

MLA	GMA NEWS TV PROGRAMMING JANUARY 1 -3, 2026 GRID (MANILA)							JAPAN (MLA +1)	AUSTRALIA (MLA + 3)	NEW ZEALAND (MLA + 5)	ITALY (MLA - 7)	UK (MLA - 8)
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY					
12:00NN	GOOD NEWS (R) 12:00 - 12:45	REEL TIME MARATHON (P) 9:30 - 1:30			con't of REEL TIME (R) 11:45 - 12:45							
1:00AM	PERA PARAAN (R) 12:45 - 1:30				STATE OF THE NATION (P) 12:45 - 1:15							
2:00AM	BRIGADA (R) 1:30 - 2:30	REEL TIME MARATHON (R) 1:30 - 2:30		GOOD NEWS (R) 1:15 - 2:00	PINOY CRIME STORIES (R) 1:15 - 2:00	PERA PARAAN (R) 1:15 - 2:00	INVESTIGATIVE DOCUMENTARIES (R) 1:15 - 2:00	BORN IMPACT (R) 1:15 - 2:00				
							SAKSI (P) 2:00 - 2:30					
3:00AM	INVESTIGATIVE DOCUMENTARIES (R) 2:30 - 3:30	DOKUMENTARYO (I-WITNESS CLASSICS) MARATHON (P) 2:30 - 5:30				BALITANG BISDAK (P) 2:30 - 3:15						
4:00AM	AGRIPRENEUR (R) 3:30 - 4:00					ONE NORTH CENTRAL LUZON (P) 3:15 - 4:00						
5:00AM	GOOD NEWS (R) 4:00 - 5:00					ONE MINDANAO (P) 4:00 - 4:45						
6:00AM	BRIGADA (R) 5:00 - 6:00					ONE WESTERN VISAYAS (P) 4:45 - 5:30						
7:00AM	CAYETANO IN ACTION WITH BOY ABUNDA (P) 6:00 - 7:00	FRONT ROW (R) 5:30 - 6:15				STATE OF THE NATION (R) 5:30 - 6:15						
8:00AM	FRONT ROW (P) 7:00 - 7:30	AGRIPRENEUR (R) 6:15 - 7:00				SAKSI (R) 6:15 - 6:45						
						BALITANGHALI (R) 6:45 - 7:45						
8:00AM	IMBESTIGADOR (P) 7:30 - 8:15	GOOD NEWS (P) 7:45 - 8:30	PINOY CRIME STORIES (P) 7:45 - 8:30	PERA PARAAN (P) 7:45 - 8:30	INVESTIGATIVE DOCUMENTARIES (P) 7:45 - 8:30	BRIGADA (P) 7:45 - 8:30	BORN IMPACT (P) 7:45 - 8:30					
9:00AM	BUSINESS MATTERS (P) 8:30 - 9:15	DOBOL B TV (P) 8:30 - 12:00										
10:00AM	AGRIPRENEUR (R) 9:15 - 10:00											
11:00AM	GOOD NEWS (R) 10:00 - 11:00											
12:00NN	CAYETANO IN ACTION WITH BOY ABUNDA (R) 11:00 - 12:00											
1:00PM	DOKUMENTARYO (I-WITNESS CLASSICS) MARATHON (P) 12:00 - 3:00											
2:00PM					DOKUMENTARYO (I-WITNESS CLASSICS) (P) 12:00 - 12:45							
3:00PM					REEL TIME (P) 12:45 - 1:45							
4:00PM				GOOD NEWS (R) 1:45 - 2:45	IMBESTIGADOR (R) 1:45 - 2:30	BUSINESS MATTERS (R) 1:45 - 2:30	PERA PARAAN (R) 1:45 - 2:45	AGRIPRENEUR (R) 1:45 - 2:30				
5:00PM				BORN IMPACT (R) 3:00 - 3:30	PINOY CRIME STORIES (R) 2:45 - 3:30	BRIGADA (R) 2:30 - 3:30	FRONT ROW (R) 2:30 - 3:15	GOOD NEWS (R) 2:45 - 3:30	IMBESTIGADOR (R) 2:30 - 3:15			
