

ANC CABLE TV GUIDE

NORTH AMERICA (Central DST)



CENTRAL	SUNDAY JULY 18	MONDAY JULY 19	TUESDAY JULY 20	WEDNESDAY JULY 21	THURSDAY JULY 22	FRIDAY JULY 23	SATURDAY JULY 17
12:00 AM	CITYSCAPE (R) 12:00 AM LSS: THE MARTIN NIEVERA SHOW (R) 12:30 AM	ANC HEADLINES 12:00 AM FOODPRINTS* (R) 12:05 AM	ANC HEADLINES 12:00 AM BEACHED* (R) 12:05 AM	ANC HEADLINES 12:00 AM CHASING FLAVORS* (R) 12:05 AM	ANC HEADLINES 12:00 AM METABEATS* (R) 12:05 AM	ANC HEADLINES 12:00 AM METRO HOME* (R) 12:05 AM	ANC HEADLINES 12:00 AM INSIGHT WITH APRIL LEE-TAN (R) 12:05 AM REV (R) 12:30 AM
1:00 AM	ANC RUNDOWN (TALK 1) (R) 1:00 AM EIC ON THE MOVE 1:30 AM	ANC RUNDOWN 1:00 AM ENTREP LAB (R) 1:30 AM	ANC RUNDOWN 1:00 AM EXECUTIVE CLASS (R) 1:30 AM	ANC RUNDOWN 1:00 AM INSIGHT WITH APRIL LEE-TAN (R) 1:30 AM	ANC RUNDOWN 1:00 AM LOCAL LEGENDS (R) 1:30 AM	ANC RUNDOWN 1:00 AM DAYAW (R) 1:30 AM	ANC HEADLINES 1:00 AM ASIAN AIR SAFARI* (R) 1:05 AM HOTCOPY ON HEADSTART (R) 1:30 AM
2:00 AM	ANC CONVERSATIONS (R) 2:00 AM WOMEN OF STYLE 2:30 AM	ANC RUNDOWN 2:00 AM LOCAL LEGENDS 2:30 AM	ANC RUNDOWN 2:00 AM REV (R) 2:30 AM	ANC RUNDOWN 2:00 AM LSS: THE MARTIN NIEVERA SHOW (R) 2:30 AM	ANC RUNDOWN 2:00 AM #NOFILTER (R) 2:30 AM	ANC RUNDOWN 2:00 AM INSIGHT WITH APRIL LEE-TAN (R) 2:30 AM	ANC HEADLINES 2:00 AM CHASING FLAVORS* (R) 2:05 AM
3:00 AM	ON THE MONEY (R) 3:00 AM	ANC RUNDOWN 3:00 AM WOMEN OF STYLE (R) 3:30 AM	ANC RUNDOWN 3:00 AM DRIVEN (R) 3:30 AM	ANC RUNDOWN 3:00 AM CASA DAZA (R) 3:30 AM	ANC RUNDOWN 3:00 AM DESIGN + STORY (R) 3:30 AM	ANC RUNDOWN 3:00 AM EIC ON THE MOVE (R) 3:30 AM	ANC HEADLINES 3:00 AM ON THE MONEY (R) 3:05 AM
4:00 AM	REV (R) 4:00 AM GREEN LIVING (R) 4:30 AM	TOP STORY 4:00 AM	TOP STORY 4:00 AM	TOP STORY 4:00 AM	TOP STORY 4:00 AM	TOP STORY 4:00 AM	TOP STORY 4:00 AM LSS: THE MARTIN NIEVERA SHOW (R) 4:30 AM
5:00 AM	METABEATS* (R) 5:00 AM	EXECUTIVE CLASS 5:00 AM DESIGN + STORY* 5:30 AM	INSIGHT WITH APRIL LEE-TAN 5:00 AM EIC ON THE MOVE* (R) 5:30 AM	CITYSCAPE 5:00 AM DRIVEN* 5:30 AM	DAYAW 5:00 AM WOMEN OF STYLE* (R) 5:30 AM	LSS: THE MARTIN NIEVERA SHOW 5:00 AM CASA DAZA* 5:30 AM	METABEATS* (R) 5:00 AM
6:00 AM	TINA MONZON-PALMA REPORTS (R) 6:00 AM	METRO HOME* (R) 6:00 AM	FOODPRINTS* (R) 6:00 AM	BEACHED* (R) 6:00 AM	CHASING FLAVORS* (R) 6:00 AM	METABEATS* (R) 6:00 AM	TINA MONZON-PALMA REPORTS 6:00 AM
