

ANC CABLE TV GUIDE

NORTH AMERICA



CENTRAL (ST)	SUNDAY JAN 29	MONDAY JAN 30	TUESDAY JAN 31	WEDNESDAY FEB 1	THURSDAY FEB 2	FRIDAY FEB 3	SATURDAY JAN 28
12:00 AM	THE FAT KID INSIDE (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	<small>ANC HEADLINES - 12:00 AM</small> ASIAN AIR SAFARI * (R) 12:05 AM
	EIC ON THE MOVE 12:30 AM	CITIZEN PINOY (R) 12:30 AM	EXECUTIVE CLASS (R) 12:30 AM	INSIGHT WITH APRIL LEE-TAN (R) 12:30 AM	AT THE MOMENT (R) 12:30 AM	DAYAW (R) 12:30 AM	HOTCOPY ON HEADSTART (R) 12:30 AM
1:00 AM	ANC CONVERSATIONS 1:00 AM	MARKET EDGE 1:00 AM	MARKET EDGE 1:00 AM	MARKET EDGE 1:00 AM	MARKET EDGE 1:00 AM	MARKET EDGE 1:00 AM	<small>ANC HEADLINES - 1:00 AM</small> CHASING FLAVORS (R) 1:05 AM
	DWELLINGS 1:30 AM	LOCAL LEGENDS (R) 1:30 AM	REV+ (R) 1:30 AM	LSS: THE MARTIN NIEVERA SHOW (R) 1:30 AM	#NOFILTER (R) 1:30 AM	INSIGHT WITH APRIL LEE-TAN (R) 1:30 AM	
2:00 AM	ON THE MONEY (R) 2:00 AM	ANC RUNDOWN 2:00 AM	ANC RUNDOWN 2:00 AM	ANC RUNDOWN 2:00 AM	ANC RUNDOWN 2:00 AM	ANC RUNDOWN 2:00 AM	<small>ANC HEADLINES - 2:00 AM</small> ON THE MONEY (R) 2:05 AM
		DWELLINGS (R) 2:30 AM	MY ITALY WITH MARGARITA (R) 2:30 AM	CASA DAZA (R) 2:30 AM	WOMEN OF STYLE (R) 2:30 AM	REV+ (R) 2:30 AM	
3:00 AM	CITIZEN PINOY (R) 3:00 AM	TOP STORY 3:00 AM	TOP STORY 3:00 AM	TOP STORY 3:00 AM	TOP STORY 3:00 AM	TOP STORY 3:00 AM	TOP STORY 3:00 AM
	REV+ 3:30 AM						LSS: THE MARTIN NIEVERA SHOW (R) 3:30 AM
4:00 AM	MY ITALY WITH MARGARITA * (R) 4:00 AM	<small>ANC HEADLINES - 4:00 AM</small> EXECUTIVE CLASS 4:05 AM	<small>ANC HEADLINES - 4:00 AM</small> INSIGHT WITH APRIL LEE-TAN 4:05 AM	<small>ANC HEADLINES - 4:00 AM</small> AT THE MOMENT 4:05 AM	<small>ANC HEADLINES - 4:00 AM</small> REV+ 4:05 AM	<small>ANC HEADLINES - 4:00 AM</small> LSS: THE MARTIN NIEVERA SHOW 4:05 AM	FOODPRINTS (R) 4:00 AM
	CASA DAZA (R) 4:30 AM	WOMEN OF STYLE 4:30 AM	EIC ON THE MOVE (R) 4:30 AM	MY ITALY WITH MARGARITA 4:30 AM	THE FAT KID INSIDE * 4:30 AM	CASA DAZA 4:30 AM	
5:00 AM	ENTREP LAB (R) 5:00 AM	METABEATS (R) 5:00 AM	FOODPRINTS * (R) 5:00 AM	BEACHED (R) 5:00 AM	CHASING FLAVORS * (R) 5:00 AM	METABEATS (R) 5:00 AM	AT THE MOMENT (R) 5:00 AM
	#NOFILTER (R) 5:30 AM						MY ITALY WITH MARGARITA (R) 5:30 AM
6:00 AM	SO JANELLE * (R) 6:00 AM	24x24 (R) 6:00 AM	CHASING FLAVORS (R) 6:00 AM	ANC CONVERSATIONS (R) 6:00 AM	DAYAW 6:00 AM	FOODPRINTS (R) 6:00 AM	CITIZEN PINOY 6:00 AM
	ASIAN AIR SAFARI * (R) 6:30 AM			THE FAT KID INSIDE (R) 6:30 AM	LOCAL LEGENDS (R) 6:30 AM		REV+ (R) 6:30 AM
7:00 AM	METABEATS (R) 7:00 AM	THE WORLD TONIGHT 7:00 AM	THE WORLD TONIGHT 7:00 AM	THE WORLD TONIGHT 7:00 AM	THE WORLD TONIGHT 7:00 AM	THE WORLD TONIGHT 7:00 AM	THE WORLD TONIGHT 7:00 AM