6:00PM				FRONT ROW (R) 3:30 - 4:15	IMBESTIGADOR (R) 3:30 - 4:15	PERA PARAAN (R) 3:30 - 4:15	INVESTIGATIVE DOCUMENTARIES (R) 3:15 - 4:15	FRONT ROW (R) 3:30 - 4:15	CAYETANO IN ACTION WITH BOY ABUNDA (R) 3:15 - 4:15			
7:00PM				PINOY CRIME STORIES (R) 4:15 - 5:00			DOKUMENTARYO (I-WITNESS CLASSICS) (R) 4:15 - 5:00			BORN IMPACT (R) 4:15 - 5:00		
8:00PM				CAYETANO IN ACTION WITH BOY ABUNDA (R) 5:00 - 6:00			BALITANGHALI (P) 5:00 - 6:00			GOOD NEWS (R) 5:00 - 6:00		
9:00PM				PERA PARAAN (R) 6:00 - 7:00			REEL TIME (R) 6:00 - 7:00			BRIGADA (R) 6:00 - 7:00		
10:00PM				ADULTING WITH ATOM ARAULLO (R) 7:00 - 7:15	PINOY CRIME STORIES (R) 7:00 - 8:00	BRIGADA (R) 7:00 - 8:00	INVESTIGATIVE DOCUMENTARIES (R) 7:00 - 8:00	BORN IMPACT (R) 7:00 - 7:30	PERA PARAAN (R) 7:00 - 8:00	CAYETANO IN ACTION WITH BOY ABUNDA (R) 7:00 - 8:00		
11:00PM				AGRIPRENEUR (R) 7:15 - 8:00				FRONT ROW (R) 7:30 - 8:00				
12:00NN				IMBESTIGADOR (R) 8:00 - 8:45	FRONT ROW (R) 8:00 - 8:45				BALITANG BISDAK (R) 8:00 - 8:45			
				BUSINESS MATTERS (R) 8:45 - 9:30	PERA PARAAN (R) 8:45 - 9:30				ONE NORTH CENTRAL LUZON (R) 8:45 - 9:30			
				ADULTING WITH ATOM ARAULLO (R) 9:30 - 9:45					ONE MINDANAO (R) 9:30 - 10:00			
				REEL TIME MARATHON (P) 9:30 - 1:30	BRIGADA (R) 9:45 - 10:45				ONE WESTERN VISAYAS (R) 10:00 - 10:45			
									BALITANGHALI (R) 10:45 - 11:45			
									REEL TIME (R) 11:45 - 12:45	PINOY CRIME STORIES (R) 10:45 - 11:30		
										AGRIPRENEUR (P) 11:30 - 12:00		

MLA	GMA NEWS TV PROGRAMMING JANUARY 4 - 10, 2026 GRID (MANILA)							JAPAN (MLA + 1)	AUSTRALIA (MLA + 3)	NEW ZEALAND (MLA + 5)	ITALY (MLA - 7)	UK (MLA - 8)	
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY						
	JANUARY 4	JANUARY 5	JANUARY 6	JANUARY 7	JANUARY 8	JANUARY 9	JANUARY 10						
12:00NN	GOOD NEWS (R) 12:00 - 12:45	REEL TIME MARATHON (P) 9:30 - 1:30	con't of REEL TIME (R) 11:45 - 12:45			STATE OF THE NATION (P) 12:45 - 1:15			3:00AM 5:00AM 5:00PM 4:00PM				
1:00AM	PERA PARAAN (R) 12:45 - 1:30								2:00AM	4:00AM	6:00AM	6:00PM	
2:00AM	BRIGADA (R) 1:30 - 2:30	REEL TIME MARATHON (R) 1:30 - 2:30	GOOD NEWS (R) 1:15 - 2:00	PINOY CRIME STORIES (R) 1:15 - 2:00	PERA PARAAN (R) 1:15 - 2:00	INVESTIGATIVE DOCUMENTARIES (R) 1:15 - 2:00	BORN IMPACT (R) 1:15 - 2:00	5:00AM 7:00AM 7:00PM 6:00PM					
3:00AM	INVESTIGATIVE DOCUMENTARIES (R) 2:30 - 3:30	DOKUMENTARYO (I-WITNESS CLASSICS) MARATHON (P) 2:30 - 5:30	BALITANG BISDAK (P) 2:30 - 3:15			4:00AM 6:00AM 8:00AM 8:00PM							
