

ABC

| ΠΑΡΑΣΚΕΥΗ | ΣΑΒΒΑΤΟ | ΚΥΡΙΑΚΗ | ΔΕΥΤΕΡΑ | ΤΡΙΤΗ | ΤΕΤΑΡΤΗ | ΠΕΜΠΤΗ |
|------------------------------------|--|--|------------------------------|--------------------------------------|--|-----------------------------------|
| 05:28 7.30 | 07:00 Weekend Breakfast | 07:00 Weekend Breakfast | 06:00 News Breakfast | 06:00 News Breakfast | 06:00 News Breakfast | 05:28 7.30 |
| 06:00 News Breakfast | 09:00 Rage | 09:01 Insiders | 09:00 ΕΙΔΗΣΕΙΣ | 09:00 ΕΙΔΗΣΕΙΣ | 09:00 ΕΙΔΗΣΕΙΣ | 06:00 News Breakfast |
| 09:00 ΕΙΔΗΣΕΙΣ | 10:30 Rage Guest Programmer: Beabadoobee | 10:00 Offsiders | 10:00 Landline | 10:00 Foreign Correspondent | 10:00 75 Years Of Australian Peacekeeping: Pre-service | 09:00 ΕΙΔΗΣΕΙΣ |
| 09:59 Q+A | 12:00 ΕΙΔΗΣΕΙΣ | 10:31 The World This Week | 11:00 Antiques Roadshow | 10:31 China Tonight | 10:30 75 Years Of Australian Peacekeeping | 09:58 Australian Story |
| 11:04 Extraordinary Escapes | 12:29 Vera Dark Road | 11:01 Compass The Architect And The Mosque | 12:00 ΕΙΔΗΣΕΙΣ | 11:03 Our Brain | 11:30 Wildflowers Of The Midwest Of Wa | 10:34 That Pacific Sports Show |
| 12:00 ΕΙΔΗΣΕΙΣ | 1:59 Midsomer Murders Wild Harvest | 11:30 Songs Of Praise | 1:00 Rosehaven | 12:00 ABC News At Noon | 12:00 ΕΙΔΗΣΕΙΣ | 11:03 Quoll Farm |
| 1:00 Significant Others | 3:29 Take 5 With Zan Rowe | 12:00 ΕΙΔΗΣΕΙΣ | 1:27 Vera | 1:03 Marriage | 12:30 National Press Club Address | 12:00 ΕΙΔΗΣΕΙΣ |
| 1:52 Death In Paradise | 4:45 Landline | 12:30 Landline | 3:03 Gardening Australia | 1:59 Parliament | 1:42 Media Watch | 1:00 Win The Week |
| 3:04 Gardening Australia | 5:13 Penguins: Meet The Family | 1:30 Gardening | 4:02 Think Tank | 3:04 Escape From The City | 1:59 Parliament Question Time | 1:29 Shaun Micallef's Mad As Hell |
| 4:02 Think Tank | 6:11 Extraordinary Escapes | 2:30 Question Everything | 4:59 Anh's Brush With Fame | 4:02 Think Tank | 3:00 Escape From The City | 1:59 Parliament Question Time |
| 4:59 Anh's Brush With Fame | 7:00 ΕΙΔΗΣΕΙΣ | 3:00 Miriam Margolyes: | 5:29 Hard Quiz | 4:59 Anh's Brush With Fame | 3:59 Think Tank | 4:58 Anh's Brush With Fame |
| 5:28 Hard Quiz | 7:32 Death In Paradise | 4:01 Rick Stein's Secret France | 6:00 The Drum | 5:30 Hard Quiz | 4:58 Anh's Brush With Fame | 5:29 Hard Quiz |
| 6:00 The Drum | 8:32 The Capture | 5:01 Art Works | 7:00 ΕΙΔΗΣΕΙΣ | 6:00 The Drum | 5:02 Anh's Brush With Fame | 6:00 The Drum |
| 7:00 ΕΙΔΗΣΕΙΣ | 9:31 Significant Others | 5:30 Antiques Roadshow | 7:30 7.30 | 7:00 ΕΙΔΗΣΕΙΣ | 5:30 Hard Quiz | 6:55 New Sammy J |
| 7:32 Gardening Australia | 10:25 Summer Love | 6:29 Frankly | 8:01 Australian Story | 7:30 7.30 | 6:00 The Drum | 7:00 ΕΙΔΗΣΕΙΣ |
| 8:32 Frankly | 11:01 Silent Witness | 7:00 ΕΙΔΗΣΕΙΣ | 8:33 Four Corners | 8:01 Great Southern Landscapes | 7:00 ΕΙΔΗΣΕΙΣ | 7:30 7.30 |
| 9:09 All Creatures Great And Small | 11:59 Rage Guest Programmer: Beabadoobee | 7:32 Inside The Sydney Opera House | 9:19 Media Watch | 8:31 Old People's Home For Teenagers | 7:30 7.30 | 8:01 Foreign Correspondent |
| 9:56 Annika | | 8:31 Significant Others | 9:36 Planet America | 9:30 Home: The Story Of Earth | 8:01 Hard Quiz | 8:32 Q+A |
| 10:44 ΕΙΔΗΣΕΙΣ | | 9:27 Silent Witness | 10:08 Parkinson In Australia | 10:30 ΕΙΔΗΣΕΙΣ | | 9:36 First On |
| 11:01 Summer Love | | 10:28 The Cry | 10:56 ΕΙΔΗΣΕΙΣ | 10:45 The Business | | |
| 11:37 Rage | | | 11:11 The Business | | | |
| | | | 11:28 Q+A | | | |

