

# ANC CABLE TV GUIDE

## JAPAN



JAPAN	SUNDAY JAN 16	MONDAY JAN 17	TUESDAY JAN 18	WEDNESDAY JAN 19	THURSDAY JAN 20	FRIDAY JAN 21	SATURDAY JAN 15
12:00 AM	TOUR VS TOUR (R) 12:00 AM	SPICE TO LIFE (R) 12:00 AM WOMEN OF STYLE (R) 12:30 AM	THE CRAWL * (R) 12:00 AM	METABEATS * (R) 12:00 AM	24X24 * (R) 12:00 AM	FOODPRINTS * (R) 12:00 AM	BEACHED * (R) 12:00 AM
1:00 AM	THE WORLD TONIGHT (R) 1:00 AM LOCAL LEGENDS (R) 1:30 AM	G DIARIES (R) 1:00 AM CITYSCAPE (R) 1:30 AM	THE WORLD TONIGHT (R) 1:00 AM WOMEN OF STYLE (R) 1:30 AM	THE WORLD TONIGHT (R) 1:00 AM LSS: THE MARTIN NIEVERA SHOW (R) 1:30 AM	THE WORLD TONIGHT (R) 1:00 AM GREEN LIVING (R) 1:30 AM	THE WORLD TONIGHT (R) 1:00 AM SPICE TO LIFE (R) 1:30 AM	THE WORLD TONIGHT (R) 1:00 AM INSIGHT WITH APRIL LEE-TAN (R) 1:30 AM
2:00 AM	CITIZEN PINOY (R) 2:00 AM CITYSCAPE (R) 2:30AM	EIC ON THE MOVE (R) 2:00 AM REV+ (R) 2:30 AM	HEADSTART (R) 2:00 AM	HEADSTART (R) 2:00 AM	HEADSTART (R) 2:00 AM	HEADSTART (R) 2:00 AM	HEADSTART (R) 2:00 AM
3:00 AM	24X24 (R) 3:00 AM	SO JANELLE * (R) 3:00 AM #NOFILTER (R) 3:30 AM	EIC ON THE MOVE (R) 3:00 AM CITYSCAPE (R) 3:30 AM	EXECUTIVE CLASS (R) 3:00 AM REV+ (R) 3:30 AM	WOMEN OF STYLE (R) 3:00 AM INSIGHT WITH APRIL LEE-TAN (R) 3:30 AM	#NOFILTER (R) 3:00 AM ON THE MONEY (R) 3:30 AM	LOCAL LEGENDS (R) 3:00 AM GREEN LIVING (R) 3:30 AM
4:00 AM	GREEN LIVING (R) 4:00 AM LSS: THE MARTIN NIEVERA SHOW (R) 4:30 AM	INSIGHT WITH APRIL LEE-TAN (R) 4:00 AM ASIAN AIR SAFARI * (R) 4:30 AM	ASIAN AIR SAFARI * (R) 4:00 AM REV+ (R) 4:30 AM	ENTREP LAB (R) 4:00 AM LOCAL LEGENDS (R) 4:30 AM	LSS: THE MARTIN NIEVERA SHOW (R) 4:00 AM G DIARIES (R) 4:30 AM	CASA DAZA (R) 4:30 AM	EIC ON THE MOVE (R) 4:00 AM CITYSCAPE (R) 4:30 AM
5:00 AM	G DIARIES * (R) 5:00 AM DESIGN + STORY (R) 5:30 AM	CASA DAZA (R) 5:00 AM GREEN LIVING (R) 5:30 AM	SPICE TO LIFE (R) 5:00 AM LSS: THE MARTIN NIEVERA SHOW (R) 5:30 AM	EIC ON THE MOVE (R) 5:00 AM DESIGN + STORY (R) 5:30 AM	DESIGN + STORY (R) 5:00 AM EXECUTIVE CLASS (R) 5:30 AM	WOMEN OF STYLE (R) 5:00 AM INSIGHT WITH APRIL LEE-TAN (R) 5:30 AM	BEACHED (R) 5:00 AM
6:00 AM	ON THE MONEY (R) 6:00 AM	ANC CONVERSATIONS 5:00 AM	ANC CONVERSATIONS 6:00 AM	ANC CONVERSATIONS 6:00 AM	ANC CONVERSATIONS 6:00 AM	ANC CONVERSATIONS 6:00 AM	ANC CONVERSATIONS 6:00 AM
7:00 AM	THE WORD EXPOSED 7:00 AM REV+ (R) 7:30 AM	FOODPRINTS * 7:00 AM	BEACHED * 7:00 AM	THE CRAWL 7:00 AM	METABEATS * 7:00 AM	24X24 * 7:00 AM	EXECUTIVE CLASS (R) 7:00 AM G DIARIES * 7:30 AM
