



Sun Jun 26, 2022

06:00	EASY EATS	Captioned		HD	WS	G	
	<p><i>Classic Hits</i></p> <p>Today we celebrate recipes that have stood the test of time. Golden oldies such as sticky date pudding, sausages and mash and Italian meatballs. Jason creates the perfect fried rice and Geoff whips up some yummy banana fritters. These are the recipes you'll keep coming back to for years to come.</p>						
07:00	WEEKEND TODAY	Captioned	Live	HD	WS	NA	
	<p>Join the Weekend Today team as they bring you the latest in news, current affairs, sports, politics, entertainment, fashion, health and lifestyle.</p>						
10:00	SPORTS SUNDAY	Captioned	Live	HD	WS	PG	
	<p>Featuring Australia's leading sports personalities, Sports Sunday presents a frank and open debate about all the issues in the week of sport, with the promise of heated opinion and a few laughs along the way.</p>						
11:00	SUNDAY FOOTY SHOW	Captioned	Live	HD	WS	PG	
	<p>Join hosts Danika Mason, Andrew Johns, Brad Fittler and Billy Slater as this all star line-up deep dive into all things Rugby League & chat with the NRL's biggest stars.</p>						
13:00	DRIVE TV	Captioned		HD	WS	TBC	
	<p><i>Ram TRX</i></p> <p>Trent supersizes his ride and takes Ram TRX along the bumpy road from Bathurst to the coast, with a surprise at the end of his Drive</p>						
13:30	CHILDREN'S HOSPITAL	Captioned	Repeat	HD	WS	PG	
	<p>Eight-year-old Marcus arrives at the hospital is in a bad way with his appendix about to burst. Junior Aussie Rules player Jamie comes in with his finger bent sideways after having it dislocated in a heavy tackle. And a young girl with a rare bone-growth disorder is flown in from a remote town for surgery.</p> <p>Cons.Advice: Medical Procedures</p>						
14:30	HE'S JUST NOT THAT INTO YOU	2008	Captioned	Repeat	HD	WS	PG
	<p><i>He's Just Not That Into You</i></p> <p>A group of interconnected adults navigate their various relationships from the shallow end of the dating pool through the deep, murky waters of married life, trying to read the signs of the opposite sex.</p> <p>Starring: Ginnifer Goodwin, Scarlett Johansson, Jennifer Aniston, Justin Long, Drew Barrymore</p> <p>Cons.Advice: Some Coarse Language, Sexual References</p>						
17:00	NINE NEWS: FIRST AT FIVE	Captioned	Live	HD	WS	NA	
	<p>Join the Nine News team for all the latest from around the country as well as sport and weather.</p>						
17:30	TBA	Captioned		HD	WS	G	
	<p>Information To Follow.</p>						

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Sydney Program Guide

Sun Jun 26, 2022

18:00	NINE NEWS SUNDAY	Captioned	Live	HD	WS	NA
	Join the Nine News team as they bring you the latest in news, sport and weather.					
19:00	LIVE: STATE OF ORIGIN	Captioned	Live	HD	WS	NA
	With a win under their belt, the Maroons will be looking to lock up the series, but can the Blues keep the series alive? Join the Wide World Of Sports team for game 2, live from Optus Stadium, Perth. Kick off at 7:50PM AEST.					
21:50	LIVE: STATE OF ORIGIN POST-MATCH	Captioned	Live	HD	WS	NA
	Wide World Of Sports presents the post-match wrap up for Game 2, along with our expert panels analysis, player interviews as well as a look at Game 3, live on 9, Wednesday 13th July.					
22:50	NINE NEWS LATE	Captioned	Live	HD	WS	NA
	Join the Nine News Late team for all of today's top stories from Australia and around the world.					
23:20	THE FIRST 48	Captioned		HD	WS	M
	<i>Mother Of Two</i>					
	Tulsa, Okla. Police believe that a dark obsession may have turned deadly as they probe the case of a young mother found naked and strangled in her car. Cons.Advice: Adult Themes, References to Violence, Some Coarse Language					
00:15	ACCIDENT, SUICIDE OR MURDER	Captioned		HD	WS	M
	<i>Two Deaths, One Suspect</i>					
	A grieving husband claims his wife accidentally fell to her death but investigators become suspicious after learning his first wife also died in a freak accident. Cons.Advice: References to Violence					
01:05	DRIVE TV	Captioned	Repeat	HD	WS	TBC
	<i>Ram TRX</i> Trent supersedes his ride and takes Ram TRX along the bumpy road from Bathurst to the coast, with a surprise at the end of his Drive					
01:30	TV SHOP - HOME SHOPPING		Repeat	HD	WS	G
	Home shopping programme.					
02:00	TV SHOP - HOME SHOPPING		Repeat	HD	WS	G
	Home shopping programme.					
02:30	TV SHOP - HOME SHOPPING		Repeat	HD	WS	G
	Home shopping programme.					
03:00	TV SHOP - HOME SHOPPING		Repeat	HD	WS	G
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Sun Jun 26, 2022