4:00AM	AGRIPRENEUR (R) 3:30 - 4:00		ONE NORTH CENTRAL LUZON (P) 3:15 - 4:00			5:00AM 7:00AM 9:00AM 9:00PM							
5:00AM	GOOD NEWS (R) 4:00 - 5:00		ONE MINDANAO (P) 4:00 - 4:45			6:00AM 8:00AM 10:00AM 10:00PM							
6:00AM	BRIGADA (R) 5:00 - 6:00		ONE WESTERN VISAYAS (P) 4:45 - 5:30			7:00AM 9:00AM 11:00AM 11:00PM							
7:00AM	CAYETANO IN ACTION WITH BOY ABUNDA (P) 6:00 - 7:00	FRONT ROW (R) 5:30 - 6:15	STATE OF THE NATION (R) 5:30 - 6:15			8:00AM 10:00AM 12:00NN 12:00NN 11:00PM							
8:00AM	FRONT ROW (P) 7:00 - 7:30	AGRIPRENEUR (R) 6:15 - 7:00	SAKSI (R) 6:15 - 6:45			8:00AM 11:00AM 1:00PM 1:00AM 12:00NN							
8:15AM	IMBESTIGADOR (P) 7:30 - 8:15	BORN IMPACT (R) 7:00 - 7:45	BALITANGHALI (R) 6:45 - 7:45			9:00AM 12:00NN 2:00PM 2:00AM 1:00AM							
8:30AM	ADULTING WITH ATOM ARAULLO (P) 8:15 - 8:30	PINOY CRIME STORIES (P) 7:45 - 8:30	PERA PARAAN (P) 7:45 - 8:30	INVESTIGATIVE DOCUMENTARIES (P) 7:45 - 8:30	BRIGADA (P) 7:45 - 8:30	BORN IMPACT (P) 7:45 - 8:30	10:00AM 12:00NN 2:00PM 2:00AM						
9:00AM	BUSINESS MATTERS (P) 8:30 - 9:15	DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV (P) 8:30 - 12:00			11:00AM 1:00PM 3:00PM 3:00AM 2:00AM							
10:00AM	AGRIPRENEUR (R) 9:15 - 10:00					12:00NN 2:00PM 4:00PM 4:00AM 3:00AM							
11:00AM	GOOD NEWS (R) 10:00 - 11:00					1:00PM 3:00PM 5:00PM 5:00AM 4:00AM							
11:00AM	CAYETANO IN ACTION WITH BOY ABUNDA (R) 11:00 - 12:00					2:00PM 4:00PM 6:00PM 6:00AM 5:00AM							
12:00NN	DOKUMENTARYO (I-WITNESS CLASSICS) MARATHON (P) 12:00 - 3:00	DOKUMENTARYO (I-WITNESS CLASSICS) (P) 12:00 - 12:45			3:00PM 5:00PM 7:00PM 7:00AM 6:00AM			DOBOL B TV 8:30 - 11:30	10:00AM 12:00NN 2:00PM 2:00AM				
1:00PM		REEL TIME (P) 12:45 - 1:45			4:00PM 6:00PM 8:00PM 8:00AM 7:00AM			FRONT ROW (R) 1:15 - 2:00	11:00AM 1:00PM 3:00PM 3:00AM 2:00AM				
2:00PM		GOOD NEWS (R) 1:45 - 2:45	IMBESTIGADOR (R) 1:45 - 2:30	BUSINESS MATTERS (R) 1:45 - 2:30	PERA PARAAN (R) 1:45 - 2:45	AGRIPRENEUR (R) 1:45 - 2:30	5:00PM 7:00PM 9:00PM 9:00AM 8:00AM						
3:00PM		PINOY CRIME STORIES (R) 2:45 - 3:30	BRIGADA (R) 2:30 - 3:30	FRONT ROW (R) 2:30 - 3:15	GOOD NEWS (R) 2:45 - 3:30	IMBESTIGADOR (R) 2:30 - 3:15	6:00PM 8:00PM 10:00PM 10:00AM 9:00AM						
4:00PM		FRONT ROW (R) 3:30 - 4:15	IMBESTIGADOR (R) 3:30 - 4:15	PERA PARAAN (R) 3:30 - 4:15	INVESTIGATIVE DOCUMENTARIES (R) 3:15 - 4:15	FRONT ROW (R) 3:30 - 4:15	7:00PM 9:00PM 11:00PM 11:00AM 10:00AM						
