

ANC CABLE TV GUIDE

JAPAN



| JAPAN TIME | SUNDAY JAN 22 | MONDAY JAN 23 | TUESDAY JAN 24 | WEDNESDAY JAN 25 | THURSDAY JAN 26 | FRIDAY JAN 27 | SATURDAY JAN 21 |
|------------|---|---|--|---|---|--|---|
| 12:00 AM | METABEATS (R) 12:00 AM | WOMEN OF STYLE (R) 12:00 AM THE FAT KID INSIDE (R) 12:30 AM | BEACHED (R) 12:00 AM | 24X24 (R) 12:00 AM | FOODPRINTS * (R) 12:00 AM | EXECUTIVE CLASS (R) 12:00 AM ASIAN AIR SAFARI * (R) 12:30 AM | THE CRAWL * (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 AT THE MOMENT (R) 1:30 AM | THE WORLD TONIGHT (R) 1:00 AM DAYAW (R) 1:30 AM | THE WORLD TONIGHT (R) 1:00 AM DWELLINGS (R) 1:30 AM | THE WORLD TONIGHT (R) 1:00 AM GREEN LIVING (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 INSIGHT WITH APRIL LEE-TAN (R) 1:30 AM |
| 2:00 AM | CITIZEN PINOY (R) 2:00 AM AT THE MOMENT (R) 2:30AM | EIC ON THE MOVE (R) 2:00 AM SO JANELLE (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 | ENTREP LAB * (R) 3:00 AM DAYAW (R) 3:30 AM | EIC ON THE MOVE (R) 3:00 AM AT THE MOMENT (R) 3:30 AM | EXECUTIVE CLASS (R) 3:00 AM REV+ (R) 3:30 AM | DWELLINGS (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 DAYAW (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 AT THE MOMENT (R) 4:30 AM |
| 5:00 AM | G DIARIES * (R) 5:00 AM MY ITALY WITH MARGARITA (R) 5:30 AM | CASA DAZA (R) 5:00 AM GREEN LIVING (R) 5:30 AM | WOMEN OF STYLE (R) 5:00 AM LSS: THE MARTIN NIEVERA SHOW (R) 5:30 AM | EIC ON THE MOVE (R) 5:00 AM MY ITALY WITH MARGARITA (R) 5:30 AM | MY ITALY WITH MARGARITA (R) 5:00 AM DAYAW (R) 5:30 AM | DWELLINGS (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 | THE FAT KID INSIDE (R) 5:00 AM ANC CONVERSATIONS 5:30 AM | DWELLINGS (R) 6:00 AM MARKET EDGE (R) 6:30 AM | ASIAN AIR SAFARI (R) 6:00 AM MARKET EDGE (R) 6:30 AM | CASA DAZA (R) 6:00 AM MARKET EDGE (R) 6:30 AM | EIC ON THE MOVE (R) 6:00 AM MARKET EDGE (R) 6:30 AM | WOMEN OF STYLE (R) 6:00 AM MARKET EDGE (R) 6:30 AM |
| 7:00 AM | THE WORD EXPOSED 7:00 AM DAYAW (R) 7:30 AM | FOODPRINTS * 7:00 AM | BEACHED 7:00 AM | CHASING FLAVORS 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 | METABEATS (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 ASIAN AIR SAFARI (R) 8:30 AM |
| 9:00 AM | EXECUTIVE CLASS (R) 9:00 AM BEACHED (R) 9:30 AM | HEADSTART 9:00 AM | HEADSTART 9:00 AM | HEADSTART 9:00 AM | HEADSTART 9:00 AM | HEADSTART 9:00 AM | ANC HEADLINES - 9:00 AM CITIZEN PINOY 9:05 AM THE FAT KID INSIDE (R) 9:30 AM |
| 10:00 AM | SO JANELLE (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 | CHASING FLAVORS (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 | FOODPRINTS (R) 12:00 PM | ANC HEADLINES - 12:00 PM MY ITALY WITH MARGARITA (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 WOMEN OF STYLE (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 AT THE MOMENT (R) 12:05 PM LOCAL LEGENDS (R) 12:30 PM | ANC HEADLINES - 12:00 PM DAYAW (R) 12:05 PM DWELLINGS (R) 12:30 PM |
