

# ANC CABLE TV GUIDE

LONDON, UNITED KINGDOM



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

JAN. 28 - FEB. 3, 2023