIDDLE	Captioned	Repeat		WS	PG
	<p><i>Reese Drives</i></p> <p>Reese's first driving lesson turns into a televised police chase, and Francis attempts to barter an endless chain of favours to pay off a debt.</p> <p>Starring: Jane Kaczmarek, Bryan Cranston, Christopher Masterson, Frankie Muniz</p>					
16:00	DANCE MOMS				WS	PG
	<p><i>Breathless In Denver</i></p> <p>Kalani, Kendall and Nia all dance competing solos in Denver. The minis work on a technically complicated group dance, and the mothers wonder if this addition will ruin their winning streak when heading into the nationals.</p> <p>Cons.Advice: Themes, Mild Coarse Language</p>					
17:00	BAYWATCH		Repeat		WS	PG
	<p><i>Armored Car</i></p> <p>Eddie and Shauni are trapped in a submerged armored car; Jill and Trevor team against an ex-boyfriend in a volleyball game.</p> <p>Starring: David Hasselhoff, Pamela Anderson, Yasmine Bleeth</p>					



Sydney Program Guide

Tue Mar 9, 2021

18:00	MALCOLM IN THE MIDDLE	Captioned	Repeat		WS	PG
	<p><i>Cynthia's Back</i></p> <p>Malcolm reveals Cynthia's big secret to Reese, Dewey helps Hal overcome his fear of kites, and a neighbour makes amends to Lois and Francis becomes enchanted with a totem pole.</p> <p>Starring: Jane Kaczmarek, Bryan Cranston, Christopher Masterson, Frankie Muniz</p>					
18:30	MALCOLM IN THE MIDDLE	Captioned	Repeat		WS	PG
	<p><i>Hal's Birthday</i></p> <p>Lois punishes the boys for forgetting Hal's birthday by assigning them backbreaking chores; Francis plans a surprise trip home for his father's birthday.</p> <p>Starring: Jane Kaczmarek, Bryan Cranston, Christopher Masterson, Frankie Muniz</p>					
19:00	THE NANNY	Captioned	Repeat		WS	PG
	<p><i>Fran's Roots</i></p> <p>A woman calls Fran saying she might be her mother due to a mix up that happened in the hospital the day she was born.</p> <p>Starring: Fran Drescher, Charles Shaughnessy, Lauren Lane, Daniel Davis</p>					
19:30	SHERLOCK HOLMES	2009	Captioned	Repeat	WS	M
	<p><i>Sherlock Holmes</i></p> <p>Detective Sherlock Holmes and his stalwart partner Watson engage in a battle of wits and brawn with a nemesis whose plot is a threat to all of England.</p> <p>Starring: Robert Downey Jnr, Jude Law, Rachel McAdams, Mark Strong</p> <p>Cons.Advice: Strong Violence</p>					
22:05	THE DICTATOR	2012	Captioned	Repeat	WS	MA
	<p><i>The Dictator</i></p> <p>The heroic story of a dictator who risked his life to ensure that democracy would never come to the country he so lovingly oppressed.</p> <p>Starring: Sacha Baron Cohen, Anna Faris, John C Reilly</p> <p>Cons.Advice: Adult Humour, Strong Sex References, Nudity, Some Violence, Some Coarse Language</p>					
23:45	THE NANNY		Captioned	Repeat	WS	PG
	<p><i>Fran's Roots</i></p> <p>A woman calls Fran saying she might be her mother due to a mix up that happened in the hospital the day she was born.</p> <p>Starring: Fran Drescher, Charles Shaughnessy, Lauren Lane, Daniel Davis</p>					
00:15	LETHAL WEAPON		Captioned	Repeat	WS	MA
	<p><i>Jesse's Girl</i></p> <p>After a mansion break-in turns into a homicide, Murtaugh and Riggs set out to find the culprit; Murtaugh and Trish question their trust in Riana; Riggs recalls his troubling childhood and finds a true family with Molly and Ben.</p> <p>Starring: Clayne Crawford, Damon Wayans, Kevin Rahm</p> <p>Cons.Advice: Strong Violence</p>					



Sydney Program Guide

Tue Mar 9, 2021

01:10	URBEX: ENTER AT YOUR OWN RISK	Captioned	Repeat		WS	M
	<i>Unknown</i> Vidam and Vitaliy finish their 10-day trip to India; Max and Zack are in Canada, wondering if their photography future might lie at ground level. Cons.Advice: Dangerous Behaviour, Some Coarse Language					
02:10	BAYWATCH		Repeat		WS	PG
	<i>Armored Car</i> Eddie and Shauni are trapped in a submerged armored car; Jill and Trevor team against an ex-boyfriend in a volleyball game. Starring: David Hasselhoff, Pamela Anderson, Yasmine Bleeth					
03:00	BEYBLADE BURST TURBO		Repeat		WS	PG
	<i>Blading Together! Turbo Awakening!</i> Middle schooler Valt Aoi, with his Beyblade Valtryek, faces off against friends, classmates and rivals on his way to become the world's number one blader. Cons.Advice: Mild Violence					
03:30	NINJAGO: MASTERS OF SPINJITZU		Repeat		WS	PG
	<i>The Attack</i> The Ninja celebrate their escape from the Vermillion Army and their retrieval of the Emerald Time Blade, but with Acronix and Krux determined to get their Blade back, the Airjitzu Temple becomes a battleground. Starring: Michael Adamthwaite, Kelly Metzger, Kirby Morrow Cons.Advice: Animated Violence, Themes					
04:00	POKEMON		Repeat		WS	G
	<i>All Eyes on the Future!</i> The Double Battle between Ash and Olympia, the Anistar Gym Leader, is just beginning! Olympia's powerful team of Meowstic, with their combination of Helping Hand and Future Sight seems unbeatable. Cons.Advice: Supernatural Themes, Animated Violence					
04:30	POKEMON JOURNEYS		Repeat		WS	PG
	<i>Caring For A Mystery!</i> Pokémon Trainer Ash Ketchum has a new plan: see the world! But first, he and his partner Pikachu are headed to the opening of the Cerise Laboratory, a research facility dedicated to uncovering the mysteries of Pokémon in every region. Cons.Advice: Animated Violence					
04:50	POWER RANGERS BEAST MORPHERS		Repeat		WS	PG
	<i>Digital Deception</i> Ravi is shocked when the evil Roxy comes to his rescue and wonders if there may still be good left in her. Cons.Advice: Themes, Mild Violence, Scary Scenes					



Sydney Program Guide

Tue Mar 9, 2021

05:10	BAKUGAN: BATTLE PLANET		Repeat		WS	PG
<p><i>Bakuzon At The Gates, Part 1/Bakuzon At The Gates, Part 2</i></p> <p>As the Dusk Forces storm the Numena Core Cell, infighting between the Awesome Ones and their allies threatens to tear them all apart.</p> <p>Cons.Advice: Animated Violence, Themes</p>						
05:30	YU-GI-OH! CLASSIC		Repeat		WS	PG
<p><i>Playing with a Parasite - Part 1</i></p> <p>The trickster Weevil Underwood spins a web of lies to bait Joey into a lopsided duel! Weevil secretly infests Joey's deck with a parasite that prevents Joey from summoning strong monsters! Without the support of his most powerful beasts, what chance does Joey have against a monster that even Yugi didn't dare face at Duelist Kingdom: Perfectly Ultimate Great Moth!?</p> <p>Cons.Advice: Mild Violence</p>						