7:00 AM	SO JANELLA* (R) 7:00 AM ASIAN AIR SAFARI* (R) 7:30 AM	AFTER THE FACT 7:00 AM	AFTER THE FACT 7:00 AM	AFTER THE FACT 7:00 AM	AFTER THE FACT 7:00 AM	AFTER THE FACT 7:00 AM	GREEN LIVING (R) 7:00 AM REV (R) 7:30 AM
8:00 AM	BEACHED* (R) 8:00 AM	THE WORLD TONIGHT 8:00 AM EXECUTIVE CLASS (R) 8:30 AM	THE WORLD TONIGHT 8:00 AM INSIGHT WITH APRIL LEE-TAN (R) 8:30 AM	THE WORLD TONIGHT 8:00 AM CITYSCAPE (R) 8:30 AM	THE WORLD TONIGHT 8:00 AM REV 8:30 AM	THE WORLD TONIGHT 8:00 AM LSS: THE MARTIN NIEVERA SHOW (R) 8:30 AM	THE WORLD TONIGHT 8:00 AM EXECUTIVE CLASS (R) 8:30 AM (NEW)
9:00 AM	EXECUTIVE CLASS (R) 9:00 AM EIC ON THE MOVE* (R) 9:30 AM	AFTER THE FACT (R) 9:00 AM	AFTER THE FACT (R) 9:00 AM	AFTER THE FACT (R) 9:00 AM	AFTER THE FACT (R) 9:00 AM	AFTER THE FACT (R) 9:00 AM	METRO HOME (R) 9:00 AM (NEW)
10:00 AM	DRIVEN (R) 10:00 AM WOMEN OF STYLE* (R) 10:30 AM	CHASING FLAVORS* (R) 10:00 AM	METABEATS* (R) 10:00 AM	METRO HOME* (R) 10:00 AM	FOODPRINTS* (R) 10:00 AM	BEACHED* (R) 10:00 AM	EIC ON THE MOVE (R) 10:00 AM (NEW) CASA DAZA (R) 10:30 AM (NEW)
11:00 AM	G DIARIES 11:00 AM CITYSCAPE (R) 11:30 AM	THE WORLD TONIGHT (R) 11:00 AM DAYAW (R) 11:30 AM	THE WORLD TONIGHT (R) 11:00 AM LSS: THE MARTIN NIEVERA SHOW (R) 11:30 AM	THE WORLD TONIGHT (R) 11:00 AM GREEN LIVING (R) 11:30 AM	THE WORLD TONIGHT (R) 11:00 AM DESIGN + STORY (R) 11:30 AM	THE WORLD TONIGHT (R) 11:00 AM INSIGHT WITH APRIL LEE-TAN (R) 11:30 AM	THE WORLD TONIGHT (R) 11:00 AM LOCAL LEGENDS (R) 11:30 AM
12:00 PM	DRIVEN (R) 12:00 PM REV (R) 12:30 PM	HEADSTART (R) 12:00 PM	HEADSTART (R) 12:00 PM	HEADSTART (R) 12:00 PM	HEADSTART (R) 12:00 PM	HEADSTART (R) 12:00 PM	CITIZEN PINOY (R) 12:00 PM CITYSCAPE (R) 12:00 PM
1:00 PM	SO JANELLE* (R) 1:00 PM DAYAW (R) 1:30 PM	BALITANG AMERICA 1:00 PM CITYSCAPE (R) 1:30 PM	EXECUTIVE CLASS (R) 1:00 PM (NEW) REV (R) 1:30 PM	WOMEN OF STYLE (R) 1:00 PM (NEW) INSIGHT WITH APRIL LEE-TAN (R) 1:30 PM	#NOFILTER (R) 1:00 PM (NEW) ON THE MONEY (R) 1:30 PM	LOCAL LEGENDS (R) 1:00 PM (NEW) GREEN LIVING (R) 1:30 PM	METRO HOME (R) 1:00 PM
2:00 PM	INSIGHT WITH APRIL LEE-TAN (R) 2:00 PM ASIAN AIR SAFARI* (R) 2:30 PM	ASIAN AIR SAFARI* 2:00 PM REV (R) 2:30 PM	ENTREP LAB (R) 2:00 PM DAYAW (R) 2:30 PM	LSS: THE MARTIN NIEVERA SHOW (R) 2:00 PM G DIARIES (R) 2:30 PM	CASA DAZA (R) 2:30 PM	EIC ON THE MOVE (R) 2:00 PM CITYSCAPE (R) 2:30 PM	GREEN LIVING (R) 2:00 PM LSS: THE MARTIN NIEVERA SHOW (R) 2:30 PM