5:00PM	PINOY CRIME STORIES (R) 4:15 - 5:00	DOKUMENTARYO (I-WITNESS CLASSICS) (R) 4:15 - 5:00			8:00PM 10:00PM 12:00NN 12:00NN 11:00AM			BORN IMPACT (R) 4:15 - 5:00	1:00PM 3:00PM 5:00PM 5:00AM 4:00AM				
6:00PM	CAYETANO IN ACTION WITH BOY ABUNDA (R) 5:00 - 6:00	BALITANGHALI (R) 5:00 - 6:00			9:00PM 11:00PM 1:00AM 1:00PM 12:00NN			GOOD NEWS (R) 5:00 - 6:00	2:00PM 4:00PM 6:00PM 6:00AM 5:00AM				
7:00PM	PERA PARAAN (R) 6:00 - 7:00	REEL TIME (R) 6:00 - 7:00			10:00PM 12:00NN 12:00NN 11:00AM 10:00AM			BRIGADA (R) 6:00 - 7:00	3:00PM 5:00PM 7:00PM 7:00AM 6:00AM				
7:00PM	ADULTING WITH ATOM ARAULLO (R) 7:00 - 7:15	PINOTY CRIME STORIES (R) 7:00 - 8:00	BRIGADA (R) 7:00 - 8:00	INVESTIGATIVE DOCUMENTARIES (R) 7:00 - 8:00	BORN IMPACT (R) 7:00 - 7:30	PERA PARAAN (R) 7:00 - 8:00	4:00PM 6:00PM 8:00PM 8:00AM 7:00AM			4:00PM 6:00PM 8:00PM 8:00AM 7:00AM			
8:00PM	AGRIPRENEUR (R) 7:15 - 8:00				FRONT ROW (R) 7:30 - 8:00	CAYETANO IN ACTION WITH BOY ABUNDA (R) 7:00 - 8:00	5:00PM 7:00PM 9:00PM 9:00AM 8:00AM			5:00PM 7:00PM 9:00PM 9:00AM 8:00AM			
8:00PM	IMBESTIGADOR (R) 8:00 - 8:45	FRONT ROW (R) 8:00 - 8:45	BALITANG BISDAK (R) 8:00 - 8:45			6:00PM 8:00PM 10:00PM 10:00AM 9:00AM							
9:00PM	BUSINESS MATTERS (R) 8:45 - 9:30	PERA PARAAN (R) 8:45 - 9:30	ONE NORTH CENTRAL LUZON (R) 8:45 - 9:30			7:00PM 9:00PM 11:00PM 11:00AM 10:00AM							
10:00PM	REEL TIME MARATHON (P) 9:30 - 1:30	ADULTING WITH ATOM ARAULLO (R) 9:30 - 9:45	ONE MINDANAO (R) 9:30 - 10:00			8:00PM 10:00PM 12:00NN 12:00NN 11:00AM							
11:00PM		BRIGADA (R) 9:45 - 10:45	ONE WESTERN VISAYAS (R) 10:00 - 10:45			9:00PM 11:00PM 1:00AM 3:00AM 2:00PM							
12:00NN		BALITANGHALI (R) 10:45 - 11:45			10:00PM 12:00NN 2:00AM 4:00AM 3:00PM			PINOY CRIME STORIES (R) 10:45 - 11:30	1:00AM 3:00AM 5:00AM 5:00PM 4:00PM				
	REEL TIME (R) 11:45 - 12:45			12:00NN 2:00AM 4:00AM 4:00PM 3:00PM			AGRIPRENEUR (P) 11:30 - 12:00	1:00AM 3:00AM 5:00AM 5:00PM 4:00PM					

MLA	GMA NEWS TV PROGRAMMING JANUARY 11 - 17, 2026 GRID (MANILA)							JAPAN (MLA + 1)	AUSTRALIA (MLA + 3)	NEW ZEALAND (MLA + 5)	ITALY (MLA - 7)	UK (MLA - 8)																											
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																
JANUARY 11		JANUARY 12		JANUARY 13		JANUARY 14		JANUARY 15		JANUARY 16		JANUARY 17																											
12:00NN	GOOD NEWS (R) 12:00 - 12:45	REEL TIME MARATHON (P) 9:30 - 1:30	con't of REEL TIME (R) 11:45 - 12:45																																				