8:00 AM	BEACHED (R) 8:00 AM	ANC RUNDOWN 8:00 AM	ANC RUNDOWN 8:00 AM	ANC RUNDOWN 8:00 AM	ANC RUNDOWN 8:00 AM	ANC RUNDOWN 8:00 AM	ANC RUNDOWN 8:00 AM SPICE TO LIFE (R) 8:30 AM
9:00 AM	EXECUTIVE CLASS (R) 9:00 AM FOODPRINTS (R) 8:30 AM	HEADSTART 9:00 AM	HEADSTART 9:00 AM	HEADSTART 9:00 AM	HEADSTART 9:00 AM	HEADSTART 9:00 AM	ANC RUNDOWN (TALK 1) 9:00 AM DESIGN + STORY (R) 9:30 AM
10:00 AM	INSIGHT WITH APRIL LEE-TAN (R) 10:30 AM	MARKET EDGE 10:00 AM	MARKET EDGE 10:00 AM	MARKET EDGE 10:00 AM	MARKET EDGE 10:00 AM	MARKET EDGE 10:00 AM	ANC CONVERSATIONS 10:00 AM CASA DAZA (R) 10:30 AM
11:00 AM	THE CRAWL (R) 11:00 AM	ANC RUNDOWN 11:00 AM HOTCOPY ON HEADSTART (R) 11:30 AM	ANC RUNDOWN 11:00 AM HOTCOPY ON HEADSTART (R) 11:30 AM	ANC RUNDOWN 11:00 AM HOTCOPY ON HEADSTART (R) 11:30 AM	ANC RUNDOWN 11:00 AM HOTCOPY ON HEADSTART (R) 11:30 AM	ANC RUNDOWN 11:00 AM HOTCOPY ON HEADSTART (R) 11:30 AM	ANC RUNDOWN 11:00 AM #NOFILTER (R) 11:30 AM
12:00 PM	SPICE TO LIFE * (R) 12:00 PM SO JANELLE * 12:30 PM	ANC HEADLINES 12:00 PM DESIGN + STORY (R) 12:05 PM LSS: THE MARTIN NIEVERA SHOW (R) 12:30 PM	ANC HEADLINES 12:00 PM CASA DAZA (R) 12:05 PM GREEN LIVING (R) 12:30 PM	ANC HEADLINES 12:00 PM SPICE TO LIFE (R) 12:05 PM #NOFILTER 12:30 PM	ANC HEADLINES 12:00 PM EIC ON THE MOVE (R) 12:05 PM INSIGHT WITH APRIL LEE-TAN (R) 12:30 PM	ANC HEADLINES 12:00 PM CITYSCAPE (R) 12:05 PM LOCAL LEGENDS (R) 12:30 PM	ANC HEADLINES 12:00 PM ENTREP LAB (R) 12:05 PM WOMEN OF STYLE (R) 12:30 PM
1:00 PM	24X24 * (R) 1:00 PM	DATLINE PHILIPPINES 1:00 PM	DATLINE PHILIPPINES 1:00 PM	DATLINE PHILIPPINES 1:00 PM	DATLINE PHILIPPINES 1:00 PM	DATLINE PHILIPPINES 1:00 PM	DATLINE PHILIPPINES 1:00 PM
2:00 PM	CITYSCAPE (R) 2:00 PM LSS: THE MARTIN NIEVERA SHOW (R) 2:30 PM	ANC HEADLINES 2:00 PM FOODPRINTS * (R) 2:05 PM	ANC HEADLINES 2:00 PM BEACHED * (R) 2:05 PM	ANC HEADLINES 2:00 PM THE CRAWL (R) 2:05 PM	ANC HEADLINES 2:00 PM METABEATS * (R) 2:05 PM	ANC HEADLINES 2:00 PM 24X24 * (R) 2:05 PM	ANC HEADLINES 2:00 PM INSIGHT WITH APRIL LEE-TAN (R) 2:05 PM REV+ (R) 2:30 PM
3:00 PM	ANC RUNDOWN (TALK 1) (R) 3:00 PM EIC ON THE MOVE (R) 3:30 PM	ANC RUNDOWN 3:00 PM ENTREP LAB (R) 3:30 PM	ANC RUNDOWN 3:00 PM EXECUTIVE CLASS (R) 3:30 PM	ANC RUNDOWN 3:00 PM INSIGHT WITH APRIL LEE-TAN (R) 3:30 PM	ANC RUNDOWN 3:00 PM CITYSCAPE (R) 3:30 PM	ANC RUNDOWN 3:00 PM REV+ (R) 3:30 PM	ANC HEADLINES 3:00 PM ASIAN AIR SAFARI * (R) 3:05 PM HOTCOPY ON HEADSTART (R) 3:30 PM