04:00	BELIEVER'S VOICE OF VICTORY			HD	WS	PG
	<p><i>The Spirit of Power in God's Love</i></p> <p>The mission of Kenneth Copeland Ministries and Eagle Mountain International Church is to teach Christians worldwide who they are in Christ Jesus and how to live a victorious life in their covenant rights and privileges.</p> <p>Cons.Advice: Themes</p>					
04:30	TAKE TWO		Repeat	HD	WS	G
	Home Shopping programme.					
05:00	NINE NEWS EARLY EDITION	Captioned	Live	HD	WS	NA
	Join the Nine News team first thing for up to date news from Australia and around the world as well as the latest in sport and weather.					
05:30	TODAY	Captioned	Live	HD	WS	NA
	Join Karl Stefanovic and Allison Langdon along with the TODAY team as they bring you the latest in news, current affairs, sports, politics, entertainment, fashion, health and lifestyle.					

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Mon Jun 27, 2022

06:00	TODAY	Captioned	Live	HD	WS	NA	
	Join Karl Stefanovic and Allison Langdon along with the TODAY team as they bring you the latest in news, current affairs, sports, politics, entertainment, fashion, health and lifestyle.						
09:00	TODAY EXTRA	Captioned	Live	HD	WS	PG	
	Join the TODAY EXTRA team for an exciting mix of topical issues, the best celebrity interviews, cooking with Australia's top chefs, LIVE music performances, the latest in fashion and beauty trends.						
11:30	NINE'S MORNING NEWS	Captioned	Live	HD	WS	NA	
	Join Nine's Morning News with up to the minute news on local and international news including sport and weather.						
12:00	MR MOM	1983	Captioned	Repeat	HD	WS	PG
	<i>Mr Mom</i>						
	During the 1980's recession, automobile engineer Jack is fired from his job. When his wife, Caroline, finds a job before he does, they switch roles, placing him in the unfamiliar position of homemaker.						
	Starring: Michael Keaton, Teri Garr, Martin Mull Cons.Advice: Adult Themes						
14:00	POINTLESS	Captioned		HD	WS	PG	
	Hosted by Alexander Armstrong with assistance from Richard Osman. In each episode four teams of two contestants attempt to find correct but obscure answers to four rounds of general knowledge questions, with the winning team eligible to compete for the show's cash jackpot.						
15:00	TIPPING POINT	Captioned		HD	WS	PG	
	Hosted by Ben Shepherd, four players are pit against a mesmerising machine. There are mystery prizes and a jaw-dropping jackpot up for grabs for any player with the skill and strategy to see off their human rivals and conquer the machine.						
16:00	NINE'S AFTERNOON NEWS	Captioned	Live	HD	WS	NA	
	Nine's Afternoon News, live and local from Sydney with the latest news across Australia and around the world including sport, and weather.						
17:00	MILLIONAIRE HOT SEAT	Captioned		HD	WS	G	
	Who will survive the Millionaire Hot Seat? Six contestants go head to head to win the cash. Hosted by Eddie McGuire, Millionaire Hot Seat is a game of strategy, skill and survival.						