Sydney Program Guide

Wed Mar 10, 2021

06:00	BEYBLADE BURST TURBO		Repeat		WS	PG
	<i>Aiger vs Phi!</i> Middle schooler Valt Aoi, with his Beyblade Valtryek, faces off against friends, classmates and rivals on his way to become the world's number one blader. Cons.Advice: Mild Violence					
06:30	BEYBLADE BURST RISE		Repeat		WS	PG
	<i>Rising Ferocity! Tag Battle!</i> Middle schooler Valt Aoi, with his Beyblade Valtryek, faces off against friends, classmates and rivals on his way to become the world's number one blader. Cons.Advice: Mild Violence					
07:00	YU-GI-OH! VRAINS		Repeat		WS	PG
	<i>Gored</i> Gore's ready to risk everything to take down Playmaker – including short circuiting his brain! Cons.Advice: Animated Violence, Supernatural Themes					
07:30	BAKUGAN: ARMORED ALLIANCE		Repeat		WS	PG
	<i>Haavik's Challenge/Storm Haavik's Tower</i> Haavik has crashed the Awesome Brawlers Bakugan League, and challenges the Awesome Brawlers in a battle league of his own! Cons.Advice: Animated Violence, Themes					
08:00	SMASHDOWN!	Captioned	Repeat		WS	C
	<i>Match Day 1, Pool D – Mozi vs. Abi</i> Get onto the court, it's all about racquet sports! Nick gets some tips from some junior experts, we discover the science of serving, then our players put their table tennis skills to the ultimate test!					
08:30	RICKY ZOOM				WS	G
	<i>The Crosswalk Helper/Blip In Charge</i> Little red rescue motorbike Ricky Zoom, along with his loyal and enthusiastic bike buddies Loop, Scootio and DJ, race around the sports track, try new stunts at the park, and zoom into adventures.					
09:00	GIGANTOSAURUS				WS	G
	<i>Seeing Stars/A Tiny Triumph</i> Four curious young dinosaur friends explore the mystery of Gigantosaurus, the largest, fiercest dinosaur of all, as they face their individual fears and work together to solve problems during their many adventures.					
09:30	RAINBOW RANGERS		Repeat		WS	G
	<i>Chimney Caper/Smuggle a Snuggle</i> During the holidays, the Rangers need to remove a raccoon family looking for warmth that becomes trapped in Preston's chimney; Patty smuggles sugar gliders into the country to give as "goodie bags" at her birthday party.					



Wed Mar 10, 2021

10:00	NINJAGO: MASTERS OF SPINJITZU		Repeat		WS	PG
	<p><i>Secrets Discovered</i></p> <p>Secrets are revealed as Nya confronts the Samurai X imposter, Kai pursues the truth about his parents and the other Ninja desperately seek to locate and rescue Master Wu.</p> <p>Starring: Michael Adamthwaite, Kelly Metzger, Kirby Morrow</p> <p>Cons.Advice: Animated Violence, Themes</p>					
10:30	POKEMON JOURNEYS		Repeat		WS	PG
	<p><i>Goodbye, Friend!</i></p> <p>Pokémon Trainer Ash Ketchum has a new plan: see the world! But first, he and his partner Pikachu are headed to the opening of the Cerise Laboratory, a research facility dedicated to uncovering the mysteries of Pokémon in every region.</p> <p>Cons.Advice: Animated Violence</p>					
11:00	DANCE MOMS		Repeat		WS	PG
	<p><i>Breathless In Denver</i></p> <p>Kalani, Kendall and Nia all dance competing solos in Denver. The minis work on a technically complicated group dance, and the mothers wonder if this addition will ruin their winning streak when heading into the nationals.</p> <p>Cons.Advice: Themes, Mild Coarse Language</p>					
12:00	ROYAL PAINS				WS	M
	<p><i>Me First</i></p> <p>Medical comedy drama about a doctor who is wrongly blamed for a patient's death and starts work as a concierge, but privately offers his medical services to the rich and famous while also treating those less fortunate.</p> <p>Starring: Mark Feuerstein, Paulo Costanzo, Reshma Shetty</p> <p>Cons.Advice: Mature Themes, Medical Procedures</p>					
13:00	THE MINDY PROJECT				WS	M
	<p><i>Mindy's Best Friend</i></p> <p>Mindy's world is turned upside down when her cool friend from childhood moves to New York and starts dating Morgan. Meanwhile Ben has to cover his tracks after the nurses spot him in a provocative situation.</p> <p>Starring: Mindy Kaling, Ike Barinholtz, Ed Weeks</p> <p>Cons.Advice: Mature Themes, Sexual References</p>					
13:30	THE MINDY PROJECT				WS	M
	<p><i>A Decent Proposal</i></p> <p>Mindy hears that Ben might be planning to propose, just as she decides she never wants to get married.</p> <p>Starring: Mindy Kaling, Ike Barinholtz, Ed Weeks</p> <p>Cons.Advice: Mature Themes, Sexual References</p>					



Wed Mar 10, 2021

14:00	SNOG MARRY AVOID		Repeat		WS	PG
	<p><i>Allyson & Verena</i></p> <p>On tonight's show we'll be meeting a girl from the Valleys who's almost tutu much for POD. A Lancashire lass who needs to act her age, not her dress size. And a man who likes to lace up his back – without a corset...</p> <p>Cons.Advice: Sexual References</p>					
14:30	SNOG MARRY AVOID		Repeat		WS	M
	<p><i>Dirty Sanchez</i></p> <p>In tonight's programme POD tries to get the boys from Dirty Sanchez to clean up their act. A wannabe air hostess comes in for a bumpy landing. And forget Edward & Bella, we've got the real deal, a vampire called...Carol?!</p> <p>Cons.Advice: Mild Coarse Language, Sexual References, Nudity</p>					
15:00	MALCOLM IN THE MIDDLE	Captioned	Repeat		WS	PG
	<p><i>Cynthia's Back</i></p> <p>Malcolm reveals Cynthia's big secret to Reese, Dewey helps Hal overcome his fear of kites, and a neighbour makes amends to Lois and Francis becomes enchanted with a totem pole.</p> <p>Starring: Jane Kaczmarek, Bryan Cranston, Christopher Masterson, Frankie Muniz</p>					
15:30	MALCOLM IN THE MIDDLE	Captioned	Repeat		WS	PG
	<p><i>Hal's Birthday</i></p> <p>Lois punishes the boys for forgetting Hal's birthday by assigning them backbreaking chores; Francis plans a surprise trip home for his father's birthday.</p> <p>Starring: Jane Kaczmarek, Bryan Cranston, Christopher Masterson, Frankie Muniz</p>					
16:00	DANCE MOMS				WS	PG
	<p><i>Leaving La La Land</i></p> <p>In the final week before the ALDC heads to Pittsburgh for Nationals, the elite girls struggle with a difficult ballet routine and get the cold shoulder from Abby; Abby becomes obsessed with the mini soloists; Kendall resumes her stalled music career.</p> <p>Cons.Advice: Themes, Mild Coarse Language</p>					
17:00	BAYWATCH		Repeat		WS	PG
	<p><i>Muddy Waters</i></p> <p>J.D. and Eddie suspect sabotage in an amusement-park accident; a calendar photo threatens Shauni's job.</p> <p>Starring: David Hasselhoff, Pamela Anderson, Yasmine Bleeth</p> <p>Cons.Advice: Themes</p>					



