

ANC CABLE TV GUIDE

LONDON, UNITED KINGDOM



LONDON (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	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 METRO HOME (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	CITIZEN PINOY 1:00 AM MY ITALY WITH MARGARITA (R) 1:30 AM
2:00 AM	INSIGHT WITH APRIL LEE-TAN (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 (NEW)
3:00 AM	CHASING FLAVORS (R) 3:00 AM (NEW)	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	SHOW ME THE MARKET (R) 4:00 AM (NEW)	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 (NEW) 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 ENTREP LAB (R) 4:05 AM THE FAT KID INSIDE (R) 4:30 AM (NEW)
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 LSS: THE MARTIN NIEVERA SHOW (R) 6:30 AM	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 (NEW)	ANC HEADLINES 6:00 AM SHOW ME THE MARKET * (R) 6:05 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 REV+ (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 (NEW)	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 (NEW)
9:00 AM	ON THE MONEY (R) 9:00 AM	ANC RUNDOWN 9:00 AM THE FAT KID INSIDE (R) 9:30 AM (NEW)	ANC RUNDOWN 9:00 AM MY ITALY WITH MARGARITA (R) 9:30 AM	ANC RUNDOWN 9:00 AM DRIVEN (R) 9:30 AM (NEW)	ANC RUNDOWN 9:00 AM METRO HOME (R) 9:30 AM	ANC RUNDOWN 9:00 AM EIC ON THE MOVE (R) 9:30 AM	ANC HEADLINES 9:00 AM ON THE MONEY (R) 9:05 AM
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 (NEW)	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 (NEW)	LSS: THE MARTIN NIEVERA SHOW 11:00 AM DRIVEN * 11:30 AM (NEW)	FOODPRINTS (R) 11:00 AM
12:00 PM	SHOW ME THE MARKET (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 (NEW)	METABEATS (R) 12:00 PM	SHOW ME THE MARKET 12:00 PM
1:00 PM	SO JANELLE * (R) 1:00 PM ASIAN AIR SAFARI * (R) 1:30 PM	24x24 (R) 1:00 PM	CHASING FLAVORS (R) 1:00 PM (NEW)	ANC CONVERSATIONS (R) 1:00 PM THE FAT KID INSIDE (R) 1:30 PM (NEW)	BEACHED (R) 1:00 PM	FOODPRINTS (R) 1:00 PM	CITIZEN PINOY 1:00 PM REV+ (R) 1:30 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 CITYSCAPE (R) 2:30 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 ENTREP 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 (NEW)	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 (NEW)	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 (NEW)	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 REV+ (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	ENTREP 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 (NEW) 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	ENTREP LAB (R) 8:00 PM LOCAL LEGENDS (R) 8:30 PM	LSS: THE MARTIN NIEVERA SHOW (R) 8:00 PM G DIARIES (R) 8:30 PM	DRIVEN (R) 8:30 PM (NEW)	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 (NEW) 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 EXECUTIVE CLASS (R) 9:30 PM	THE FAT KID INSIDE (R) 9:00 PM (NEW) 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 (NEW) ANC CONVERSATIONS 10:30 PM	ANC CONVERSATIONS 10:00 PM	ANC CONVERSATIONS 10:00 PM	ANC CONVERSATIONS 10:00 PM	ANC CONVERSATIONS 10:00 PM	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 (NEW)	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 REV+ (R) 11:30 PM

MAY 14-20, 2022