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Sydney Program Guide

Mon Jun 27, 2022

18:00	NINE NEWS	Captioned	Live	HD	WS	NA
	Join Nine News for the latest in news and events that affect you in your local city, as well as news from across Australia and the world.					
19:00	A CURRENT AFFAIR	Captioned	Live	HD	WS	NA
	A Current Affair covers the realms of politics, crime, human rights, science, technology, celebrities and entertainment - all investigated by a dedicated team. Hosted by Tracy Grimshaw.					
19:30	AUSTRALIAN NINJA WARRIOR	Captioned		HD	WS	PG
	Australian Ninja Warrior is back in 2022 and fresh faced teens join legendary Ninjas to compete on the fastest course ever built. Along for the ride are new hosts Jim Courier, Leila McKinnon and national radio duo Will & Woody.					
21:40	WIMBLEDON 2022	Captioned	Live	HD	WS	NA
	<i>Day 1</i> The most prestigious event on the tennis calendar is back. Join the Wide World of Sports team for Wimbledon 2022, live from the All England Lawn Tennis & Croquet Club. Live play begins at 8:00PM AEST.					
00:00	WIMBLEDON 2022 - LATE	Captioned	Live	HD	WS	NA
	<i>Day 1</i> The most prestigious event on the tennis calendar is back. Join the Wide World of Sports team for Wimbledon 2022, live from the All England Lawn Tennis & Croquet Club. Live play continues.					
05:00	NINE NEWS EARLY EDITION	Captioned	Live	HD	WS	NA
	Join the Nine News team first thing for up to date news from Australia and around the world as well as the latest in sport and weather.					
05:30	TODAY	Captioned	Live	HD	WS	NA
	Join Karl Stefanovic and Allison Langdon along with the TODAY team as they bring you the latest in news, current affairs, sports, politics, entertainment, fashion, health and lifestyle.					

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Tue Jun 28, 2022

06:00	TODAY	Captioned	Live	HD	WS	NA
	Join Karl Stefanovic and Allison Langdon along with the TODAY team as they bring you the latest in news, current affairs, sports, politics, entertainment, fashion, health and lifestyle.					
09:00	TODAY EXTRA	Captioned	Live	HD	WS	PG
	Join the TODAY EXTRA team for an exciting mix of topical issues, the best celebrity interviews, cooking with Australia's top chefs, LIVE music performances, the latest in fashion and beauty trends.					
11:30	NINE'S MORNING NEWS	Captioned	Live	HD	WS	NA
	Join Nine's Morning News with up to the minute news on local and international news including sport and weather.					
12:00	AUSTRALIAN NINJA WARRIOR	Captioned	Repeat	HD	WS	PG
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15:00	TIPPING POINT	Captioned		HD	WS	PG
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16:00	NINE'S AFTERNOON NEWS	Captioned	Live	HD	WS	NA
	Nine's Afternoon News, live and local from Sydney with the latest news across Australia and around the world including sport, and weather.					
17:00	MILLIONAIRE HOT SEAT	Captioned		HD	WS	G
	Who will survive the Millionaire Hot Seat? Six contestants go head to head to win the cash. Hosted by Eddie McGuire, Millionaire Hot Seat is a game of strategy, skill and survival.					