Wed Mar 10, 2021

18:00	MALCOLM IN THE MIDDLE	Captioned	Repeat		WS	PG
	<i>Hal Coaches</i> Hal begins coaching Dewey's soccer team, much to Dewey's horror, and Malcolm gets unexpected results when he programs his new computer to act out the lives of his family. Starring: Jane Kaczmarek, Bryan Cranston, Christopher Masterson, Frankie Muniz					
18:30	MALCOLM IN THE MIDDLE	Captioned	Repeat		WS	PG
	<i>Dewey's Dog</i> Dewey hides a dog from his parents, Hal and Lois try to keep a romantic date, even though both of them are sick, and Commandant Spangler finds Francis at the logging camp. Starring: Jane Kaczmarek, Bryan Cranston, Christopher Masterson, Frankie Muniz					
19:00	THE NANNY	Captioned	Repeat		WS	PG
	<i>The Nanny And The Hunk Producer</i> After Mr. Sheffield wins the Tony Award for play of the year, a tabloid starts to publish fake stories about him and Fran having an affair. Starring: Fran Drescher, Charles Shaughnessy, Lauren Lane, Daniel Davis					
19:30	PARANORMAL CAUGHT ON CAMERA	Captioned			WS	TBC
	<i>A Basket Full of Ghosts & More</i> A panel of experts analyze footage from some of the world's most eye-opening and terrifying paranormal videos. From poltergeist activity to lights in the sky, these firsthand accounts just might turn skeptics into believers.					
20:30	SICARIO 2015	Captioned	Repeat		WS	MA
	<i>Sicario</i> An idealistic FBI agent is enlisted by a government task force to aid in the escalating war against drugs at the border area between the U.S. and Mexico. Starring: Emily Blunt, Josh Brolin, Benicio Del Toro Cons.Advice: Strong Adult Themes, Strong Violence, Some Coarse Language					
23:00	POLICE TEN 7	Captioned			WS	M
	Join Rob Lemoto for a closer look at crime in New Zealand and the Kiwis who end up on the wrong side of the law. Cons.Advice: Some Coarse Language, Drug References					
23:30	THE NANNY	Captioned	Repeat		WS	PG
	<i>The Nanny And The Hunk Producer</i> After Mr. Sheffield wins the Tony Award for play of the year, a tabloid starts to publish fake stories about him and Fran having an affair. Starring: Fran Drescher, Charles Shaughnessy, Lauren Lane, Daniel Davis					
00:00	LETHAL WEAPON	Captioned	Repeat		WS	MA
	<i>Family Ties</i> On Murtaugh's first day as interim captain, the wife of a popular businessman is abducted; the squad finds a connection in the case to Riggs' father; Riggs is left to grapple with his family and work. Starring: Clayne Crawford, Damon Wayans, Kevin Rahm Cons.Advice: Strong Violence					



Sydney Program Guide



Wed Mar 10, 2021

01:00	THE HORN	Captioned	Repeat		WS	M
	<p><i>The Smallest Price</i></p> <p>Following the perilous work of Air Zermatt, an alpine search and rescue team that operates on the peaks of Switzerland's Matterhorn mountain.</p> <p>Cons.Advice: Themes, Medical Procedures, Some Coarse Language</p>					
02:00	SNOG MARRY AVOID		Repeat		WS	PG
	<p><i>Allyson & Verena</i></p> <p>On tonight's show we'll be meeting a girl from the Valleys who's almost tutu much for POD. A Lancashire lass who needs to act her age, not her dress size. And a man who likes to lace up his back – without a corset...</p> <p>Cons.Advice: Sexual References</p>					
02:30	SNOG MARRY AVOID		Repeat		WS	M
	<p><i>Dirty Sanchez</i></p> <p>In tonight's programme POD tries to get the boys from Dirty Sanchez to clean up their act. A wannabe air hostess comes in for a bumpy landing. And forget Edward & Bella, we've got the real deal, a vampire called....Carol?!</p> <p>Cons.Advice: Mild Coarse Language, Sexual References, Nudity</p>					
03:00	BEYBLADE BURST TURBO		Repeat		WS	PG
	<p><i>Aiger vs Phi!</i></p> <p>Middle schooler Valt Aoi, with his Beyblade Valtryek, faces off against friends, classmates and rivals on his way to become the world's number one blader.</p> <p>Cons.Advice: Mild Violence</p>					
03:30	NINJAGO: MASTERS OF SPINJITZU		Repeat		WS	PG
	<p><i>Secrets Discovered</i></p> <p>Secrets are revealed as Nya confronts the Samurai X imposter, Kai pursues the truth about his parents and the other Ninja desperately seek to locate and rescue Master Wu.</p> <p>Starring: Michael Adamthwaite, Kelly Metzger, Kirby Morrow</p> <p>Cons.Advice: Animated Violence, Themes</p>					
04:00	POKEMON		Repeat		WS	G
	<p><i>I Choose You!</i></p> <p>It's Ash Ketchum's tenth birthday, and he's ready to do what many 10-year-olds in the Kanto region set out to do—become a Pokémon Trainer!</p>					
04:30	POKEMON JOURNEYS		Repeat		WS	PG
	<p><i>Goodbye, Friend!</i></p> <p>Pokémon Trainer Ash Ketchum has a new plan: see the world! But first, he and his partner Pikachu are headed to the opening of the Cerise Laboratory, a research facility dedicated to uncovering the mysteries of Pokémon in every region.</p> <p>Cons.Advice: Animated Violence</p>					



Sydney Program Guide



Sydney Program Guide

Wed Mar 10, 2021

04:50	POWER RANGERS BEAST MORPHERS		Repeat		WS	PG
	<p><i>Taking Care Of Business</i></p> <p>Devon finds it difficult to balance a new job he took to impress his dad and the duties of being the Red Power Ranger.</p> <p>Cons.Advice: Themes, Mild Violence, Scary Scenes</p>					
05:10	BAKUGAN: BATTLE PLANET		Repeat		WS	PG
	<p><i>Planet-Ception/United We Stand</i></p> <p>The final showdown between Tiko and AO with the future of Earth and Vestroia in balance.</p> <p>Cons.Advice: Animated Violence, Themes</p>					
05:30	YU-GI-OH! CLASSIC		Repeat		WS	PG
	<p><i>Playing with a Parasite - Part 2</i></p> <p>Joey swats Perfectly Ultimate Great Moth only to have Weevil let loose the ferocious Insect Queen, the crown jewel of insects that grows in strength for every creepy crawler it cannibalizes! Will Weevil's royal ravager swarm Joey into submission?</p> <p>Cons.Advice: Mild Violence</p>					



