

ANC CABLE TV GUIDE

LONDON, UNITED KINGDOM



LONDON (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	BEACHED (R) 12:00 AM	ANC RUNDOWN 12:00 AM	ANC RUNDOWN 12:00 AM	ANC RUNDOWN 12:00 AM	ANC RUNDOWN 12:00 AM	ANC RUNDOWN 12:00 AM	ANC RUNDOWN 12:00 AM ASIAN AIR SAFARI (R) 12:30 AM
1:00 AM	EXECUTIVE CLASS (R) 1:00 AM FOODPRINTS (R) 1:30 AM	HEADSTART 1:00 AM	HEADSTART 1:00 AM	HEADSTART 1:00 AM	HEADSTART 1:00 AM	HEADSTART 1:00 AM	ANC HEADLINES 1:00 AM CITIZEN PINOY 1:05 AM MY ITALY WITH MARGARITA (R) 1:30 AM
2:00 AM	SO JANNELLE (R) 2:30 AM	MARKET EDGE 2:00 AM	MARKET EDGE 2:00 AM	MARKET EDGE 2:00 AM	MARKET EDGE 2:00 AM	MARKET EDGE 2:00 AM	ANC CONVERSATIONS 2:00 AM DRIVEN (R) 2:30 AM
3:00 AM	CHASING FLAVORS (R) 3:00 AM	ANC RUNDOWN 3:00 AM HOTCOPY ON HEADSTART (R) 3:30 AM	ANC RUNDOWN 3:00 AM HOTCOPY ON HEADSTART (R) 3:30 AM	ANC RUNDOWN 3:00 AM HOTCOPY ON HEADSTART (R) 3:30 AM	ANC RUNDOWN 3:00 AM HOTCOPY ON HEADSTART (R) 3:30 AM	ANC RUNDOWN 3:00 AM HOTCOPY ON HEADSTART (R) 3:30 AM	ANC RUNDOWN 3:00 AM #NOFILTER (R) 3:30 AM
4:00 AM	TINA MONZON-PALMA REPORTS (R) 4:00 AM	ANC HEADLINES 4:00 AM MY ITALY WITH MARGARITA (R) 4:05 AM LSS: THE MARTIN NIEVERA SHOW (R) 4:30 AM	ANC HEADLINES 4:00 AM DRIVEN (R) 4:05 AM GREEN LIVING (R) 4:30 AM	ANC HEADLINES 4:00 AM METRO HOME (R) 4:05 AM #NOFILTER 4:30 AM	ANC HEADLINES 4:00 AM EIC ON THE MOVE (R) 4:05 AM INSIGHT WITH APRIL LEE-TAN (R) 4:30 AM	ANC HEADLINES 4:00 AM CITYSCAPE (R) 4:05 AM LOCAL LEGENDS (R) 4:30 AM	ANC HEADLINES 4:00 AM DAYAW (R) 4:05 AM THE FAT KID INSIDE (R) 4:30 AM
5:00 AM	HEADSTART * (R) 5:00 AM	DATeline PHILIPPINES 5:00 AM	DATeline PHILIPPINES 5:00 AM	DATeline PHILIPPINES 5:00 AM	DATeline PHILIPPINES 5:00 AM	DATeline PHILIPPINES 5:00 AM	DATeline PHILIPPINES 5:00 AM
6:00 AM	CITYSCAPE (R) 6:00 AM DRIVEN (R) 6:30 AM (NEW)	ANC HEADLINES 6:00 AM FOODPRINTS * (R) 6:05 AM	ANC HEADLINES 6:00 AM BEACHED (R) 6:05 AM	ANC HEADLINES 6:00 AM CHASING FLAVORS (R) 6:05 AM	ANC HEADLINES 6:00 AM AFTER SIX (R) 6:05 AM GOURMET TAKEAWAY (R) 6:15 AM DRIVEN (R) 6:30 AM	ANC HEADLINES 6:00 AM 24X24 * (R) 6:05 AM	ANC HEADLINES 6:00 AM INSIGHT WITH APRIL LEE-TAN (R) 6:05 AM REV+ (R) 6:30 AM
7:00 AM	LOCAL LEGENDS (R) 7:00 AM EIC ON THE MOVE (R) 7:30 AM	ANC RUNDOWN 7:00 AM CITIZEN PINOY (R) 7:30 AM	ANC RUNDOWN 7:00 AM EXECUTIVE CLASS (R) 7:30 AM	ANC RUNDOWN 7:00 AM INSIGHT WITH APRIL LEE-TAN (R) 7:30 AM	ANC RUNDOWN 7:00 AM CITYSCAPE (R) 7:30 AM	ANC RUNDOWN 7:00 AM DAYAW (R) 7:30 AM	ANC HEADLINES 7:00 AM ASIAN AIR SAFARI * (R) 7:05 AM HOTCOPY ON HEADSTART (R) 7:30 AM