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	Join Nine News for the latest in news and events that affect you in your local city, as well as news from across Australia and the world.					
19:00	A CURRENT AFFAIR	Captioned	Live	HD	WS	NA
	A Current Affair covers the realms of politics, crime, human rights, science, technology, celebrities and entertainment - all investigated by a dedicated team. Hosted by Tracy Grimshaw.					
19:30	AUSTRALIAN NINJA WARRIOR	Captioned		HD	WS	PG
	It's Heat 2 of Australian Ninja Warrior and this year's course has proven to be tougher, faster, and more dynamic than ever before. The Attack of the Teens continues while our Ninja legends are more determined than ever to prove they're still in charge of this course.					
21:30	MATT WRIGHT'S WILD TERRITORY	Captioned		HD	WS	M
	<p><i>The Reckoning</i></p> <p>The rookie Finn faces his final test. A team member's success is cause for an outlandish celebration. Matt and Kaia reveal their beautiful new build on the remote Tiwi Islands.</p> <p>Cons.Advice: Some Coarse Language</p>					
22:30	NINE NEWS LATE	Captioned	Live	HD	WS	NA
	Join the Nine News Late team for all of today's top stories from Australia and around the world.					
23:00	LAW & ORDER: ORGANIZED CRIME	Captioned		HD	WS	M
	<p><i>Nemesis</i></p> <p>When a notorious cybercriminal escapes a high-security prison, Stabler must team up with an unlikely informant. Kilbride takes Nova under his wing.</p> <p>Starring: Christopher Meloni, Danielle Mone Truitt, Ainsley Seiger</p> <p>Cons.Advice: Some Violence</p>					
23:50	GAME OF SILENCE	Captioned		HD	WS	MA
	<p><i>Blood Brothers</i></p> <p>Jackson agrees to help Gil and Shawn with their revenge plan, but keeps it a secret from his fiancée, Marina. Little does he know, Gil and Shawn are the subject of a homicide investigation, and Jackson's former enemies are now on his trail.</p> <p>Starring: David Lyons, Michael Raymond-James, Larenz Tate, Claire van der Boom</p> <p>Cons.Advice: Strong Violence, Themes</p>					
00:40	TIPPING POINT	Captioned	Repeat	HD	WS	PG
	Hosted by Ben Shepherd, four players are pit against a mesmerising machine. There are mystery prizes and a jaw-dropping jackpot up for grabs for any player with the skill and strategy to see off their human rivals and conquer the machine.					
01:30	TV SHOP - HOME SHOPPING		Repeat	HD	WS	G
	Home shopping programme.					
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03:30	TV SHOP - HOME SHOPPING		Repeat	HD	WS	G
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04:00	BELIEVER'S VOICE OF VICTORY			HD	WS	PG
	<i>The Spirit of Power in God's Love</i> The mission of Kenneth Copeland Ministries and Eagle Mountain International Church is to teach Christians worldwide who they are in Christ Jesus and how to live a victorious life in their covenant rights and privileges. Cons.Advice: Themes					
04:30	A CURRENT AFFAIR	Captioned	Repeat	HD	WS	NA
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05:00	NINE NEWS EARLY EDITION	Captioned	Live	HD	WS	NA
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05:30	TODAY	Captioned	Live	HD	WS	NA
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	Join the TODAY EXTRA team for an exciting mix of topical issues, the best celebrity interviews, cooking with Australia's top chefs, LIVE music performances, the latest in fashion and beauty trends.					
11:30	NINE'S MORNING NEWS	Captioned	Live	HD	WS	NA
	Join Nine's Morning News with up to the minute news on local and international news including sport and weather.					
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	It's Heat 3 of Australian Ninja Warrior, and tonight, teachers are introduced as an extra obstacle for the fearless teens who are looking to fight back after they struggled in Heat 2. An exciting bunch of new Ninjas also take to the course. Once again, the top four finishers will go to the Power Pool to race head-to-head and win a huge semi-final advantage. Cons.Advice: Themes					
21:30	TRAVEL GUIDES	Captioned	Repeat	HD	WS	PG
	<i>European Cruise</i> This week our Travel Guides embark on a spectacular European cruise spanning three countries along the Danube River, sailing through Germany, Austria and Hungary. Cons.Advice: Sexual References, Mild Coarse Language					
22:30	NINE NEWS LATE	Captioned	Live	HD	WS	NA
	Join the Nine News Late team for all of today's top stories from Australia and around the world.					
23:00	CHICAGO MED	Captioned	Repeat	HD	WS	MA
	<i>In the Valley of Shadows</i> Dr. Choi and Dr. Charles have difficult decisions to make as a dying man tries to preserve his life with a controversial scientific method. Dr. Marcel and April clash over how to handle a mysterious patient. Starring: Nick Gehlfuss, Yaya DaCosta, Torrey DeVitto Cons.Advice: Strong Adult Themes, Medical Procedures					
23:50	DR CHRISTIAN JESSEN WILL SEE YOU NOW	Captioned	Repeat	HD	WS	M
	<i>Heroes</i> Christian treats ex-soldier Mark, who's recovering physically and emotionally from a leg amputation, and emergency call handler Nicole, who suffers from back pain. Cons.Advice: Themes, Medical Procedures					
00:40	TIPPING POINT	Captioned	Repeat	HD	WS	PG
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02:30	GLOBAL SHOP		Repeat	HD	WS	G
	<i>Copper Chef Titan Pan</i> Home shopping programme.					
03:00	TV SHOP - HOME SHOPPING		Repeat	HD	WS	G
	Home shopping programme.					
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	A Current Affair covers the realms of politics, crime, human rights, science, technology, celebrities and entertainment - all investigated by a dedicated team. Hosted by Tracy Grimshaw.					
19:30	LIVE: NRL THURSDAY NIGHT FOOTY	Captioned	Live	HD	WS	NA
	<i>Sea Eagles v Storm</i> Wide World of Sports presents Sea Eagles v Storm, live from 4 Pines Park. Join our expert commentary team for all the action right from the sidelines, kick off at 7:54PM AEST.					
21:50	LIVE: THURSDAY NIGHT KNOCK OFF	Captioned	Live	HD	WS	NA
	<i>Sea Eagles v Storm</i> Join the Wide World of Sports team for the all the post-match NRL news and analysis.					
22:35	NINE NEWS LATE	Captioned	Live	HD	WS	NA
	Join the Nine News Late team for all of today's top stories from Australia and around the world.					
23:05	THE EQUALIZER	Captioned		HD	WS	M
	<i>Bout That Life</i> McCall becomes ensnared in a deadly battle between rival rap crews when she is hired by the wife of a famous rapper, Dilemma, to prove the musician is innocent of murdering a fellow artist. Starring: Queen Latifah, Tory Kittles, Adam Goldberg Cons.Advice: Some Violence					
00:00	COLD CASE: NEW LEADS WANTED	Captioned	Repeat	HD	WS	M
	<i>Jane Furlong</i> Follow the cold case teams as they re-open unsolved murder cases from police archives. Evidence is reviewed, old interrogations reanalysed, new witnesses interrogated and new leads are followed up. Will these new discoveries help to find the killer? Cons.Advice: Adult Themes, Some Violence, Some Coarse Language					
01:00	SURFING AUSTRALIA TV	Captioned	Repeat	HD	WS	G
	Showcases Surfing Australia's programs from junior development through to the elite athletes in surfing.					
01:30	TV SHOP - HOME SHOPPING		Repeat	HD	WS	G
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Thu Jun 30, 2022