1:00AM	PERA PARAAN (R) 12:45 - 1:30		STATE OF THE NATION (P) 12:45 - 1:15																																				
2:00AM	BRIGADA (R) 1:30 - 2:30	REEL TIME MARATHON (R) 1:30 - 2:30	GOOD NEWS (R) 1:15 - 2:00	PINOY CRIME STORIES (R) 1:15 - 2:00	PERA PARAAN (R) 1:15 - 2:00	INVESTIGATIVE DOCUMENTARIES (R) 1:15 - 2:00	BORN IMPACT (R) 1:15 - 2:00	SAKSI (P) 2:00 - 2:30						3:00AM 5:00AM 7:00AM 7:00PM 6:00PM																									
3:00AM	INVESTIGATIVE DOCUMENTARIES (R) 2:30 - 3:30	DOKUMENTARYO (I-WITNESS CLASSICS) MARATHON (P) 2:30 - 5:30	BALITANG BISDAK (P) 2:30 - 3:15												4:00AM 6:00AM 8:00AM 8:00PM 7:00PM																								
4:00AM	AGRIPRENEUR (R) 3:30 - 4:00		ONE NORTH CENTRAL LUZON (P) 3:15 - 4:00												5:00AM 7:00AM 9:00AM 9:00PM 8:00PM																								
5:00AM	GOOD NEWS (R) 4:00 - 5:00		ONE MINDANAO (P) 4:00 - 4:45												6:00AM 8:00AM 10:00AM 10:00PM 9:00PM																								
6:00AM	BRIGADA (R) 5:00 - 6:00		ONE WESTERN VISAYAS (P) 4:45 - 5:30												7:00AM 9:00AM 11:00AM 11:00PM 10:00PM																								
7:00AM	CAYETANO IN ACTION WITH BOY ABUNDA (P) 6:00 - 7:00	FRONT ROW (R) 5:30 - 6:15	STATE OF THE NATION (R) 5:30 - 6:15												8:00AM 10:00AM 12:00NN 12:00NN 11:00PM																								
8:00AM	FRONT ROW (P) 7:00 - 7:30	AGRIPRENEUR (R) 6:15 - 7:00	SAKSI (R) 6:15 - 6:45												9:00AM 11:00AM 1:00PM 1:00AM 12:00NN																								
8:15AM	IMBESTIGADOR (P) 7:30 - 8:15	BORN IMPACT (R) 7:00 - 7:45	BALITANGHALI (R) 6:45 - 7:45												10:00AM 12:00NN 2:00PM 2:00AM 1:00AM																								
8:30AM	ADULTING WITH ATOM ARAULLO (P) 8:15 - 8:30	GOOD NEWS (P) 7:45 - 8:30	PINOY CRIME STORIES (P) 7:45 - 8:30	PERA PARAAN (P) 7:45 - 8:30	INVESTIGATIVE DOCUMENTARIES (P) 7:45 - 8:30	BRIGADA (P) 7:45 - 8:30	BORN IMPACT (P) 7:45 - 8:30	DOBOL B TV 8:30 - 11:30						11:00AM 1:00PM 3:00PM 3:00AM 2:00AM																									
9:00AM	BUSINESS MATTERS (P) 8:30 - 9:15	DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV (P) 8:30 - 12:00												12:00NN 2:00PM 4:00PM 4:00AM 3:00AM																								
10:00AM	AGRIPRENEUR (R) 9:15 - 10:00		CAYETANO IN ACTION WITH BOY ABUNDA (R) 12:15 - 1:15												1:00PM 3:00PM 5:00PM 5:00AM 4:00AM																								
11:00AM	GOOD NEWS (R) 10:00 - 11:00		FRONT ROW (R) 1:15 - 2:00												2:00PM 4:00PM 6:00PM 6:00AM 5:00AM																								