8:00 AM	ANC CONVERSATIONS 8:00 AM THE FAT KID INSIDE (R) 8:30 AM	MARKET EDGE 8:00 AM LOCAL LEGENDS (R) 8:30 AM	MARKET EDGE 8:00 AM REV+ (R) 8:30 AM	MARKET EDGE 8:00 AM LSS: THE MARTIN NIEVERA SHOW (R) 8:30 AM	MARKET EDGE 8:00 AM #NOFILTER (R) 8:30 AM	MARKET EDGE 8:00 AM INSIGHT WITH APRIL LEE-TAN (R) 8:30 AM	ANC HEADLINES 8:00 AM CHASING FLAVORS (R) 8:05 AM
9:00 AM	ON THE MONEY (R) 9:00 AM	ANC RUNDOWN 9:00 AM THE FAT KID INSIDE (R) 9:30 AM	ANC RUNDOWN 9:00 AM MY ITALY WITH MARGARITA (R) 9:30 AM	ANC RUNDOWN 9:00 AM DRIVEN (R) 9:30 AM	ANC RUNDOWN 9:00 AM METRO HOME (R) 9:30 AM	ANC RUNDOWN 9:00 AM REV+ (R) 9:30 AM	ANC HEADLINES 9:00 AM ENTRE LAB (R) 9:05 AM (NEW) SO JANNELLE (R) 9:30 AM (NEW)
10:00 AM	CITIZEN PINOY (R) 10:00 AM REV+ 10:30 AM	TOP STORY 10:00 AM	TOP STORY 10:00 AM	TOP STORY 10:00 AM	TOP STORY 10:00 AM	TOP STORY 10:00 AM	TOP STORY 10:00 AM LSS: THE MARTIN NIEVERA SHOW (R) 10:30 AM
11:00 AM	MY ITALY WITH MARGARITA * (R) 11:00 AM DRIVEN * (R) 11:30 AM	EXECUTIVE CLASS 11:00 AM METRO HOME 11:30 AM	INSIGHT WITH APRIL LEE-TAN 11:00 AM EIC ON THE MOVE * (R) 11:30 AM	CITYSCAPE 11:00 AM MY ITALY WITH MARGARITA 11:30 AM	REV+ 11:00 AM THE FAT KID INSIDE * (R) 11:30 AM	LSS: THE MARTIN NIEVERA SHOW 11:00 AM DRIVEN * 11:30 AM	FOODPRINTS (R) 11:00 AM
12:00 PM	TINA MONZON-PALMA REPORTS (R) 12:00 PM	METABEATS (R) 12:00 PM	FOODPRINTS * (R) 12:00 PM	BEACHED (R) 12:00 PM	CHASING FLAVORS * (R) 12:00 PM	METABEATS (R) 12:00 PM	TINA MONZON-PALMA REPORTS 12:00 PM
1:00 PM	SO JANNELLE * (R) 1:00 PM ASIAN AIR SAFARI * (R) 1:30 PM	24x24 (R) 1:00 PM	CHASING FLAVORS (R) 1:00 PM	ANC CONVERSATIONS (R) 1:00 PM THE FAT KID INSIDE (R) 1:30 PM	DAYAW 1:00 PM LOCAL LEGENDS (R) 1:30 PM	FOODPRINTS (R) 1:00 PM	CITIZEN PINOY 1:00 PM AFTER SIX (R) 1:30 PM GOURMET TAKEAWAY (R) 1:45 PM
2:00 PM	METABEATS (R) 2:00 PM	THE WORLD TONIGHT 2:00 PM EXECUTIVE CLASS (R) 2:30 PM	THE WORLD TONIGHT 2:00 PM INSIGHT WITH APRIL LEE-TAN (R) 2:30 PM	THE WORLD TONIGHT 2:00 PM AFTER SIX 2:30 PM GOURMET TAKEAWAY 2:45 PM	THE WORLD TONIGHT 2:00 PM REV+ (R) 2:30 PM	THE WORLD TONIGHT 2:00 PM LSS: THE MARTIN NIEVERA SHOW (R) 2:30 PM	THE WORLD TONIGHT 2:00 PM EXECUTIVE CLASS (R) 2:30 PM
3:00 PM	EXECUTIVE CLASS (R) 3:00 PM EIC ON THE MOVE * (R) 3:30 PM	REV+ (R) 3:00 PM ENTRE LAB (R) 3:30 PM	LSS: THE MARTIN NIEVERA SHOW (R) 3:00 PM #NOFILTER * (R) 3:30 PM	EXECUTIVE CLASS (R) 3:00 PM LOCAL LEGENDS (R) 3:30 PM	INSIGHT WITH APRIL LEE-TAN (R) 3:00 PM CITIZEN PINOY * (R) 3:30 PM	CITYSCAPE (R) 3:00 PM MY ITALY WITH MARGARITA (R) 3:30 PM	24X24 (R) 3:00 PM