3:00 PM	CASA DAZA (R) 3:00 PM GREEN LIVING (R) 3:30 PM	DESIGN + STORY (R) 3:00 PM LSS: THE MARTIN NIEVERA SHOW (R) 3:30 PM	EIC ON THE MOVE (R) 3:00 PM DRIVEN (R) 3:30 PM	DRIVEN (R) 3:00 PM DAYAW (R) 3:30 PM	WOMEN OF STYLE (R) 3:00 PM INSIGHT WITH APRIL LEE-TAN (R) 3:30 PM	BEACHED 3:00 PM	G DIARIES (R) 3:00 PM DRIVEN (R) 3:30 PM
4:00 PM	METABEATS (R) 4:00 PM (NEW)	ANC CONVERSATIONS 4:00 PM	ANC CONVERSATIONS 4:00 PM	ANC CONVERSATIONS 4:00 PM	ANC CONVERSATIONS 4:00 PM	ANC CONVERSATIONS 4:00 PM	ON THE MONEY (R) 4:00 PM
5:00 PM	FOODPRINTS* 5:00 PM	BEACHED* 5:00 PM	CHASING FLAVORS* 5:00 PM	METABEATS* 5:00 PM	METRO HOME* 5:00 PM	EXECUTIVE CLASS (R) 5:00 PM G DIARIES 5:30 PM	THE WORLD EXPOSED 5:00 PM DAYAW (R) 5:30 PM
6:00 PM	ANC RUNDOWN 6:00 PM	ANC RUNDOWN 6:00 PM	ANC RUNDOWN 6:00 PM	ANC RUNDOWN 6:00 PM	ANC RUNDOWN 6:00 PM	ANC RUNDOWN 6:00 PM DESIGN + STORY (R) 6:30 PM	BEACHED (R) 6:00 PM
7:00 PM	HEADSTART 7:00 PM	HEADSTART 7:00 PM	HEADSTART 7:00 PM	HEADSTART 7:00 PM	HEADSTART 7:00 PM	ANC RUNDOWN (TALK 1) 7:00 PM DRIVEN (R) 7:30 PM	EXECUTIVE CLASS (R) 7:00 PM FOODPRINTS (R) 7:30 PM
8:00 PM	MARKET EDGE 8:00 PM	MARKET EDGE 8:00 PM	MARKET EDGE 8:00 PM	MARKET EDGE 8:00 PM	MARKET EDGE 8:00 PM	ANC CONVERSATIONS 8:00 PM CASA DAZA (R) 8:30 PM	INSIGHT WITH APRIL LEE-TAN (R) 8:30 PM
9:00 PM	ANC RUNDOWN 9:00 PM HOTCOPY ON HEADSTART 9:30 PM	ANC RUNDOWN 9:00 PM HOTCOPY ON HEADSTART (R) 9:30 PM	ANC RUNDOWN 9:00 PM HOTCOPY ON HEADSTART (R) 9:30 PM	ANC RUNDOWN 9:00 PM HOTCOPY ON HEADSTART (R) 9:30 PM	ANC RUNDOWN 9:00 PM HOTCOPY ON HEADSTART (R) 9:30 PM	ANC RUNDOWN 9:00 PM ENTREP LAB (R) 9:30 PM	CHASING FLAVORS (R) 9:00 PM
10:00 PM	ANC HEADLINES 10:00 PM DRIVEN (R) 10:05 PM LSS: THE MARTIN NIEVERA SHOW (R) 10:30 PM	ANC HEADLINES 10:00 PM CASA DAZA (R) 10:05 PM GREEN LIVING (R) 10:30 PM	ANC HEADLINES 10:00 PM DESIGN + STORY (R) 10:05 PM #NOFILTER 10:30 PM	ANC HEADLINES 10:00 PM EIC ON THE MOVE (R) 10:05 PM INSIGHT WITH APRIL LEE-TAN (R) 10:30 PM	ANC HEADLINES 10:00 PM CITYSCAPE (R) 10:05 PM REV (R) 10:30 PM	ANC HEADLINES 10:00 PM DAYAW (R) 10:05 PM WOMEN OF STYLE (R) 10:30 PM (NEW)	DESIGN + STORY* (R) 10:00 PM SO JANELLE* 10:30 PM
11:00 PM	DATLINE PHILIPPINES 11:00 PM	DATLINE PHILIPPINES 11:00 PM	DATLINE PHILIPPINES 11:00 PM	DATLINE PHILIPPINES 11:00 PM	DATLINE PHILIPPINES 11:00 PM	DATLINE PHILIPPINES 11:00 PM (NEW)	METRO HOME* (R) 11:00 PM

JULY 17-23, 2021