

ANC CABLE TV GUIDE

NORTH AMERICA



CENTRAL (DST)	SUNDAY MAY 15	MONDAY MAY 16	TUESDAY MAY 17	WEDNESDAY MAY 18	THURSDAY MAY 19	FRIDAY MAY 20	SATURDAY MAY 14
12:00 AM	CITYSCAPE (R) 12:00 PM LSS: THE MARTIN NIEVERA SHOW (R) 12:30 PM	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 (NEW)	ANC HEADLINES 12:00 AM 24X24 * (R) 12:05 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 REV+ (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 (NEW)	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 (NEW)
3:00 AM	ON THE MONEY (R) 3:00 AM	ANC RUNDOWN 3:00 AM THE FAT KID INSIDE (R) 3:30 AM (NEW)	ANC RUNDOWN 3:00 AM MY ITALY WITH MARGARITA (R) 3:30 AM	ANC RUNDOWN 3:00 AM DRIVEN (R) 3:30 AM (NEW)	ANC RUNDOWN 3:00 AM METRO HOME (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	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 (NEW)	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 (NEW)	LSS: THE MARTIN NIEVERA SHOW 5:00 AM DRIVEN * (R) 5:30 AM (NEW)	FOODPRINTS (R) 5:00 AM
6:00 AM	SHOW ME THE MARKET (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 (NEW)	METABEATS (R) 6:00 AM	SHOW ME THE MARKET 6:00 AM
7:00 AM	SO JANELLE * (R) 7:00 AM ASIAN AIR SAFARI * (R) 7:30 AM	24x24 (R) 7:00 AM	CHASING FLAVORS (R) 7:00 AM (NEW)	ANC CONVERSATIONS (R) 7:00 AM THE FAT KID INSIDE (R) 7:30 AM (NEW)	BEACHED (R) 7:00 AM	FOODPRINTS (R) 7:00 AM	CITIZEN PINOY 7:00 AM REV+ (R) 7:30 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 CITYSCAPE (R) 8:30 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 ENTREP 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 (NEW)	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 (NEW)	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 (NEW)	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 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) 12:30 PM
1:00 PM	ENTREP 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 (NEW) 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	ENTREP LAB (R) 2:00 PM LOCAL LEGENDS (R) 2:30 PM	LSS: THE MARTIN NIEVERA SHOW (R) 2:00 PM G DIARIES (R) 2:30 PM	DRIVEN (R) 2:30 PM (NEW)	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 (NEW) 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 EXECUTIVE CLASS (R) 3:30 PM	THE FAT KID INSIDE (R) 3:00 PM (NEW) 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 (NEW) ANC CONVERSATIONS 4:30 PM	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 (NEW)	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 METRO HOME (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	CITIZEN PINOY 7:00 PM MT ITALY WITH MARGARITA (R) 7:30 PM	EXECUTIVE CLASS (R) 7:00 PM FOODPRINTS (R) 7:30 PM
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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 (NEW)
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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

MAY 14-20, 2022