02:30	GLOBAL SHOP		Repeat	HD	WS	G
	<i>Bissell Revolution Pet</i> Home shopping programme.					
03:00	TV SHOP - HOME SHOPPING		Repeat	HD	WS	G
	Home shopping programme.					
03:30	TV SHOP - HOME SHOPPING		Repeat	HD	WS	G
	Home shopping programme.					
04:00	BELIEVER'S VOICE OF VICTORY			HD	WS	PG
	<i>The Spirit of Power in God's Love</i> The mission of Kenneth Copeland Ministries and Eagle Mountain International Church is to teach Christians worldwide who they are in Christ Jesus and how to live a victorious life in their covenant rights and privileges. Cons.Advice: Themes					
04:30	A CURRENT AFFAIR	Captioned	Repeat	HD	WS	NA
	A Current Affair covers the realms of politics, crime, human rights, science, technology, celebrities and entertainment - all investigated by a dedicated team. Hosted by Tracy Grimshaw.					
05:00	NINE NEWS EARLY EDITION	Captioned	Live	HD	WS	NA
	Join the Nine News team first thing for up to date news from Australia and around the world as well as the latest in sport and weather.					
05:30	TODAY	Captioned	Live	HD	WS	NA
	Join Karl Stefanovic and Allison Langdon along with the TODAY team as they bring you the latest in news, current affairs, sports, politics, entertainment, fashion, health and lifestyle.					