4:00 PM	METRO HOME (R) 4:00 PM THE FAT KID INSIDE (R) 4:30 PM	BEACHED (R) 4:00 PM	24X24 (R) 4:00 PM	FOODPRINTS * (R) 4:00 PM	EXECUTIVE CLASS (R) 4:00 PM ASIAN AIR SAFARI * (R) 4:30 PM	CHASING FLAVORS (R) 4:00 PM	METABEATS (R) 4:00 PM
5:00 PM	G DIARIES (R) 5:00 PM CITYSCAPE (R) 5:30 PM	THE WORLD TONIGHT (R) 5:00 PM THE FAT KID INSIDE (R) 5:30 PM	THE WORLD TONIGHT (R) 5:00 PM LSS: THE MARTIN NIEVERA SHOW (R) 5:30 PM	THE WORLD TONIGHT (R) 5:00 PM GREEN LIVING (R) 5:30 PM	THE WORLD TONIGHT (R) 5:00 PM METRO HOME (R) 5:30 PM	THE WORLD TONIGHT (R) 5:00 PM INSIGHT WITH APRIL LEE-TAN (R) 5:30 PM	THE WORLD TONIGHT (R) 5:00 PM LOCAL LEGENDS (R) 5:30 PM
6:00 PM	EIC ON THE MOVE (R) 6:00 PM SO JANNELLE (R) 6:30 PM	HEADSTART (R) 6:00 PM	HEADSTART (R) 6:00 PM	HEADSTART (R) 6:00 PM	HEADSTART (R) 6:00 PM	HEADSTART (R) 6:00 PM	CITIZEN PINOY (R) 6:00 PM CITYSCAPE (R) 6:30 PM
7:00 PM	ENTRE LAB * (R) 7:00 PM #NOFILTER (R) 7:30 PM	EIC ON THE MOVE (R) 7:00 PM CITYSCAPE (R) 7:30 PM	EXECUTIVE CLASS (R) 7:00 PM REV+ (R) 7:30 PM	THE FAT KID INSIDE (R) 7:00 PM INSIGHT WITH APRIL LEE-TAN (R) 7:30 PM	#NOFILTER (R) 7:00 PM ON THE MONEY (R) 7:30 PM	LOCAL LEGENDS (R) 7:00 PM GREEN LIVING (R) 7:30 PM	24X24 (R) 7:00 PM
8:00 PM	INSIGHT WITH APRIL LEE-TAN (R) 8:00 PM ASIAN AIR SAFARI * (R) 8:30 PM	ASIAN AIR SAFARI * 8:00 PM REV+ (R) 8:30 PM	ENTRE LAB (R) 8:00 PM DAYAW (R) 8:30 PM	LSS: THE MARTIN NIEVERA SHOW (R) 8:00 PM G DIARIES (R) 8:30 PM	DRIVEN (R) 8:30 PM	EIC ON THE MOVE (R) 8:00 PM CITYSCAPE (R) 8:30 PM	GREEN LIVING (R) 8:00 PM LSS: THE MARTIN NIEVERA SHOW (R) 8:30 PM
9:00 PM	DRIVEN (R) 9:00 PM GREEN LIVING (R) 9:30 PM	METRO HOME (R) 9:00 PM LSS: THE MARTIN NIEVERA SHOW (R) 9:30 PM	EIC ON THE MOVE (R) 9:00 PM MY ITALY WITH MARGARITA (R) 9:30 PM	MY ITALY WITH MARGARITA (R) 9:00 PM DAYAW (R) 9:30 PM	THE FAT KID INSIDE (R) 9:00 PM INSIGHT WITH APRIL LEE-TAN (R) 9:30 PM	BEACHED (R) 9:00 PM	G DIARIES * (R) 9:00 PM MY ITALY WITH MARGARITA (R) 9:30 PM
10:00 PM	THE FAT KID INSIDE (R) 10:00 PM ANC CONVERSATIONS 10:30 PM	SPICE TO LIFE (R) 10:00 PM (NEW) MARKET EDGE (R) 10:30 PM (NEW)	ASIAN AIR SAFARI (R) 10:00 PM (NEW) MARKET EDGE (R) 10:30 PM (NEW)	DRIVEN (R) 10:00 PM (NEW) MARKET EDGE (R) 10:30 PM (NEW)	EIC ON THE MOVE (R) 10:00 PM (NEW) MARKET EDGE (R) 10:30 PM (NEW)	ANC CONVERSATIONS 10:00 PM	ON THE MONEY (R) 10:00 PM
11:00 PM	FOODPRINTS * 11:00 PM	BEACHED 11:00 PM	CHASING FLAVORS 11:00 PM	METABEATS 11:00 PM	24X24 * 11:00 PM	EXECUTIVE CLASS (R) 11:00 PM G DIARIES * 11:30 PM	THE WORD EXPOSED 11:00 PM DAYAW (R) 11:30 PM

AUG. 6-12, 2022