

ANC CABLE TV GUIDE

JAPAN



JAPAN TIME	SUNDAY JAN 29	MONDAY JAN 30	TUESDAY JAN 31	WEDNESDAY FEB 1	THURSDAY FEB 2	FRIDAY FEB 3	SATURDAY JAN 28
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) 2:30 AM	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 (R) 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. 28 - FEB. 3, 2023