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Fri Jul 1, 2022

06:00	TODAY	Captioned	Live	HD	WS	NA
	Join Karl Stefanovic and Allison Langdon along with the TODAY team as they bring you the latest in news, current affairs, sports, politics, entertainment, fashion, health and lifestyle.					
09:00	TODAY EXTRA	Captioned	Live	HD	WS	PG
	Join the TODAY EXTRA team for an exciting mix of topical issues, the best celebrity interviews, cooking with Australia's top chefs, LIVE music performances, the latest in fashion and beauty trends.					
11:30	NINE'S MORNING NEWS	Captioned	Live	HD	WS	NA
	Join Nine's Morning News with up to the minute news on local and international news including sport and weather.					
12:00	CHARM OF LOVE 2020	Captioned		HD	WS	PG
	<i>Charm of Love</i>					
	An art historian travels to the Caribbean to find the legendary "Lovers Stone" for a rich benefactor of her beloved museum. When she meets a handsome international hotelier her search may lead her to true love. Starring: Kristina Norman, Tilky Jones, Duncan Bahr Cons.Advice: Themes					
13:45	GARDEN GURUS MOMENTS	Captioned	Repeat	HD	WS	G
	<i>Season Garden Care Facts</i> The Garden Gurus team give you tips and tricks for gardening success, every season of year. From feeding your lawn, to indoor plants and everything in between, Trev and the team have you covered.					
14:00	POINTLESS	Captioned		HD	WS	PG
	Hosted by Alexander Armstrong with assistance from Richard Osman. In each episode four teams of two contestants attempt to find correct but obscure answers to four rounds of general knowledge questions, with the winning team eligible to compete for the show's cash jackpot.					
15:00	TIPPING POINT	Captioned		HD	WS	PG
	Hosted by Ben Shepherd, four players are pit against a mesmerising machine. There are mystery prizes and a jaw-dropping jackpot up for grabs for any player with the skill and strategy to see off their human rivals and conquer the machine.					
16:00	NINE'S AFTERNOON NEWS	Captioned	Live	HD	WS	NA
	Nine's Afternoon News, live and local from Sydney with the latest news across Australia and around the world including sport, and weather.					
17:00	MILLIONAIRE HOT SEAT	Captioned		HD	WS	G
	Who will survive the Millionaire Hot Seat? Six contestants go head to head to win the cash. Hosted by Eddie McGuire, Millionaire Hot Seat is a game of strategy, skill and survival.					