		EXECUTIVE CLASS (R) 7:30 AM	INSIGHT WITH APRIL LEE-TAN (R) 7:30 AM	AT THE MOMENT (R) 7:30 AM	REV+ (R) 7:30 AM	LSS: THE MARTIN NIEVERA SHOW (R) 7:30 AM	EXECUTIVE CLASS (R) 7:30 AM
8:00 AM	EXECUTIVE CLASS (R) 8:00 AM	REV+ (R) 8:00 AM	LSS: THE MARTIN NIEVERA SHOW (R) 8:00 AM	EXECUTIVE CLASS (R) 8:00 AM	INSIGHT WITH APRIL LEE-TAN (R) 8:00 AM	AT THE MOMENT (R) 8:00 AM	24X24 (R) 8:00 AM
	EIC ON THE MOVE * (R) 8:30 AM	EIC ON THE MOVE (R) 8:30 AM	#NOFILTER * (R) 8:30 AM	LOCAL LEGENDS (R) 8:30 AM	CITIZEN PINOY * (R) 8:30 AM	MY ITALY WITH MARGARITA (R) 8:30 AM	
9:00 AM	WOMEN OF STYLE (R) 9:00 AM	BEACHED (R) 9:00 AM	24X24 (R) 9:00 AM	FOODPRINTS * (R) 9:00 AM	EXECUTIVE CLASS (R) 9:00 AM	CHASING FLAVORS (R) 9:00 AM	METABEATS (R) 9:00 AM
	THE FAT KID INSIDE (R) 9:30 AM				ASIAN AIR SAFARI * (R) 9:30 AM		
10:00 AM	G DIARIES (R) 10:00 AM	THE WORLD TONIGHT (R) 10:00 AM	THE WORLD TONIGHT (R) 10:00 AM	THE WORLD TONIGHT (R) 10:00 AM	THE WORLD TONIGHT (R) 10:00 AM	THE WORLD TONIGHT (R) 10:00 AM	THE WORLD TONIGHT (R) 10:00 AM
	AT THE MOMENT (R) 10:30 AM	DAYAW (R) 10:30 AM	DWELLINGS (R) 10:30 AM	GREEN LIVING (R) 10:30 AM	WOMEN OF STYLE (R) 10:30 AM	INSIGHT WITH APRIL LEE-TAN (R) 10:30 AM	LOCAL LEGENDS (R) 10:30 AM
11:00 AM	EIC ON THE MOVE (R) 11:00 AM	HEADSTART (R) 11:00 AM	HEADSTART (R) 11:00 AM	HEADSTART (R) 11:00 AM	HEADSTART (R) 11:00 AM	HEADSTART (R) 11:00 AM	CITIZEN PINOY (R) 11:00 AM
	SO JANELLE (R) 11:30 AM						AT THE MOMENT (R) 11:30 AM
12:00 PM	ENTREP LAB * (R) 12:00 PM	EIC ON THE MOVE (R) 12:00 PM	EXECUTIVE CLASS (R) 12:00 PM	DWELLINGS (R) 12:00 PM	#NOFILTER (R) 12:00 PM	LOCAL LEGENDS (R) 12:00 PM	24X24 (R) 12:00 PM
	DAYAW (R) 12:30 PM	AT THE MOMENT (R) 12:30 PM	REV+ (R) 12:30 PM	INSIGHT WITH APRIL LEE-TAN (R) 12:30 PM	ON THE MONEY (R) 12:30 PM	GREEN LIVING (R) 12:30 PM	
1:00 PM	INSIGHT WITH APRIL LEE-TAN (R) 1:00 PM	ASIAN AIR SAFARI * 1:00 PM	ENTREP LAB (R) 1:00 PM	LSS: THE MARTIN NIEVERA SHOW (R) 1:00 PM	G DIARIES (R) 1:30 PM	EIC ON THE MOVE (R) 1:00 PM	GREEN LIVING (R) 1:00 PM
	ASIAN AIR SAFARI * (R) 1:30 PM	REV+ (R) 1:30 PM	DAYAW (R) 1:30 PM	G DIARIES (R) 1:30 PM	CASA DAZA (R) 1:30 PM	AT THE MOMENT (R) 1:30 PM	LSS: THE MARTIN NIEVERA SHOW (R) 1:30 PM
2:00 PM	CASA DAZA (R) 2:00 PM	WOMEN OF STYLE (R) 2:00 PM	EIC ON THE MOVE (R) 2:00 PM	MY ITALY WITH MARGARITA (R) 2:00 PM	DWELLINGS (R) 2:00 PM	BEACHED (R) 2:00 PM	G DIARIES * (R) 2:00 PM
	GREEN LIVING (R) 2:30 PM	LSS: THE MARTIN NIEVERA SHOW (R) 2:30 PM	MY ITALY WITH MARGARITA (R) 2:30 PM	DAYAW (R) 2:30 PM	INSIGHT WITH APRIL LEE-TAN (R) 2:30 PM		MY ITALY WITH MARGARITA (R) 2:30 PM
3:00 PM	THE FAT KID INSIDE (R) 3:00 PM	DWELLINGS (R) 3:00 PM	ASIAN AIR SAFARI (R) 3:00 PM	CASA DAZA (R) 3:00 PM	EIC ON THE MOVE (R) 3:00 PM	WOMEN OF STYLE (R) 3:00 PM	ON THE MONEY (R) 3:00 PM