| 1:00 PM | HEADSTART * (R) 1:00 PM | DATeline PHILIPPINES 1:00 PM | DATeline PHILIPPINES 1:00 PM | DATeline PHILIPPINES 1:00 PM | DATeline PHILIPPINES 1:00 PM | DATeline PHILIPPINES 1:00 PM | DATeline PHILIPPINES 1:00 PM |
| 2:00 PM | AT THE MOMENT (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 CHASING FLAVORS (R) 2:05 PM | ANC HEADLINES - 2:00 PM GREEN LIVING (R) 2:05 PM CITIZEN PINOY (R) 2:30 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 | THE FAT KID INSIDE (R) 3:00 PM EIC ON THE MOVE 3:30 PM | ANC RUNDOWN 3:00 PM CITIZEN PINOY (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 AT THE MOMENT (R) 3:30 PM | ANC RUNDOWN 3:00 PM DAYAW (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 DWELLINGS 4:30 PM | MARKET EDGE 4:00 PM LOCAL LEGENDS (R) 4:30 PM | MARKET EDGE 4:00 PM REV+ (R) 4:30 PM | MARKET EDGE 4:00 PM LSS: THE MARTIN NIEVERA SHOW (R) 4:30 PM | MARKET EDGE 4:00 PM #NOFILTER (R) 4:30 PM | MARKET EDGE 4:00 PM INSIGHT WITH APRIL LEE-TAN (R) 4:30 PM | ANC HEADLINES - 4:00 PM CHASING FLAVORS (R) 4:05 PM |
| 5:00 PM | ON THE MONEY (R) 5:00 PM | ANC RUNDOWN 5:00 PM DWELLINGS (R) 5:30 PM | ANC RUNDOWN 5:00 PM MY ITALY WITH MARGARITA (R) 5:30 PM | ANC RUNDOWN 5:00 PM CASA DAZA (R) 5:30 PM | ANC RUNDOWN 5:00 PM WOMEN OF STYLE (R) 5:30 PM | ANC RUNDOWN 5:00 PM REV+ (R) 5:30 PM | ANC HEADLINES - 5:00 PM ON THE MONEY (R) 5:05 PM |
| 6:00 PM | CITIZEN PINOY (R) 6:00 PM REV+ 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 | MY ITALY WITH MARGARITA * (R) 7:00 PM CASA DAZA (R) 7:30 PM | ANC HEADLINES - 7:00 PM EXECUTIVE CLASS 7:05 PM WOMEN OF STYLE 7:30 PM | ANC HEADLINES - 7:00 PM INSIGHT WITH APRIL LEE-TAN 7:05 PM EIC ON THE MOVE * (R) 7:30 PM | ANC HEADLINES - 7:00 PM AT THE MOMENT 7:05 PM MY ITALY WITH MARGARITA 7:30 PM | ANC HEADLINES - 7:00 PM REV+ 7:05 PM THE FAT KID INSIDE * 7:30 PM | ANC HEADLINES - 7:00 PM LSS: THE MARTIN NIEVERA SHOW 7:05 PM CASA DAZA 7:30 PM | FOODPRINTS (R) 7:00 PM |
| 8:00 PM | ENTREP LAB (R) 8:00 PM #NOFILTER (R) 8:30 PM | METABEATS (R) 8:00 PM | FOODPRINTS * (R) 8:00 PM | BEACHED (R) 8:00 PM | CHASING FLAVORS * (R) 8:00 PM | METABEATS (R) 8:00 PM | AT THE MOMENT (R) 8:00 PM MY ITALY WITH MARGARITA (R) 8:30 PM |
| 9:00 PM | SO JANELLE * (R) 9:00 PM ASIAN AIR SAFARI * (R) 9:30 PM | 24x24 (R) 9:00 PM | CHASING FLAVORS (R) 9:00 PM | ANC CONVERSATIONS (R) 9:00 PM THE FAT KID INSIDE (R) 9:30 PM | DAYAW 9:00 PM LOCAL LEGENDS (R) 9:30 PM | FOODPRINTS (R) 9:00 PM | CITIZEN PINOY 9:00 PM REV+ (R) 9:30 PM |
| 10:00 PM | METABEATS (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 AT THE MOMENT (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 | REV+ (R) 11:00 PM EIC ON THE MOVE (R) 11:30 PM | LSS: THE MARTIN NIEVERA SHOW (R) 11:00 PM #NOFILTER * (R) 11:30 PM | EXECUTIVE CLASS (R) 11:00 PM LOCAL LEGENDS (R) 11:30 PM | INSIGHT WITH APRIL LEE-TAN (R) 11:00 PM CITIZEN PINOY * (R) 11:30 PM | AT THE MOMENT (R) 11:00 PM MY ITALY WITH MARGARITA (R) 11:30 PM | 24X24 (R) 11:00 PM |

JAN. 21-27, 2023