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Fri Jul 1, 2022

18:00	NINE NEWS	Captioned	Live	HD	WS	NA
	Join Nine News for the latest in news and events that affect you in your local city, as well as news from across Australia and the world.					
19:00	A CURRENT AFFAIR	Captioned	Live	HD	WS	NA
	A Current Affair covers the realms of politics, crime, human rights, science, technology, celebrities and entertainment - all investigated by a dedicated team. Hosted by Tracy Grimshaw.					
19:30	LIVE: NRL FRIDAY NIGHT FOOTY	Captioned	Live	HD	WS	NA
	<i>Panthers v Roosters</i> Wide World of Sports presents Panthers v Roosters, live from BlueBet Stadium. Join our expert commentary team for all the action right from the sidelines, kick off at 7:59PM AEST.					
21:55	LIVE: GOLDEN POINT	Captioned	Live	HD	WS	NA
	<i>Panthers v Roosters</i> Join the Wide World of Sports team for the all the post-match NRL news and analysis.					
22:35	TBA	Captioned		HD	WS	G
	Information To Follow.					
00:40	TIPPING POINT	Captioned	Repeat	HD	WS	PG
	Hosted by Ben Shepherd, four players are pit against a mesmerising machine. There are mystery prizes and a jaw-dropping jackpot up for grabs for any player with the skill and strategy to see off their human rivals and conquer the machine.					
01:30	TV SHOP - HOME SHOPPING		Repeat	HD	WS	G
	Home shopping programme.					
02:00	TV SHOP - HOME SHOPPING		Repeat	HD	WS	G
	Home shopping programme.					
02:30	TV SHOP - HOME SHOPPING		Repeat	HD	WS	G
	Home shopping programme.					
03:00	TV SHOP - HOME SHOPPING		Repeat	HD	WS	G
	Home shopping programme.					
03:30	TV SHOP - HOME SHOPPING		Repeat	HD	WS	G
	Home shopping programme.					
04:00	TAKE TWO		Repeat	HD	WS	G
	Home Shopping programme.					
04:30	GLOBAL SHOP		Repeat	HD	WS	G
	<i>Bissell Crosswave Max</i> Home shopping programme.					

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Sydney Program Guide

Fri Jul 1, 2022

05:00	TV SHOP - HOME SHOPPING		Repeat	HD	WS	G
	Home shopping programme.					
05:30	A CURRENT AFFAIR	Captioned	Repeat	HD	WS	NA
	A Current Affair covers the realms of politics, crime, human rights, science, technology, celebrities and entertainment - all investigated by a dedicated team. Hosted by Tracy Grimshaw.					



Sydney Program Guide

Sat Jul 2, 2022

06:00	EASY EATS	Captioned		HD	WS	G
	<p><i>Asian Inspiration</i></p> <p>Authentic Asian dishes you can make at home but they taste just like a bought one! Dishes such as Singapore Crab, Barramundi in bamboo leaf and Pad Thai. Lyndey creates a brulee using Asian flavours of lime and ginger and shows us how to perfect a Pork and noodle stirfry. Using traditional techniques and some tantalising twists, these recipes will inspire and delight.</p>					
07:00	WEEKEND TODAY	Captioned	Live	HD	WS	NA
	<p>Join the Weekend Today team as they bring you the latest in news, current affairs, sports, politics, entertainment, fashion, health and lifestyle.</p>					
10:00	TODAY EXTRA - SATURDAY	Captioned		HD	WS	PG
	<p>Join the team for the best of TODAY EXTRA – an exciting mix of highlights from the week in review. Includes the best celebrity interviews, cooking with Australia's top chefs, the latest in fashion & more.</p>					
12:00	LIVING ON THE COAST: SHOALHAVEN RECOVERS	Captioned		HD	WS	G
	<p>Living on the Coast - Shoalhaven Recovers takes viewers on the journey through the eyes of the community, as it recovers from one of the longest burning and most devastating bushfires in the country in recent years.</p>					
12:30	OUR STATE ON A PLATE	Captioned		HD	WS	PG
	<p>Cass enjoys truffles at a trufferie in Pemberton and Brendan visits a citrus orchard in Harvey. Georgia joins another celebrated Chef in the kitchen and Erin is back with another wine tip. Plus, a taster of what's to come in next week's special episode!</p>					
13:00	MY WAY	Captioned		HD	WS	PG
	<p><i>Sunshine Coast Special</i></p> <p>A special Sunshine Coast My Way introduces the passionate gardener behind the Maroochy Botanic Gardens, the childhood that inspired a cruise with a difference, camel products fresh from the farm and the surfer whose heart is in the ocean.</p>					
13:30	ARCTIC VETS	Captioned		HD	WS	PG
	<p>A team of experts dedicate their lives to rescue, protect, and heal animals of Canada's frozen north when they are most in need.</p>					
14:00	TARONGA: WHO'S WHO IN THE ZOO	Captioned	Repeat	HD	WS	PG
	<p><i>Fishing Cat</i></p> <p>In this episode, a mysterious virus threatens to wipe out an entire species of snapping turtles; An injured fiordland crested penguin arrives from Melbourne Zoo, but will it settle in and call Taronga home?</p>					
15:00	AUSTRALIAN NINJA WARRIOR	Captioned	Repeat	HD	WS	PG
	<p>It's Heat 3 of Australian Ninja Warrior, and tonight, teachers are introduced as an extra obstacle for the fearless teens who are looking to fight back after they struggled in Heat 2. An exciting bunch of new Ninjas also take to the course. Once again, the top four finishers will go to the Power Pool to race head-to head and win a huge semi-final advantage.</p> <p>Cons.Advice: Themes</p>					
17:00	NINE NEWS: FIRST AT FIVE	Captioned	Live	HD	WS	NA
	<p>Join the Nine News team for all the latest from around the country as well as sport and weather.</p>					
17:30	GETAWAY	Captioned		HD	WS	PG
	<p>This week on Getaway; the best family friendly experiences in the NSW Hunter Valley, 5 star luxury in remote WA plus a Balinese escape</p>					