Sydney Program Guide

Thu Mar 11, 2021

06:00	BEYBLADE BURST TURBO		Repeat		WS	PG
	<p><i>Aiger's Turbo Resonance!</i></p> <p>Middle schooler Valt Aoi, with his Beyblade Valtryek, faces off against friends, classmates and rivals on his way to become the world's number one blader.</p> <p>Cons.Advice: Mild Violence</p>					
06:30	BEYBLADE BURST RISE		Repeat		WS	PG
	<p><i>The Greatest Tag Battle Ever!</i></p> <p>Middle schooler Valt Aoi, with his Beyblade Valtryek, faces off against friends, classmates and rivals on his way to become the world's number one blader.</p> <p>Cons.Advice: Mild Violence</p>					
07:00	YU-GI-OH! VRAINS		Repeat		WS	PG
	<p><i>LINK VRAINS 2.0</i></p> <p>With bounty hunters hot on his trail, Playmaker faces new challenges and enemies in a revamped LINK VRAINS!</p> <p>Cons.Advice: Animated Violence, Supernatural Themes</p>					
07:30	BAKUGAN: ARMORED ALLIANCE		Repeat		WS	PG
	<p><i>The Awesome Brawlers Vs. Haavik/Their Fights</i></p> <p>Dan and the Awesome brawlers have made their way up Haavik's tower as the final showdown between Haavik and the Awesome Brawlers begins.</p> <p>Cons.Advice: Animated Violence, Themes</p>					
08:00	SMASHDOWN!	Captioned	Repeat		WS	C
	<p><i>Match Day 2, Pool D – Mighty Minako vs. Popsicle</i></p> <p>It's all about extreme sports as Nick tries wakeboarding, we cut a skateboard in half and discover why they're made that way, plus our players strap into harnesses for bungee-dodgeball!</p>					
08:30	RICKY ZOOM		Repeat		WS	G
	<p><i>Ricky Wobbles/The Out of Controller</i></p> <p>Little red rescue motorbike Ricky Zoom, along with his loyal and enthusiastic bike buddies Loop, Scootio and DJ, race around the sports track, try new stunts at the park, and zoom into adventures.</p>					
09:00	GIGANTOSAURUS				WS	G
	<p><i>Giganto's Laugh/Treasure!</i></p> <p>Four curious young dinosaur friends explore the mystery of Gigantosaurus, the largest, fiercest dinosaur of all, as they face their individual fears and work together to solve problems during their many adventures.</p>					
09:30	RAINBOW RANGERS		Repeat		WS	G
	<p><i>The Lost Puppy/Goats in Trees</i></p> <p>Inspired by the colors of the rainbow, seven magical girls from Kaleidoscopia are guardians of both nature and the Earth.</p>					



Sydney Program Guide

Thu Mar 11, 2021

10:00	NINJAGO: MASTERS OF SPINJITZU		Repeat		WS	PG
	<p><i>Pause and Effect</i></p> <p>Kai confronts his dad for aiding the Hands of Time, only to discover that his parents are actually Acronix and Krux's captives.</p> <p>Starring: Michael Adamthwaite, Kelly Metzger, Kirby Morrow</p> <p>Cons.Advice: Animated Violence, Themes</p>					
10:30	POKEMON JOURNEYS		Repeat		WS	PG
	<p><i>Panic In The Park!</i></p> <p>Pokémon Trainer Ash Ketchum has a new plan: see the world! But first, he and his partner Pikachu are headed to the opening of the Cerise Laboratory, a research facility dedicated to uncovering the mysteries of Pokémon in every region.</p> <p>Cons.Advice: Animated Violence</p>					
11:00	DANCE MOMS		Repeat		WS	PG
	<p><i>Leaving La La Land</i></p> <p>In the final week before the ALDC heads to Pittsburgh for Nationals, the elite girls struggle with a difficult ballet routine and get the cold shoulder from Abby; Abby becomes obsessed with the mini soloists; Kendall resumes her stalled music career.</p> <p>Cons.Advice: Themes, Mild Coarse Language</p>					
12:00	ROYAL PAINS				WS	M
	<p><i>A Little Art, a Little Science</i></p> <p>Hank treats Eric Kassabian in his crisis with fainting due to countless encounters with his dream painting. HankMed also attempts to find treatment for Paige's mother, finding the solution with one of Hank's former colleagues.</p> <p>Starring: Mark Feuerstein, Paulo Costanzo, Reshma Shetty</p> <p>Cons.Advice: Mature Themes, Medical Procedures</p>					
13:00	THE MINDY PROJECT				WS	M
	<p><i>Is That All There Is?</i></p> <p>As Mindy adjusts to married life with Ben, Jeremy tries to take things to the next level with Anna, and Tamra makes a life-changing decision.</p> <p>Starring: Mindy Kaling, Ike Barinholtz, Ed Weeks</p> <p>Cons.Advice: Mature Themes, Sexual References</p>					
13:30	THE MINDY PROJECT				WS	M
	<p><i>A Romantical Decouplement</i></p> <p>Mindy's feelings for Ben are put to the test when he considers a job in Philadelphia. Meanwhile, Anna plans an office girls' night.</p> <p>Starring: Mindy Kaling, Ike Barinholtz, Ed Weeks</p> <p>Cons.Advice: Mature Themes, Sexual References</p>					



Sydney Program Guide

Thu Mar 11, 2021

14:00	SNOG MARRY AVOID		Repeat		WS	PG
	<i>Zara & Geisha</i> In tonight's programme we meet a six foot Glamazon with outsize assets. A Geisha with a guitar and a DJ with a penchant for mushrooms... Cons.Advice: Sexual References, Adult Themes					
14:30	SNOG MARRY AVOID		Repeat		WS	PG
	<i>The Look-a-likes</i> Tonight, there are some very familiar faces as Lady Gaga lookalike Cat Winter becomes less Gaga. Britney Spears lookalike Lorna Bliss gets less Toxic and Katie Price wannabe Lisa Hinds defends her heroine, the original Queen of Fakery.					
15:00	MALCOLM IN THE MIDDLE	Captioned	Repeat		WS	PG
	<i>Hal Coaches</i> Hal begins coaching Dewey's soccer team, much to Dewey's horror, and Malcolm gets unexpected results when he programs his new computer to act out the lives of his family. Starring: Jane Kaczmarek, Bryan Cranston, Christopher Masterson, Frankie Muniz					
15:30	MALCOLM IN THE MIDDLE	Captioned	Repeat		WS	PG
	<i>Dewey's Dog</i> Dewey hides a dog from his parents, Hal and Lois try to keep a romantic date, even though both of them are sick, and Commandant Spangler finds Francis at the logging camp. Starring: Jane Kaczmarek, Bryan Cranston, Christopher Masterson, Frankie Muniz					
16:00	DANCE MOMS				WS	PG
	<i>It's Not Always Sunny In Pittsburgh</i> The team returns to Pittsburgh where the stress of proving themselves leads to explosive battles between some of the mothers; Abby questions Camryn's desire to be on the team and gives her one more chance to prove herself. Cons.Advice: Themes, Mild Coarse Language					
17:00	BAYWATCH		Repeat		WS	PG
	<i>Snake Eyes</i> Eddie gets into gambling trouble; Hobie believes good grades are on the way because Mitch is dating the teacher. Starring: David Hasselhoff, Pamela Anderson, Yasmine Bleeth Cons.Advice: Some Violence					



Thu Mar 11, 2021

18:00	MALCOLM IN THE MIDDLE	Captioned	Repeat		WS	PG
	<i>Poker #2</i> One-upmanship's the name of the game at Hal's poker night, while Reese plays the sympathy card to set Stevie up with a girl, and Malcolm finds a gun in her friend's bag. Starring: Jane Kaczmarek, Bryan Cranston, Christopher Masterson, Frankie Muniz					
18:30	MALCOLM IN THE MIDDLE	Captioned	Repeat		WS	PG
	<i>Clip Show</i> Convinced the boys damaged the car while joyriding, Hal takes them to see a therapist. Starring: Jane Kaczmarek, Bryan Cranston, Christopher Masterson, Frankie Muniz					
19:00	THE NANNY	Captioned	Repeat		WS	PG
	<i>The Passed-Over Story</i> Fran's high school classmate, Morgan Faulkner, is hired by Mr. Sheffield as the star of his upcoming play. Starring: Fran Drescher, Charles Shaughnessy, Lauren Lane, Daniel Davis					
19:30	YOUNG SHELDON	Captioned			WS	PG
	<i>A Slump, A Cross and Roadside Gravel</i> Sheldon and Georgie mine for platinum in roadside gravel; Mary is concerned when Missy misuses religion to help with a batting slump. Starring: Iain Armitage, Jim Parsons, Zoe Perry					
20:00	YOUNG SHELDON	Captioned			WS	PG
	<i>A Boyfriend's Ex-Wife and a Good Luck Head Rub</i> Meemaw meets Dale's ex-wife, June; Sheldon is forced to work on a group project with reluctant college students. Starring: Iain Armitage, Jim Parsons, Zoe Perry Cons.Advice: Mild Coarse Language					
20:30	THE LONGEST YARD	2005	Captioned	Repeat	WS	M
	<i>The Longest Yard</i> When former NFL superstar Paul Crewe is sent to prison for a drink driving incident, the warden forces him to transform a group of inmates into a football team. Crewe promises the cons a chance to exact revenge in a bone-crunching showdown with the prison officials where anything goes. Starring: Adam Sandler, Burt Reynolds, Chris Rock Cons.Advice: Some Violence, Sexual References, Some Coarse Language					
22:45	TED	2012	Captioned	Repeat	WS	MA
	<i>Ted</i> John Bennett, a man whose childhood wish of bringing his teddy bear to life came true, now must decide between keeping the relationship with the bear or his girlfriend, Lori. Starring: Mark Wahlberg, Mila Kunis, Seth MacFarlane Cons.Advice: Strong Sex References, Very Coarse Language, Drug Use, Some Violence					





