

ANC CABLE TV GUIDE

LONDON, UNITED KINGDOM



| LONDON (DST) | SUNDAY SEP 25 | MONDAY SEP 26 | TUESDAY SEP 27 | WEDNESDAY SEP 28 | THURSDAY SEP 29 | FRIDAY SEP 30 | SATURDAY SEP 24 |
|--------------|--|--|---|--|--|---|---|
| 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 THE FAT KID INSIDE (R) 1:30 AM (NEW) |
| 2:00 AM | SO JANELLE (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 CASA DAZA (R) 2:30 AM (NEW) |
| 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 CASA DAZA (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 DAYAW (R) 4:05 AM SPICE TO LIFE (R) 4:30 AM (NEW) |
| 5:00 AM | HEADSTART * (R) 5:00 AM | DATLINE PHILIPPINES 5:00 AM | DATLINE PHILIPPINES 5:00 AM | DATLINE PHILIPPINES 5:00 AM | DATLINE PHILIPPINES 5:00 AM | DATLINE PHILIPPINES 5:00 AM | DATLINE PHILIPPINES 5:00 AM |
| 6:00 AM | CITYSCAPE (R) 6:00 AM CASA DAZA (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 GREEN LIVING (R) 6:05 AM (NEW) CITIZEN PINOY (R) 6:30 AM (NEW) | 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 | THE FAT KID INSIDE (R) 7:00 AM (NEW) 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 SPICE TO LIFE 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 |
| 9:00 AM | ON THE MONEY (R) 9:00 AM | ANC RUNDOWN 9:00 AM SPICE TO LIFE (R) 9:30 AM (NEW) | ANC RUNDOWN 9:00 AM MY ITALY WITH MARGARITA (R) 9:30 AM | ANC RUNDOWN 9:00 AM CASA DAZA (R) 9:30 AM (NEW) | 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 ENTREP LAB (R) 9:05 AM SO JANELLE (R) 9:30 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 CASA DAZA (R) 11:30 AM (NEW) | ANC HEADLINES - 11:00 AM EXECUTIVE CLASS 11:05 AM METRO HOME 11:30 AM | ANC HEADLINES - 11:00 AM INSIGHT WITH APRIL LEE-TAN 11:05 AM EIC ON THE MOVE * (R) 11:30 AM | ANC HEADLINES - 11:00 AM CITYSCAPE 11:05 AM MY ITALY WITH MARGARITA 11:30 AM | ANC HEADLINES - 11:00 AM REV+ 11:05 AM THE FAT KID INSIDE * 11:30 AM (NEW) | ANC HEADLINES - 11:00 AM LSS: THE MARTIN NIEVERA SHOW 11:05 AM CASA DAZA (R) 11:30 AM (NEW) | 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 JANELLE * (R) 1:00 PM ASIAN AIR SAFARI * (R) 1:30 PM | 24x24 (R) 1:00 PM | CHASING FLAVORS (R) 1:00 PM | SPICE TO LIFE (R) 1:00 PM (NEW) THE FAT KID INSIDE (R) 1:30 PM | DAYAW 1:00 PM LOCAL LEGENDS (R) 1:30 PM | FOODPRINTS (R) 1:00 PM GOURMET TAKEAWAY - (R) 1:45 PM | CITIZEN PINOY 1:00 PM AFTER SIX - (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 (NEW) | 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 EIC ON THE MOVE (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 | ASIAN AIR SAFARI (R) 3:00 PM (NEW) 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 5:00 PM DAYAW (R) 5:30 PM (NEW) | THE WORLD TONIGHT 5:00 PM LSS: THE MARTIN NIEVERA SHOW (R) 5:30 PM | THE WORLD TONIGHT 5:00 PM GREEN LIVING (R) 5:30 PM | THE WORLD TONIGHT 5:00 PM METRO HOME (R) 5:30 PM | THE WORLD TONIGHT 5:00 PM INSIGHT WITH APRIL LEE-TAN (R) 5:30 PM | THE WORLD TONIGHT 5:00 PM LOCAL LEGENDS (R) 5:30 PM |
| 6:00 PM | EIC ON THE MOVE (R) 6:00 PM SO JANELLE (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 | SPICE TO LIFE (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 DAYAW (R) 8:30 PM | LSS: THE MARTIN NIEVERA SHOW (R) 8:00 PM G DIARIES (R) 8:30 PM | LSS: THE MARTIN NIEVERA SHOW (R) 8:00 PM CASA DAZA (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 | CASA DAZA (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 DAYAW (R) 9:30 PM | SPICE TO LIFE (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 ANC CONVERSATIONS 10:30 PM | SPICE TO LIFE (R) 10:00 PM MARKET EDGE (R) 10:30 PM | ASIAN AIR SAFARI (R) 10:00 PM MARKET EDGE (R) 10:30 PM | CASA DAZA (R) 10:00 PM (NEW) MARKET EDGE (R) 10:30 PM | EIC ON THE MOVE (R) 10:00 PM MARKET EDGE (R) 10:30 PM | METRO HOME (R) 10:00 PM MARKET EDGE (R) 10:30 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 |

SEP. 24-30, 2022