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Sat Jul 2, 2022

18:00	NINE NEWS SATURDAY	Captioned	Live	HD	WS	NA
	Join the Nine News team as they bring you all the latest in news; sport and weather.					
19:00	A CURRENT AFFAIR	Captioned	Live	HD	WS	NA
	A Current Affair covers the realms of politics, crime, human rights, science, technology, celebrities and entertainment - all investigated by a dedicated team.					
19:30	LIVE: WALLABIES V ENGLAND	Captioned	Live	HD	WS	NA
	For the first time since 2016, England take on the Wallabies on home turf. Wide World of Sports presents game 1 in a three test series in what is sure to be an epic clash. Brought to you live from Optus Stadium, Kick off at 8:05PM AEST.					
22:00	LIVE: WALLABIES V ENGLAND POST-MATCH	Captioned	Live	HD	WS	NA
	Join the Wide World of Sports team for all the highlights from the match as well as player interviews and full analysis.					
22:30	INFERNO 2016	Captioned	Repeat	HD	WS	M
	<i>Inferno</i>					
	When Robert Langdon wakes up in an Italian hospital with amnesia, he teams up with Dr. Sienna Brooks, and together they must race across Europe against the clock to foil a deadly global plot.					
	Starring: Tom Hanks, Felicity Jones, Irrfan Khan Cons.Advice: Mature Themes, Some Violence, Some Coarse Language					
00:45	LABOUR OF LOVE	Captioned	Repeat	HD	WS	PG
	<i>You've Got Babies</i>					
	The remaining five men receive baby simulators to test their skills. Cons.Advice: Themes					
01:35	LIVING ON THE COAST: SHOALHAVEN RECOVERS	Captioned	Repeat	HD	WS	G
	Living on the Coast - Shoalhaven Recovers takes viewers on the journey through the eyes of the community, as it recovers from one of the longest burning and most devastating bushfires in the country in recent years.					
02:00	TV SHOP - HOME SHOPPING		Repeat	HD	WS	G
	Home shopping programme.					
02:30	TV SHOP - HOME SHOPPING		Repeat	HD	WS	G
	Home shopping programme.					
03:00	TV SHOP - HOME SHOPPING		Repeat	HD	WS	G
	Home shopping programme.					
03:30	TV SHOP - HOME SHOPPING		Repeat	HD	WS	G
	Home shopping programme.					
04:00	TV SHOP - HOME SHOPPING		Repeat	HD	WS	G
	Home shopping programme.					

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Sydney Program Guide

Sat Jul 2, 2022

04:30	GLOBAL SHOP		Repeat	HD	WS	G
	Home shopping programme.					
05:00	TV SHOP - HOME SHOPPING		Repeat	HD	WS	G
	Home shopping programme.					
05:30	WESLEY IMPACT WITH STU CAMERON	Captioned		HD	WS	PG
	The TV program of Wesley Mission showing its social, community and welfare services. This week we look forward to new and exciting ways you can connect with Wesley Mission.					

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