

ANC CABLE TV GUIDE

NORTH AMERICA



CENTRAL (DST)	SUNDAY AUG 14	MONDAY AUG 15	TUESDAY AUG 16	WEDNESDAY AUG 17	THURSDAY AUG 18	FRIDAY AUG 19	SATURDAY AUG 13
12:00 AM	CITYSCAPE (R) 12:00 PM DRIVEN (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 AFTER SIX (R) 12:05 AM GOURMET TAKEAWAY (R) 12:25 AM DRIVEN (R) 12:30 AM	ANC HEADLINES 12:00 AM 24X24* (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	LOCAL LEGENDS (R) 1:00 AM EIC ON THE MOVE 1:30 AM	ANC RUNDOWN 1:00 AM CITIZEN PINOY (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 CITYSCAPE (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 2:00 AM THE FAT KID INSIDE 2:30 AM	MARKET EDGE 2:00 AM LOCAL LEGENDS (R) 2:30 AM	MARKET EDGE 2:00 AM REV+ (R) 2:30 AM	MARKET EDGE 2:00 AM LSS: THE MARTIN NIEVERA SHOW (R) 2:30 AM	MARKET EDGE 2:00 AM #NOFILTER (R) 2:30 AM	MARKET EDGE 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 THE FAT KID INSIDE (R) 3:30 AM	ANC RUNDOWN 3:00 AM MY ITALY WITH MARGARITA (R) 3:30 AM	ANC RUNDOWN 3:00 AM DRIVEN (R) 3:30 AM	ANC RUNDOWN 3:00 AM METRO HOME (R) 3:30 AM	ANC RUNDOWN 3:00 AM REV+ (R) 3:30 AM	ANC HEADLINES 3:00 AM ENTREPRENEUR LAB (R) 3:05 AM SO JANNELLE (R) 3:30 AM
4:00 AM	CITIZEN PINOY (R) 4:00 AM REV+ 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	MY ITALY WITH MARGARITA* (R) 5:00 AM DRIVEN* (R) 5:30 AM	EXECUTIVE CLASS 5:00 AM METRO HOME 5:30 AM	INSIGHT WITH APRIL LEE-TAN 5:00 AM EIC ON THE MOVE (R) 5:30 AM	CITYSCAPE 5:00 AM MY ITALY WITH MARGARITA 5:30 AM	REV+ 5:00 AM THE FAT KID INSIDE* (R) 5:30 AM	LSS: THE MARTIN NIEVERA SHOW 5:00 AM DRIVEN* (R) 5:30 AM	FOODPRINTS (R) 5:00 AM
6:00 AM	TINA MONZON-PALMA REPORTS (R) 6:00 AM	METABEATS (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 JANNELLE* (R) 7:00 AM ASIAN AIR SAFARI* (R) 7:30 AM	24x24 (R) 7:00 AM	CHASING FLAVORS (R) 7:00 AM	ANC CONVERSATIONS (R) 7:00 AM THE FAT KID INSIDE (R) 7:30 AM	DAYAW 7:00 AM LOCAL LEGENDS (R) 7:30 AM	FOODPRINTS (R) 7:00 AM	CITIZEN PINOY 7:00 AM AFTER SIX (R) 7:30 AM GOURMET TAKEAWAY (R) 7:45 AM
8:00 AM	METABEATS (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 AFTER SIX (R) 8:30 AM GOURMET TAKEAWAY 8:45 AM	THE WORLD TONIGHT 8:00 AM REV+ (R) 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
9:00 AM	EXECUTIVE CLASS (R) 9:00 AM EIC ON THE MOVE* (R) 9:30 AM	REV+ (R) 9:00 AM ENTREPRENEUR LAB (R) 9:30 AM	LSS: THE MARTIN NIEVERA SHOW (R) 9:00 AM #NOFILTER* (R) 9:30 AM	EXECUTIVE CLASS (R) 9:00 AM LOCAL LEGENDS (R) 9:30 AM	INSIGHT WITH APRIL LEE-TAN (R) 9:00 AM CITIZEN PINOY* (R) 9:30 AM	CITYSCAPE (R) 9:00 AM MY ITALY WITH MARGARITA (R) 9:30 AM	24X24 (R) 9:00 AM
