

ANC CABLE TV GUIDE

NORTH AMERICA



| CENTRAL (DST) | SUNDAY AUG 7 | MONDAY AUG 8 | TUESDAY AUG 9 | WEDNESDAY AUG 10 | THURSDAY AUG 11 | FRIDAY AUG 12 | SATURDAY AUG 6 |
|---------------|---|--|---|---|--|---|--|
| 12:00 AM | CITYSCAPE (R) 12:00 PM DRIVEN (R) 12:30 AM (NEW) | 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 (NEW) SO JANNELLE (R) 3:30 AM (NEW) |
| 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 (R) 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 (NEW) MARKET EDGE (R) 4:30 PM (NEW) | ASIAN AIR SAFARI (R) 4:00 PM (NEW) MARKET EDGE (R) 4:30 PM (NEW) | DRIVEN (R) 4:00 PM (NEW) MARKET EDGE (R) 4:30 PM (NEW) | EIC ON THE MOVE (R) 4:00 PM (NEW) MARKET EDGE (R) 4:30 PM (NEW) | 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 | 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 ANC HEADLINES 7:00 AM CITIZEN PINOY 7:05 AM | BEACHED (R) 6:00 PM EXECUTIVE CLASS (R) 7:00 PM |
| 7:00 PM | HEADSTART 7:00 PM | HEADSTART 7:00 PM | HEADSTART 7:00 PM | HEADSTART 7:00 PM | HEADSTART 7:00 PM | MT ITALY WITH MARGARITA (R) 7:30 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. 6-12, 2022