Sydney Program Guide

Thu Mar 11, 2021

01:00	THE XTREME COLLXTION	Captioned	Repeat		WS	PG
	This show unites the very best action and extreme sports from around the planet. Loaded to the max with adrenaline-inspired events, stunts, challenges and projects, along with the stories behind the sports people living life on the edge.					
01:30	THE XTREME COLLXTION	Captioned	Repeat		WS	PG
	This show unites the very best action and extreme sports from around the planet. Loaded to the max with adrenaline-inspired events, stunts, challenges and projects, along with the stories behind the sports people living life on the edge.					
02:00	SNOG MARRY AVOID		Repeat		WS	PG
	<p><i>Zara & Geisha</i></p> <p>In tonight's programme we meet a six foot Glamazon with outsize assets. A Geisha with a guitar and a DJ with a pendant for mushrooms...</p> <p>Cons.Advice: Sexual References, Adult Themes</p>					
02:30	SNOG MARRY AVOID		Repeat		WS	PG
	<p><i>The Look-a-likes</i></p> <p>Tonight, there are some very familiar faces as Lady Gaga lookalike Cat Winter becomes less Gaga. Britney Spears lookalike Lorna Bliss gets less Toxic and Katie Price wannabe Lisa Hinds defends her heroine, the original Queen of Fakery.</p>					
03:00	BEYBLADE BURST TURBO		Repeat		WS	PG
	<p><i>Aiger's Turbo Resonance!</i></p> <p>Middle schooler Valt Aoi, with his Beyblade Valtryek, faces off against friends, classmates and rivals on his way to become the world's number one blader.</p> <p>Cons.Advice: Mild Violence</p>					
03:30	NINJAGO: MASTERS OF SPINJITZU		Repeat		WS	PG
	<p><i>Pause and Effect</i></p> <p>Kai confronts his dad for aiding the Hands of Time, only to discover that his parents are actually Acronix and Krux's captives.</p> <p>Starring: Michael Adamthwaite, Kelly Metzger, Kirby Morrow</p> <p>Cons.Advice: Animated Violence, Themes</p>					
04:00	POKEMON		Repeat		WS	G
	<p><i>Emergency</i></p> <p>Ash rushes into Viridian City with his gravely wounded Pikachu. The city's on high alert for Pokémon thieves-thieves like Jessie, James, and Meowth of Team Rocket, a group of bad guys dedicated to stealing valuable Pokémon.</p>					
04:30	POKEMON JOURNEYS		Repeat		WS	PG
	<p><i>Panic In The Park!</i></p> <p>Pokémon Trainer Ash Ketchum has a new plan: see the world! But first, he and his partner Pikachu are headed to the opening of the Cerise Laboratory, a research facility dedicated to uncovering the mysteries of Pokémon in every region.</p> <p>Cons.Advice: Animated Violence</p>					
04:50	POWER RANGERS BEAST MORPHERS		Repeat		WS	PG
	<p><i>Hangar Heist</i></p> <p>Nate develops new technology from a captured Gigadrone and Devon struggles with fully trusting his team.</p> <p>Cons.Advice: Themes, Mild Violence, Scary Scenes</p>					

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Sydney Program Guide



Sydney Program Guide

Thu Mar 11, 2021

05:10	BAKUGAN: ARMORED ALLIANCE		Repeat		WS	PG
<p><i>The Mysterious Boy/A New Power</i></p> <p>After stopping Tiko's rampage, the Awesome Brawlers have become world-famous heroes and Bakugan-mania sweeps the globe. With the Bakugan boom, brawling has been reinvented as a sporting game.</p> <p>Cons.Advice: Animated Violence, Themes</p>						
05:30	YU-GI-OH! CLASSIC		Repeat		WS	PG
<p><i>Mime control - Part 1</i></p> <p>Yugi faces off against another of Marik's nefarious Rare Hunters – the silent but deadly Strings! Strings stops all of Yugi's attacks with Revival Jam, a slippery slime that resurrects whenever it's destroyed! How can Yugi win if he can't even put a dent in Strings's life points?</p> <p>Cons.Advice: Mild Violence</p>						



Sydney Program Guide

Fri Mar 12, 2021

06:00	BEYBLADE BURST TURBO		Repeat		WS	PG
	<i>Bonding! Aiger vs Valt!</i> Middle schooler Valt Aoi, with his Beyblade Valtryek, faces off against friends, classmates and rivals on his way to become the world's number one blader. Cons.Advice: Mild Violence					
06:30	BEYBLADE BURST RISE		Repeat		WS	PG
	<i>Rising Friendship! Master Dragon!</i> Middle schooler Valt Aoi, with his Beyblade Valtryek, faces off against friends, classmates and rivals on his way to become the world's number one blader. Cons.Advice: Mild Violence					
07:00	YU-GI-OH! VRAINS		Repeat		WS	PG
	<i>Shed Some Light</i> Playmaker's Speed Duel takes a turn for the worse when his opponent transforms into an even more dangerous duelist! Cons.Advice: Animated Violence, Supernatural Themes					
07:30	BAKUGAN: ARMORED ALLIANCE				WS	PG
	<i>Haavik's Final Show/Miracle Planet</i> It's the final stage of Haavik's Bakugan Battle League: Dan and Drago Infinity vs. Haavik and his six-faction fusion Bakugan, Sabrus. Once again, the fate of two worlds, Earth Cons.Advice: Animated Violence, Themes					
08:00	SMASHDOWN!	Captioned	Repeat		WS	C
	<i>Match Day 3, Pool D – Abi vs. Popsicle</i> Pop on your helmet, it's all about sports on wheels! Nick takes on some pro wheelies, our players try the Japanese sport of office-chair racing, plus an epic remote-control car race through studio!					
08:30	RICKY ZOOM				WS	G
	<i>Ruled by Ricky/Mrs Bikely Up All Nightly</i> Little red rescue motorbike Ricky Zoom, along with his loyal and enthusiastic bike buddies Loop, Scootio and DJ, race around the sports track, try new stunts at the park, and zoom into adventures.					
09:00	GIGANTOSAURUS				WS	G
	<i>Frozen Giganto/Dinosia</i> Four curious young dinosaur friends explore the mystery of Gigantosaurus, the largest, fiercest dinosaur of all, as they face their individual fears and work together to solve problems during their many adventures.					
09:30	RAINBOW RANGERS		Repeat		WS	G
	<i>Bunny-20, Part One/Bunny-20 Part Two</i> Inspired by the colors of the rainbow, seven magical girls from Kaleidoscopia are guardians of both nature and the Earth.					