SBS

| ΠΑΡΑΣΚΕΥΗ | ΣΑΒΒΑΤΟ | ΚΥΡΙΑΚΗ | ΔΕΥΤΕΡΑ | ΤΡΙΤΗ | ΤΕΤΑΡΤΗ | ΠΕΜΠΤΗ |
|---|---|---|------------------------------------|-------------------------------------|--------------------------|--|
| 09:30 Peer To Peer | 09:00 Ageless Gardens | 09:00 Cook Up With Adam Liaw Bitesize | 09:05 Cook Up Bitesize | 09:00 Cook Up | 09:00 Cook Up | 07:00 Bbc 6 O'clock News |
| 10:00 Great Irish Interiors | 09:30 Ageless Gardens | 09:05 Ageless Gardens | 09:15 Peer To Peer | 09:05 Peer To Peer | 09:05 Peer To Peer | 09:00 Inside The Modelling Agency |
| 10:30 Great Irish Interiors | 10:00 The World From Above | 10:05 The World From Above | 10:15 Food Markets | 09:35 Peer To Peer | 10:05 Food Markets | 09:55 Food Markets: In The Belly Of Vienna |
| 11:00 Australia With Julia Bradbury | 11:00 Paul O'grady For The Love Of Dogs | 10:35 Paul O'grady For The Love Of Dogs | 11:15 Grayson's Art Club | 10:05 Food Markets | 11:05 Grayson's Art Club | 10:55 Victorian House Of Arts And Crafts |
| 12:00 BBC News At Ten | 12:00 BBC News At Ten | 10:05 Apac Weekly | 12:10 Bbc Weekend News | 11:05 Grayson's Art Club | 12:00 Bbc News At Ten | 12:00 Bbc News At Ten |
| 12:30 ΕΙΔΗΣΕΙΣ | 12:30 ΕΙΔΗΣΕΙΣ | 12:00 TV Sport | 12:30 ΕΙΔΗΣΕΙΣ | 12:00 Bbc News At Ten | 12:30 ΕΙΔΗΣΕΙΣ | 12:30 ΕΙΔΗΣΕΙΣ |
| 1:00 PBS Newshour | 1:00 PBS Newshour | 1:00 TV Sport Speedweek 2022 | 1:00 Al Jazeera News Hour | 12:30 ΕΙΔΗΣΕΙΣ | 1:00 PBS Newshour | 1:00 PBS Newshour |
| 2:00 Rise Of Empires | 2:00 John Williams In Vienna | 3:00 Football: Countdown To Qatar 2022 | 2:00 Cook Up | 1:00 PBS Newshour | 2:00 Dateline | 2:00 Dateline |
| 3:00 Nula 2022 | 4:25 When I Stutter | 3:30 Ascot Kayaking | 2:10 Secrets Unearthed | 2:00 Cook Up | 2:30 Insight | 2:30 Insight |
| 3:30 Destination Flavour China Bitesize | 5:40 Secret Nazi Bases | 3:35 Blind Sailing | 3:00 Going Places With Ernie Dingo | 2:10 Secrets Unearthed | 3:30 Destination Flavour | 3:30 The Cook Up |
| 3:35 The Cook Up With Adam Liaw | 6:30 ΕΙΔΗΣΕΙΣ | 3:40 The Royals And The Nazis | 3:30 Destination Flavour | 3:00 Going Places | 3:40 The Cook Up | 4:00 Jeopardy |
| 4:05 Who Do You Think You Are? | 7:30 Greatest Train Journeys | 4:40 The Royals And The Nazis | 3:35 The Cook Up | 3:30 Destination Flavour | 4:10 Supervet Specials | 4:30 Letters And Numbers |
| 5:05 Jeopardy | 8:25 Secrets Of The Royal Palaces | 5:40 Secret Nazi Bases | 4:05 Jeopardy | 3:40 The Cook Up | 4:10 Supervet Specials | 5:00 Cycling: La Vuelta 2022 Highlights |
| 5:30 Letters And Numbers | 9:25 Search For Cleopatra | 6:30 ΕΙΔΗΣΕΙΣ | 4:30 Letters And Numbers | 4:10 Supervet Specials | 5:05 Jeopardy | 6:00 Mastermind |
| 6:00 Mastermind | 10:15 Celebrity Letters And Numbers | 7:30 Curse Of The Ancients | 5:00 Cycling: La Vuelta 2022 | 5:05 Jeopardy | 5:30 Letters And Numbers | 6:30 ΕΙΔΗΣΕΙΣ |
| 6:30 SBS World News | | 8:30 Treasures Of Istanbul | 6:00 Mastermind | 6:00 Mastermind | 6:00 Mastermind | 7:35 Tony Robinson's History Of Britain |
| 7:35 Secrets Of The Lost Liners | | 9:25 The Death Of Bruce Lee | 6:30 ΕΙΔΗΣΕΙΣ | 6:30 SBS World News | 6:30 SBS World News | 8:30 Secret Scotland |
| 8:30 Good With Wood | | | 7:30 lighthouses: Secrets | 7:30 Great Coastal Railway Journeys | 7:35 Great Wall Of China | 9:20 The Stranger |
| 9:25 World's Greatest | | | 8:30 Dna Family Secrets | 8:00 Great Coastal Railway Journeys | 8:30 Secret Scotland | 10:10 ΕΙΔΗΣΕΙΣ |
| | | | 10:35 ΕΙΔΗΣΕΙΣ | 8:30 Insight | 9:20 The Stranger | 10:20 ΕΙΔΗΣΕΙΣ |
| | | | | 9:30 Dateline | 10:40 Vienna Blood | 10:50 Cycling |
| | | | | 10:00 ΕΙΔΗΣΕΙΣ | 11:40 Vienna Blood | |
| | | | | 10:30 The Point | | |

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