4:00 PM	ANC CONVERSATIONS 4:00 PM WOMEN OF STYLE 4:30 PM	ANC RUNDOWN 4:00 PM LOCAL LEGENDS (R) 4:30 PM	ANC RUNDOWN 4:00 PM REV+ (R) 4:30 PM	ANC RUNDOWN 4:00 PM LSS: THE MARTIN NIEVERA SHOW (R) 4:30 PM	ANC RUNDOWN 4:00 PM #NOFILTER (R) 4:30 PM	ANC RUNDOWN 4:00 PM INSIGHT WITH APRIL LEE-TAN (R) 4:30 PM	ANC HEADLINES 4:00 PM THE CRAWL (R) 4:05 PM
5:00 PM	ON THE MONEY (R) 4:00 PM	ANC RUNDOWN 5:00 PM WOMEN OF STYLE (R) 5:30 PM	ANC RUNDOWN 5:00 PM DESIGN + STORY (R) 5:30 PM	ANC RUNDOWN 5:00 PM CASA DAZA (R) 5:30 PM	ANC RUNDOWN 5:00 PM SPICE TO LIFE (R) 5:30 PM	ANC RUNDOWN 5:00 PM EIC ON THE MOVE (R) 5:30 PM	ANC HEADLINES 5:00 PM ON THE MONEY (R) 5:05 PM
6:00 PM	REV+ (R) 6:00 PM GREEN LIVING 6:30 PM	TOP STORY 6:00 PM	TOP STORY 6:00 PM	TOP STORY 6:00 PM	TOP STORY 6:00 PM	TOP STORY 6:00 PM	TOP STORY 6:00 PM LSS: THE MARTIN NIEVERA SHOW (R) 6:30 PM
7:00 PM	METABEATS * (R) 7:00 PM	EXECUTIVE CLASS 7:00 PM SPICE TO LIFE * 7:30 PM	INSIGHT WITH APRIL LEE-TAN 7:00 PM EIC ON THE MOVE * (R) 7:30 PM	CITYSCAPE 7:00 PM DESIGN + STORY * 7:30 PM	REV+ 7:00 PM WOMEN OF STYLE * (R) 7:30 PM	LSS: THE MARTIN NIEVERA SHOW 7:00 PM CASA DAZA * 7:30 PM	METABEATS * (R) 7:00 PM
8:00 PM	TINA MONZON - PALMA REPORTS (R) 8:00 PM	24X24 * (R) 8:00 PM	FOODPRINTS * (R) 8:00 PM	BEACHED * (R) 8:00 PM	TOUR VS TOUR * (R) 8:00 PM	METABEATS * (R) 8:00 PM	TINA MONZON- PALMA REPORTS 8:00 PM
9:00 PM	SO JANELLE * (R) 9:00 PM ASIAN AIR SAFARI * (R) 9:30 PM	AFTER THE FACT 9:00 PM	AFTER THE FACT 8:00 PM	AFTER THE FACT 9:00 PM	AFTER THE FACT 9:00 PM	AFTER THE FACT 9:00 PM	GREEN LIVING (R) 9:00 PM REV+ (R) 9:30 PM
10:00 PM	TOUR VS TOUR * (R) 10:00 PM	THE WORLD TONIGHT 10:00 PM EXECUTIVE CLASS (R) 10:30 PM	THE WORLD TONIGHT 10:00 PM INSIGHT WITH APRIL LEE-TAN (R) 10:30 PM	THE WORLD TONIGHT 10:00 PM CITYSCAPE (R) 10:30 PM	THE WORLD TONIGHT 10:00 PM REV+ (R) 10:30 PM	THE WORLD TONIGHT 10:00 PM LSS: THE MARTIN NIEVERA SHOW (R) 10:30 PM	THE WORLD TONIGHT 10:00 PM EXECUTIVE CLASS (R) 10:30 PM
11:00 PM	EXECUTIVE CLASS (R) 11:00 PM EIC ON THE MOVE * (R) 11:30 PM	AFTER THE FACT (R) 11:00 PM	AFTER THE FACT (R) 11:00 PM	AFTER THE FACT (R) 11:00 PM	AFTER THE FACT (R) 11:00 PM	AFTER THE FACT (R) 11:00 PM	24X24 (R) 11:00 PM

JAN. 15-21, 2022