Sydney Program Guide



Sydney Program Guide

Fri Mar 12, 2021

10:00	NINJAGO: MASTERS OF SPINJITZU		Repeat		WS	PG
	<p><i>Out of the Fire and Into the Boiling Sea</i></p> <p>The Hands of Time blackmail Kai and Nya into using their combined Elemental powers to retrieve the fourth and final Time Blade from the Boiling Sea with the promise that the siblings can use its reversal power to save the quickly-fading Master Wu.</p> <p>Starring: Michael Adamthwaite, Kelly Metzger, Kirby Morrow</p> <p>Cons.Advice: Animated Violence, Themes</p>					
10:30	POKEMON JOURNEYS		Repeat		WS	PG
	<p><i>A Little Rocket R & R!</i></p> <p>Pokémon Trainer Ash Ketchum has a new plan: see the world! But first, he and his partner Pikachu are headed to the opening of the Cerise Laboratory, a research facility dedicated to uncovering the mysteries of Pokémon in every region.</p> <p>Cons.Advice: Animated Violence</p>					
11:00	DANCE MOMS		Repeat		WS	PG
	<p><i>It's Not Always Sunny In Pittsburgh</i></p> <p>The team returns to Pittsburgh where the stress of proving themselves leads to explosive battles between some of the mothers; Abby questions Camryn's desire to be on the team and gives her one more chance to prove herself.</p> <p>Cons.Advice: Themes, Mild Coarse Language</p>					
12:00	ROYAL PAINS				WS	M
	<p><i>A Farewell to Barnes</i></p> <p>The HankMed team attends a divorce party to treat the party planner, and Hank blames Dr Paul Van Dyke for a prescription error that may cost Eric Kassabian his life. Paige makes Evan an offer he can't refuse.</p> <p>Starring: Mark Feuerstein, Paulo Costanzo, Reshma Shetty</p> <p>Cons.Advice: Mature Themes, Medical Procedures</p>					
13:00	THE MINDY PROJECT				WS	M
	<p><i>May Divorce Be With You</i></p> <p>Mindy hires Cliff to handle her divorce. Peter returns to plan an office karaoke party, which ends well for two coworkers.</p> <p>Starring: Mindy Kaling, Ike Barinholtz, Ed Weeks</p> <p>Cons.Advice: Mature Themes, Sexual References</p>					
13:30	THE MINDY PROJECT				WS	M
	<p><i>Leo's Girlfriend</i></p> <p>Mindy is guilted into becoming more involved at Leo's school, while dealing with a blast from the past at home.</p> <p>Starring: Mindy Kaling, Ike Barinholtz, Ed Weeks</p> <p>Cons.Advice: Mature Themes, Sexual References</p>					

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Sydney Program Guide



Sydney Program Guide

Fri Mar 12, 2021

14:00	SNOG MARRY AVOID		Repeat		WS	PG
	<p><i>Lynn & Emma</i></p> <p>On tonight's show, we'll be meeting a weightlifter who needs to lighten up. A domestic goddess from Wales who likes to flaunt her cupcakes. And is it a bird, is it a plane, why no, it's Boy Kitten.</p>					
14:30	SNOG MARRY AVOID				WS	PG
	<p><i>Kelly & Bam BO</i></p> <p>Ellie tries out the Essex ultra tan and POD goes into overdrive with two mega makeunders. Kelly a pole dancing bimbo blonde who wants to prove she's not an airhead.</p> <p>Cons.Advice: Sexual References</p>					
15:00	MALCOLM IN THE MIDDLE	Captioned	Repeat		WS	PG
	<p><i>Poker #2</i></p> <p>One-upmanship's the name of the game at Hal's poker night, while Reese plays the sympathy card to set Stevie up with a girl, and Malcolm finds a gun in her friend's bag.</p> <p>Starring: Jane Kaczmarek, Bryan Cranston, Christopher Masterson, Frankie Muniz</p>					
15:30	MALCOLM IN THE MIDDLE	Captioned	Repeat		WS	PG
	<p><i>Clip Show</i></p> <p>Convinced the boys damaged the car while joyriding, Hal takes them to see a therapist.</p> <p>Starring: Jane Kaczmarek, Bryan Cranston, Christopher Masterson, Frankie Muniz</p>					
16:00	THE NANNY	Captioned	Repeat		WS	PG
	<p><i>The Passed-Over Story</i></p> <p>Fran's high school classmate, Morgan Faulkner, is hired by Mr. Sheffield as the star of his upcoming play.</p> <p>Starring: Fran Drescher, Charles Shaughnessy, Lauren Lane, Daniel Davis</p>					
16:30	YOUNG SHELDON	Captioned	Repeat		WS	PG
	<p><i>A Slump, A Cross and Roadside Gravel</i></p> <p>Sheldon and Georgie mine for platinum in roadside gravel; Mary is concerned when Missy misuses religion to help with a batting slump.</p> <p>Starring: Iain Armitage, Jim Parsons, Zoe Perry</p>					
17:00	YOUNG SHELDON	Captioned	Repeat		WS	PG
	<p><i>A Boyfriend's Ex-Wife and a Good Luck Head Rub</i></p> <p>Meemaw meets Dale's ex-wife, June; Sheldon is forced to work on a group project with reluctant college students.</p> <p>Starring: Iain Armitage, Jim Parsons, Zoe Perry</p> <p>Cons.Advice: Mild Coarse Language</p>					



Sydney Program Guide



Sydney Program Guide

Fri Mar 12, 2021

17:30	ELLA ENCHANTED	2004	Captioned	Repeat		WS PG
<p><i>Ella Enchanted</i></p> <p>Ella is under a spell to be constantly obedient, a fact she must hide from her new step-family in order to protect the prince of the land, her friend for whom she's falling.</p> <p>Starring: Anne Hathaway, Joanna Lumley, Hugh Dancy, Minnie Driver</p> <p>Cons.Advice: Mild Violence</p>						



Fri Mar 12, 2021

19:30	STICK IT	2006	Captioned	Repeat		WS	PG
	<p><i>Stick It</i></p> <p>Haley Graham is a rebellious 17 year-old who is forced to return to the regimented world of gymnastics after a run-in with the law. A judge sentences Haley to her ultimate nightmare -- attending an elite gymnastics academy.</p> <p>Starring: Jeff Bridges, Missy Peregrym, Gia Carides</p> <p>Cons.Advice: Mild Coarse Language, Adult Themes</p>						
21:35	BRING IT ON	2000	Captioned	Repeat		WS	M
	<p><i>Bring It On</i></p> <p>Torrance is an ideal high school girl: She's captain of her school's decorated cheerleading squad and has a perfect college boyfriend. But pressure mounts as Torrance attempts to lead her crew to its sixth consecutive national title. She's determined to let nothing get in the way of winning.</p> <p>Starring: Jesse Bradford, Eliza Dushku, Kirsten Dunst</p> <p>Cons.Advice: Sexual References, Some Coarse Language</p>						
23:35	BIG HEADS					WS	PG
	<p>Contestants play physical games, while wearing giant celebrity polystyrene heads. The most successful player each week goes on to a cash bonus round, and returns for the series final. Hosted by comedian Jason Manford.</p>						
00:35	LETHAL WEAPON		Captioned	Repeat		WS	MA
	<p><i>One Day More</i></p> <p>The squad is on high alert after an apparent threat is made on Riggs' life; with Murtaugh taking on more responsibility at work, he and Riggs have to deal with their changing relationship; Trish gets caught up in some trouble.</p> <p>Starring: Clayne Crawford, Damon Wayans, Kevin Rahm</p> <p>Cons.Advice: Strong Violence</p>						
01:30	SURFING AUSTRALIA TV		Captioned	Repeat		WS	PG
	<p>Showcases Surfing Australia's programs from junior development through to the elite athletes in surfing.</p> <p>Cons.Advice: Mild Coarse Language</p>						
02:00	SNOG MARRY AVOID			Repeat		WS	PG
	<p><i>Lynn & Emma</i></p> <p>On tonight's show, we'll be meeting a weightlifter who needs to lighten up. A domestic goddess from Wales who likes to flaunt her cupcakes. And is it a bird, is it a plane, why no, it's Boy Kitten.</p>						
02:30	SNOG MARRY AVOID			Repeat		WS	PG
	<p><i>Kelly & Bam BO</i></p> <p>Ellie tries out the Essex ultra tan and POD goes into overdrive with two mega makeunders. Kelly a pole dancing bimbo blonde who wants to prove she's not an airhead.</p> <p>Cons.Advice: Sexual References</p>						