11:00AM	CAYETANO IN ACTION WITH BOY ABUNDA (R) 11:00 - 12:00		AGRIPRENEUR (R) 2:00 - 2:30												3:00PM 5:00PM 7:00PM 7:00AM 6:00AM																								
12:00NN	DOKUMENTARYO (I-WITNESS CLASSICS) MARATHON (P) 12:00 - 3:00	INVESTIGATIVE DOCUMENTARIES (R) 12:00 - 12:45													4:00PM 6:00PM 8:00PM 8:00AM 7:00AM																								
1:00PM		REEL TIME (P) 12:45 - 1:45													5:00PM 7:00PM 9:00PM 9:00AM 8:00AM																								
2:00PM		GOOD NEWS (R) 1:45 - 2:45	IMBESTIGADOR (R) 1:45 - 2:30	BUSINESS MATTERS (R) 1:45 - 2:30	PERA PARAAN (R) 1:45 - 2:45	FRONT ROW (R) 2:30 - 3:15												6:00PM 8:00PM 10:00PM 10:00AM 9:00AM																					
3:00PM		PINOY CRIME STORIES (R) 2:45 - 3:30	BRIGADA (R) 2:30 - 3:30	GOOD NEWS (R) 2:45 - 3:30												7:00PM 9:00PM 11:00PM 11:00AM 10:00AM																							
4:00PM		FRONT ROW (R) 3:30 - 4:15	IMBESTIGADOR (R) 3:30 - 4:15	PERA PARAAN (R) 3:30 - 4:15	INVESTIGATIVE DOCUMENTARIES (R) 3:15 - 4:15	FRONT ROW (R) 3:30 - 4:15												8:00PM 10:00PM 12:00NN 12:00NN 11:00AM																					
5:00PM	PINOY CRIME STORIES (R) 4:15 - 5:00	DOKUMENTARYO (I-WITNESS CLASSICS) (R) 4:15 - 5:00													9:00PM 11:00PM 1:00AM 1:00PM 12:00NN																								
6:00PM	CAYETANO IN ACTION WITH BOY ABUNDA (R) 5:00 - 6:00	BALITANGHALI (P) 5:00 - 6:00													10:00PM 12:00NN 2:00AM 2:00PM 1:00PM																								
7:00PM	PERA PARAAN (R) 6:00 - 7:00	REEL TIME (R) 6:00 - 7:00													11:00PM 12:00PM 1:00AM 1:00PM 12:00NN																								
7:00PM	ADULTING WITH ATOM ARAULLO (R) 7:00 - 7:15	PINOY CRIME STORIES (R) 7:00 - 8:00	BRIGADA (R) 7:00 - 8:00	INVESTIGATIVE DOCUMENTARIES (R) 7:00 - 8:00	BORN IMPACT (R) 7:00 - 7:30	PERA PARAAN (R) 7:00 - 8:00	CAYETANO IN ACTION WITH BOY ABUNDA (R) 7:00 - 8:00												12:00NN 1:00AM 2:00AM 2:00PM 1:00PM																				
8:00PM	AGRIPRENEUR (R) 7:15 - 8:00	FRONT ROW (R) 8:00 - 8:45													9:00PM 11:00PM 1:00AM 1:00PM 12:00NN																								
8:00PM	IMBESTIGADOR (R) 8:00 - 8:45	BALITANG BISDAK (R) 8:00 - 8:45													10:00PM 12:00NN 2:00AM 2:00PM 1:00PM																								
9:00PM	BUSINESS MATTERS (R) 8:45 - 9:30	PERA PARAAN (R) 8:45 - 9:30	ONE NORTH CENTRAL LUZON (R) 8:45 - 9:30												11:00PM 1:00AM 3:00AM 3:00PM 2:00PM																								