10:00 AM	METRO HOME (R) 10:00 AM THE FAT KID INSIDE (R) 10:30 AM	BEACHED (R) 10:00 AM	24X24 (R) 10:00 AM	FOODPRINTS* (R) 10:00 AM	EXECUTIVE CLASS (R) 10:00 AM ASIAN AIR SAFARI* (R) 10:30 AM	CHASING FLAVORS (R) 10:00 AM	METABEATS (R) 10:00 AM
11:00 AM	G DIARIES (R) 11:00 AM CITYSCAPE (R) 11:30 AM	THE WORLD TONIGHT (R) 11:00 AM THE FAT KID INSIDE (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 METRO HOME (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	EIC ON THE MOVE (R) 12:00 PM SO JANNELLE (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) 12:30 PM
1:00 PM	ENTREPRENEUR LAB* (R) 1:00 PM #NOFILTER (R) 1:30 PM	EIC ON THE MOVE (R) 1:00 PM CITYSCAPE (R) 1:30 PM	EXECUTIVE CLASS (R) 1:00 PM REV+ (R) 1:30 PM	THE FAT KID INSIDE (R) 1:00 PM INSIGHT WITH APRIL LEE-TAN (R) 1:30 PM	#NOFILTER (R) 1:00 PM ON THE MONEY (R) 1:30 PM	LOCAL LEGENDS (R) 1:00 PM GREEN LIVING (R) 1:30 PM	24X24 (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	ENTREPRENEUR 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	DRIVEN (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	DRIVEN (R) 3:00 PM GREEN LIVING (R) 3:30 PM	METRO HOME (R) 3:00 PM LSS: THE MARTIN NIEVERA SHOW (R) 3:30 PM	EIC ON THE MOVE (R) 3:00 PM MY ITALY WITH MARGARITA (R) 3:30 PM	MY ITALY WITH MARGARITA (R) 3:00 PM DAYAW (R) 3:30 PM	THE FAT KID INSIDE (R) 3:00 PM INSIGHT WITH APRIL LEE-TAN (R) 3:30 PM	BEACHED (R) 3:00 PM	G DIARIES* (R) 3:00 PM MY ITALY WITH MARGARITA (R) 3:30 PM
4:00 PM	THE FAT KID INSIDE (R) 4:00 PM ANC CONVERSATIONS 4:30 PM	SPICE TO LIFE (R) 4:00 PM MARKET EDGE (R) 4:30 PM	ASIAN AIR SAFARI (R) 4:00 PM MARKET EDGE (R) 4:30 PM	DRIVEN (R) 4:00 PM MARKET EDGE (R) 4:30 PM	EIC ON THE MOVE (R) 4:00 PM MARKET EDGE (R) 4:30 PM	METRO HOME (R) 4:00 PM (NEW) MARKET EDGE (R) 4:30 PM (NEW)	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	24X24* 5:00 PM	EXECUTIVE CLASS (R) 5:00 PM G DIARIES* 5:30 PM	THE WORD EXPOSED 5:00 PM REV+ (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 ASIAN AIR SAFARI (R) 6:30 AM	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 HEADLINES 7:00 AM CITIZEN PINOY 7:05 AM MT ITALY WITH MARGARITA (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 DRIVEN (R) 8:30 PM	SO JANNELLE 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 #NOFILTER (R) 9:30 PM	CHASING FLAVORS (R) 9:00 PM
10:00 PM	ANC HEADLINES 10:00 PM MY ITALY WITH MARGARITA (R) 10:05 PM LSS: THE MARTIN NIEVERA SHOW (R) 10:30 PM	ANC HEADLINES 10:00 PM DRIVEN (R) 10:05 PM GREEN LIVING (R) 10:30 PM	ANC HEADLINES 10:00 PM METRO HOME (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 LOCAL LEGENDS (R) 10:30 PM	ANC HEADLINES 10:00 PM DAYAW (R) 10:05 PM THE FAT KID INSIDE (R) 10:30 PM	TINA MONZON-PALMA REPORTS (R) 10:00 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	HEADSTART* (R) 11:00 PM

AUG. 13-19, 2022