Sydney Program Guide



Fri Mar 12, 2021

03:00	BEYBLADE BURST TURBO		Repeat		WS	PG
	<p><i>Bonding! Aiger vs Valt!</i></p> <p>Middle schooler Valt Aoi, with his Beyblade Valtryek, faces off against friends, classmates and rivals on his way to become the world's number one blader.</p> <p>Cons.Advice: Mild Violence</p>					
03:30	NINJAGO: MASTERS OF SPINJITZU		Repeat		WS	PG
	<p><i>Out of the Fire and Into the Boiling Sea</i></p> <p>The Hands of Time blackmail Kai and Nya into using their combined Elemental powers to retrieve the fourth and final Time Blade from the Boiling Sea with the promise that the siblings can use its reversal power to save the quickly-fading Master Wu.</p> <p>Starring: Michael Adamthwaite, Kelly Metzger, Kirby Morrow</p> <p>Cons.Advice: Animated Violence, Themes</p>					
04:00	POKEMON		Repeat		WS	G
	<p><i>Ash Catches a Pokemon</i></p> <p>Ash discovers and catches a Caterpie—his first Pokémon capture! Though Ash is excited, Misty is grossed out by Bug-type Pokémon, so she is repulsed by its attempts to be friends with her.</p>					
04:30	POKEMON JOURNEYS		Repeat		WS	PG
	<p><i>A Little Rocket R & R!</i></p> <p>Pokémon Trainer Ash Ketchum has a new plan: see the world! But first, he and his partner Pikachu are headed to the opening of the Cerise Laboratory, a research facility dedicated to uncovering the mysteries of Pokémon in every region.</p> <p>Cons.Advice: Animated Violence</p>					
04:50	POWER RANGERS BEAST MORPHERS		Repeat		WS	PG
	<p><i>A Friend Indeed</i></p> <p>Evox targets the Beast Bots to stop the Rangers from forming their Megazord.</p> <p>Cons.Advice: Themes, Mild Violence, Scary Scenes</p>					
05:10	BAKUGAN: ARMORED ALLIANCE		Repeat		WS	PG
	<p><i>Baku-Gear/Bakugan Rock!</i></p> <p>The Awesome Brawlers are excited over their discovery of Baku-Gear, and want to get some footage of it in action. While they're filming, an underclassman named Trey challenges Dan to battle.</p> <p>Cons.Advice: Animated Violence, Themes</p>					
05:30	YU-GI-OH! CLASSIC		Repeat			PG
	<p><i>Mime control - Part 2</i></p> <p>Strings summons one of the most powerful creatures in the history of Duel Monsters... the Egyptian God Monster Slifer the Sky Dragon! What chance does Yugi's band of mortal monsters have against an Egyptian God?</p> <p>Cons.Advice: Mild Violence</p>					



Sydney Program Guide

Sat Mar 13, 2021

06:00	EARTH TO LUNA!		Repeat		WS	G
	<i>Ice Cold/Aloha, Luna</i> Curious about everything and excited about science, 6-year-old Luna, her brother Jupiter and pet Clyde explore nature to learn about the world.					
06:30	EARTH TO LUNA!		Repeat		WS	G
	<i>Kaboom!/Lost In The Desert</i> Curious about everything and excited about science, 6-year-old Luna, her brother Jupiter and pet Clyde explore nature to learn about the world.					
07:00	CARE BEARS: UNLOCK THE MAGIC		Repeat		WS	G
	<i>A Yoorg Awakening/Rain, Rain, Go Away</i> Funshine's jokes unwittingly hurt Grumpy's feelings, and those of a strange Rock Giant. Disturbed from its slumber, the usually benign creature inadvertently creates havoc for the Whiffles, until Funshine calms it by apologizing.					
07:30	THE GAMERS 2037	Captioned			WS	C
	<i>The Racer - In The Game</i> Virtual and Augmented Reality Gaming was the next generation of gaming and a technological marvel... until it started digitising and absorbing players. XEON and GALAHAD must beat the game to not only save themselves, but the many absorbed players.					
08:00	MY LITTLE PONY: PONY LIFE		Repeat		WS	G
	<i>Princess Probz/The Best of the Worst</i> The ponies help Pinkie Pie audition for a televised cooking competition called the Royal Jelly Juggernaut. / When the rest of the Mane 6 are caught in a sticky situation, Pinkie Pie has to audition for the Royal Jelly Juggernaut all on her own. Cons.Advice: Themes					
08:30	RICKY ZOOM		Repeat		WS	G
	<i>Family Sports Day/Trading Places</i> Little red rescue motorbike Ricky Zoom, along with his loyal and enthusiastic bike buddies Loop, Scootio and DJ, race around the sports track, try new stunts at the park, and zoom into adventures.					
09:00	TRANSFORMERS: RESCUE BOTS ACADEMY		Repeat		WS	G
	<i>Plan Bee/If At First...</i> The Recruits keep failing a fire rescue simulation, until they realize that one earth, even the tiny living things play a huge part.					
09:30	TRUE AND THE RAINBOW KINGDOM		Repeat		WS	G
	<i>Where's Cumulo?</i> Fearless eight-year old guardian True uses wishes from the Wishing Tree to help protect the citizens of the colorful land of the Rainbow Kingdom.					
10:00	MONKIE KID: A HERO IS BORN				WS	PG
	<i>Monkie Kid: A Hero Is Born</i> Monkey King comes to life as a young boy named MK obsessed with the legends of old, who discovers Monkey King's magical staff. After the Demon Bull King is released, our hero must go on a journey of self-discovery in order to become the hero this generation needs! Cons.Advice: Animated Violence, Supernatural Themes, Scary Scenes					