	ANC CONVERSATIONS 3:30 PM	MARKET EDGE (R) 3:30 PM	MARKET EDGE (R) 3:30 PM	MARKET EDGE (R) 3:30 PM	MARKET EDGE (R) 3:30 PM	MARKET EDGE (R) 3:30 PM	
4:00 PM	FOODPRINTS * 4:00 PM	BEACHED 4:00 PM	CHASING FLAVORS 4:00 PM	METABEATS 4:00 PM	24X24 * 4:00 PM	EXECUTIVE CLASS (R) 4:00 PM	THE WORD EXPOSED 4:00 PM
						G DIARIES * 4:30 PM	DAYAW (R) 4:30 PM
5:00 PM	ANC RUNDOWN 5:00 PM	ANC RUNDOWN 5:00 PM	ANC RUNDOWN 5:00 PM	ANC RUNDOWN 5:00 PM	ANC RUNDOWN 5:00 PM	ANC RUNDOWN 5:00 PM	METABEATS (R) 5:00 PM
						ASIAN AIR SAFARI (R) 6:30 PM	
6:00 PM	HEADSTART 6:00 PM	HEADSTART 6:00 PM	HEADSTART 6:00 PM	HEADSTART 6:00 PM	HEADSTART 6:00 PM	<small>ANC HEADLINES - 6:00 PM</small> CITIZEN PINOY 6:05 PM	EXECUTIVE CLASS (R) 6:00 PM
						THE FAT KID INSIDE (R) 6:30 PM	BEACHED (R) 6:30 PM
7:00 PM	MARKET EDGE 7:00 PM	MARKET EDGE 7:00 PM	MARKET EDGE 7:00 PM	MARKET EDGE 7:00 PM	MARKET EDGE 7:00 PM	ANC CONVERSATIONS 7:00 PM	SO JANELLE 7:30 PM
						CASA DAZA (R) 7:30 PM	
8:00 PM	ANC RUNDOWN 8:00 PM	ANC RUNDOWN 8:00 PM	ANC RUNDOWN 8:00 PM	ANC RUNDOWN 8:00 PM	ANC RUNDOWN 8:00 PM	ANC RUNDOWN 8:00 PM	CHASING FLAVORS (R) 8:00 PM
	HOTCOPY ON HEADSTART (R) 8:30 PM	HOTCOPY ON HEADSTART (R) 8:30 PM	HOTCOPY ON HEADSTART (R) 8:30 PM	HOTCOPY ON HEADSTART (R) 8:30 PM	HOTCOPY ON HEADSTART (R) 8:30 PM	#NOFILTER (R) 8:30 PM	
9:00 PM	<small>ANC HEADLINES - 9:00 PM</small> MY ITALY WITH MARGARITA (R) 9:05 PM	<small>ANC HEADLINES - 9:00 PM</small> CASA DAZA (R) 9:05 PM	<small>ANC HEADLINES - 9:00 PM</small> WOMEN OF STYLE (R) 9:05 PM	<small>ANC HEADLINES - 9:00 PM</small> EIC ON THE MOVE (R) 9:05 PM	<small>ANC HEADLINES - 9:00 PM</small> AT THE MOMENT (R) 9:05 PM	<small>ANC HEADLINES - 9:00 PM</small> DAYAW (R) 9:05 PM	FOODPRINTS (R) 9:00 PM
	LSS: THE MARTIN NIEVERA SHOW (R) 9:30 PM	GREEN LIVING (R) 9:30 PM	#NOFILTER 9:30 PM	INSIGHT WITH APRIL LEE-TAN (R) 9:30 PM	LOCAL LEGENDS (R) 9:30 PM	DWELLINGS (R) 9:30 PM	
10:00 PM	DATLINE PHILIPPINES 10:00 PM	DATLINE PHILIPPINES 10:00 PM	DATLINE PHILIPPINES 10:00 PM	DATLINE PHILIPPINES 10:00 PM	DATLINE PHILIPPINES 10:00 PM	DATLINE PHILIPPINES 10:00 PM	HEADSTART * (R) 10:00 PM
	<small>ANC HEADLINES - 11:00 PM</small>	<small>ANC HEADLINES - 11:00 PM</small>	<small>ANC HEADLINES - 11:00 PM</small>	<small>ANC HEADLINES - 11:00 PM</small>	<small>ANC HEADLINES - 11:00 PM</small>	<small>ANC HEADLINES - 11:00 PM</small>	AT THE MOMENT (R) 11:00 PM
11:00 PM	FOODPRINTS * (R) 11:05 PM	BEACHED (R) 11:05 PM	CHASING FLAVORS (R) 11:05 PM	GREEN LIVING (R) 11:05 PM	24X24 * (R) 11:05 PM	INSIGHT WITH APRIL LEE-TAN (R) 11:05 PM	LSS: THE MARTIN NIEVERA SHOW (R) 11:30 PM
				CITIZEN PINOY (R) 11:30 PM		REV+ (R) 11:30 PM	

JAN. 28 - FEB. 3, 2023