Sydney Program Guide

Sat Mar 13, 2021

11:00	SKINNER BOYS	Captioned	Repeat		WS	C
	<i>The Belt of Heracles</i> When Edward ties his trousers with the belt of Heracles, he's delighted to find himself endowed with superhuman strength. Unfortunately, the belt soon transports Edward – and Tara – to ancient Greece where Eris, Goddess of Strife, is determined to seize it and use its powers to gain dominion over all civilisation.					
11:30	THE TOM & JERRY SHOW		Repeat		WS	G
	<i>Lightning Bug Blues/ Wrap Star/ Perfume Party</i> The iconic cat and mouse rivals are back in THE TOM AND JERRY SHOW, a fresh take on the classic series. Cons.Advice: Animated Violence					
12:00	BAKUGAN: ARMORED ALLIANCE		Repeat		WS	PG
	<i>Haavik's Final Show/Miracle Planet</i> It's the final stage of Haavik's Bakugan Battle League: Dan and Drago Infinity vs. Haavik and his six-faction fusion Bakugan, Sabrus. Once again, the fate of two worlds, Eart Cons.Advice: Animated Violence, Themes					
12:30	BEYBLADE BURST RISE		Repeat		WS	PG
	<i>Dragon vs Gensis!</i> Middle schooler Valt Aoi, with his Beyblade Valtryek, faces off against friends, classmates and rivals on his way to become the world's number one blader. Cons.Advice: Mild Violence					
13:00	POWER RANGERS DINO CHARGE		Repeat		WS	PG
	<i>Breaking Black</i> Chase falls under the spell of Sledge's latest monster when a Maori fortune teller asks him for help guarding her shop from a potential thief. Cons.Advice: Stylised Violence					
13:30	CLARENCE		Repeat		WS	PG
	<i>Clarence Loves Schoopy</i> Clarence is a boy who sees the best in everything. His unique perspective on life transforms even a mundane situation into a wild one. Epic dirt fights, awkward crushes and secret tree forts are all par for the course for the youngster. Cons.Advice: Themes					
13:45	THE XTREME COLLXTION	Captioned			WS	PG
	This show unites the very best action and extreme sports from around the planet. Loaded to the max with adrenaline-inspired events, stunts, challenges and projects, along with the stories behind the sports people living life on the edge.					
14:15	THE XTREME COLLXTION	Captioned			WS	PG
	This show unites the very best action and extreme sports from around the planet. Loaded to the max with adrenaline-inspired events, stunts, challenges and projects, along with the stories behind the sports people living life on the edge.					



Sydney Program Guide



Sydney Program Guide

Sat Mar 13, 2021

14:45	BIG MOMMAS: LIKE FATHER, LIKE SON	2011		Repeat		WS	PG
	<p><i>Big Mommas: Like Father, Like Son</i></p> <p>After witnessing a murder, FBI agent Malcolm Turner and his stepson go deep undercover at an all-girl performing arts school. Now Malcolm must catch the bad guys while fending off the amorous advances of the school's goofball janitor.</p> <p>Starring: Brandon T. Jackson, Martin Lawrence, Portia Doubleday</p> <p>Cons.Advice: Mild Violence, Mild Coarse Language</p>						
17:00	EVAN ALMIGHTY	2007	Captioned	Repeat		WS	G
	<p><i>Evan Almighty</i></p> <p>God contacts Congressman Evan Baxter and tells him to build an ark in preparation for a great flood.</p> <p>Starring: Steve Carell, Morgan Freeman, Lauren Graham</p>						



Sydney Program Guide

Sat Mar 13, 2021

19:00	DESPICABLE ME 3	2017	Captioned	Repeat		WS	PG
	<p><i>Despicable Me 3</i></p> <p>Gru meets his long-lost charming, cheerful, and more successful twin brother Dru who wants to team up with him for one last criminal heist.</p> <p>Starring: Steve Carell, Kristen Wiig, Trey Parker</p> <p>Cons.Advice: Themes, Animated Violence</p>						
20:45	THE SPY WHO DUMPED ME	2018	Captioned	Repeat		WS	MA
	<p><i>The Spy Who Dumped Me</i></p> <p>Audrey and Morgan are best friends who unwittingly become entangled in an international conspiracy when one of the women discovers the boyfriend who dumped her was actually a spy.</p> <p>Starring: Mila Kunis, Kate McKinnon, Justin Theroux</p> <p>Cons.Advice: Strong Violence, Some Coarse Language, Nudity</p>						
23:00	BIG HEADS					WS	PG
	<p>Contestants play physical games, while wearing giant celebrity polystyrene heads. The most successful player each week goes on to a cash bonus round, and returns for the series final. Hosted by comedian Jason Manford.</p>						
00:00	A NIGHT WITH MY EX		Captioned	Repeat		WS	MA
	<p><i>Fabian and Rachel</i></p> <p>Rachel ended her relationship with Fabian after finding out he cheated on her; now, Fabian is guilt ridden and desperate to win Rachel back even though she may no longer be the wholesome person he once knew.</p> <p>Cons.Advice: Sexual References, Some Coarse Language</p>						
00:30	A NIGHT WITH MY EX		Captioned	Repeat		WS	MA
	<p><i>Matt and Sunnie</i></p> <p>Former couple Matt and Sunnie attempt to overcome old issues, including Matt's jealousy over Sunnie's burgeoning career; both individuals reveal shocking secrets.</p> <p>Cons.Advice: Sexual References, Some Coarse Language</p>						
01:00	AFTER THE RAVES		Captioned	Repeat		WS	M
	<p><i>Los Angeles</i></p> <p>Tommie visits the birthplace of the North American rave scene and connects with EDM trailblazers Dirty South, 12th Planet and The Gaslamp Killer.</p> <p>Cons.Advice: Some Coarse Language</p>						
01:30	AFTER THE RAVES		Captioned	Repeat		WS	PG
	<p><i>San Francisco</i></p> <p>Tommie unpacks the curious relationship between EDM music and Bay Area technology with local artists Chuckie, Hardkiss and The M Machine.</p> <p>Cons.Advice: Themes, Some Coarse Language</p>						



Sydney Program Guide



Sydney Program Guide

Sat Mar 13, 2021

02:00	THE XTREME COLLXTION	Captioned	Repeat		WS	PG
	This show unites the very best action and extreme sports from around the planet. Loaded to the max with adrenaline-inspired events, stunts, challenges and projects, along with the stories behind the sports people living life on the edge.					
02:30	THE XTREME COLLXTION	Captioned	Repeat		WS	PG
	This show unites the very best action and extreme sports from around the planet. Loaded to the max with adrenaline-inspired events, stunts, challenges and projects, along with the stories behind the sports people living life on the edge.					
03:00	POWER RANGERS DINO CHARGE		Repeat		WS	PG
	<p><i>Breaking Black</i></p> <p>Chase falls under the spell of Sledge's latest monster when a Maori fortune teller asks him for help guarding her shop from a potential thief.</p> <p>Cons.Advice: Stylised Violence</p>					
03:30	THUNDERBIRDS		Repeat		WS	G
	<p><i>The Duchess Assignment</i></p> <p>Follow the adventures of the International Rescue, an organisation created to help those in grave danger in this marionette puppetry classic.</p>					
04:30	TRANSFORMERS: RESCUE BOTS ACADEMY		Repeat		WS	G
	<p><i>Tough Luck Chuck/Whirl'd View</i></p> <p>Hotshot has to baby-sit the damaged RBA Test Robot, who wont stay put. / When the recruits get caught in a snow storm, Whirl's police bot attention to procedure and detail saves the day.</p>					
04:50	MONKIE KID: A HERO IS BORN		Repeat		WS	PG
	<p><i>Monkie Kid: A Hero Is Born</i></p> <p>Monkey King comes to life as a young boy named MK obsessed with the legends of old, who discovers Monkey King's magical staff. After the Demon Bull King is released, our hero must go on a journey of self-discovery in order to become the hero this generation needs!</p> <p>Cons.Advice: Animated Violence, Supernatural Themes, Scary Scenes</p>					
05:30	YU-GI-OH! CLASSIC		Repeat			PG
	<p><i>Mime control - Part 3</i></p> <p>The spell Infinite Cards allows Strings to hold an unlimited number of cards in his hand, so Strings's Slifer the Sky Dragon can grow to infinite attack power! Can Yugi discover Slifer's one fatal flaw before he's annihilated by tens of thousands of attack points?</p> <p>Cons.Advice: Mild Violence</p>					



Sydney Program Guide