10:00PM	REEL TIME MARATHON (P) 9:30 - 1:30	ADULTING WITH ATOM ARAULLO (R) 9:30 - 9:45	ONE MINDANAO (R) 9:30 - 10:00												12:00NN 1:00AM 2:00AM 2:00PM 1:00PM																								
11:00PM		BRIGADA (R) 9:45 - 10:45	ONE WESTERN VISAYAS (R) 10:00 - 10:45												1:00AM 3:00AM 5:00AM 5:00PM 4:00PM																								
12:00NN		BALITANGHALI (R) 10:45 - 11:45													1:00AM 3:00AM 5:00AM 5:00PM 4:00PM																								
REEL TIME (R) 11:45 - 12:45															1:00AM 3:00AM 5:00AM 5:00PM 4:00PM																								

MLA	GMA NEWS TV PROGRAMMING JANUARY 18 - 24, 2026 GRID (MANILA)							JAPAN (MLA + 1)	AUSTRALIA (MLA + 3)	NEW ZEALAND (MLA + 5)	ITALY (MLA - 7)	UK (MLA - 8)	
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY						
	JANUARY 18	JANUARY 19	JANUARY 20	JANUARY 21	JANUARY 22	JANUARY 23	JANUARY 24						
12:00NN	GOOD NEWS (R) 12:00 - 12:45	REEL TIME MARATHON (P) 9:30 - 1:30	con't of REEL TIME (R) 11:45 - 12:45			STATE OF THE NATION (P) 12:45 - 1:15			1:00AM 3:00AM 5:00AM 5:00PM - 4:00PM				
1:00AM	PERA PARAAN (R) 12:45 - 1:30								2:00AM	4:00AM	6:00AM	6:00PM	
2:00AM	BRIGADA (R) 1:30 - 2:30	REEL TIME MARATHON (R) 1:30 - 2:30	GOOD NEWS (R) 1:15 - 2:00	PINOY CRIME STORIES (R) 1:15 - 2:00	PERA PARAAN (R) 1:15 - 2:00	INVESTIGATIVE DOCUMENTARIES (R) 1:15 - 2:00	BORN IMPACT (R) 1:15 - 2:00	3:00AM 5:00AM 7:00AM 7:00PM - 6:00PM					
3:00AM	INVESTIGATIVE DOCUMENTARIES (R) 2:30 - 3:30	DOKUMENTARYO (I-WITNESS CLASSICS) MARATHON (P) 2:30 - 5:30	BALITANG BISDAK (P) 2:30 - 3:15			4:00AM 6:00AM 8:00AM 8:00PM - 7:00PM							
4:00AM	AGRIPRENEUR (R) 3:30 - 4:00		ONE NORTH CENTRAL LUZON (P) 3:15 - 4:00			5:00AM 7:00AM 9:00AM 9:00PM - 8:00PM							
5:00AM	GOOD NEWS (R) 4:00 - 5:00		ONE MINDANAO (P) 4:00 - 4:45			6:00AM 8:00AM 10:00AM 10:00PM - 9:00PM							
6:00AM	BRIGADA (R) 5:00 - 6:00		ONE WESTERN VISAYAS (P) 4:45 - 5:30			7:00AM 9:00AM 11:00AM 11:00PM - 10:00PM							
7:00AM	CAYETANO IN ACTION WITH BOY ABUNDA (P) 6:00 - 7:00	FRONT ROW (R) 5:30 - 6:15	STATE OF THE NATION (R) 5:30 - 6:15			8:00AM 10:00AM 12:00NN 12:00NN - 11:00PM							
8:00AM	FRONT ROW (P) 7:00 - 7:30	AGRIPRENEUR (R) 6:15 - 7:00	SAKSI (R) 6:15 - 6:45			9:00AM 11:00AM 1:00PM 1:00AM - 12:00NN							
8:15AM	IMBESTIGADOR (P) 7:30 - 8:15	BORN IMPACT (R) 7:00 - 7:45	BALITANGHALI (R) 6:45 - 7:45			10:00AM 12:00NN 2:00PM 2:00AM - 1:00AM							
8:30AM	ADULTING WITH ATOM ARAULLO (P) 8:15 - 8:30	GOOD NEWS (P) 7:45 - 8:30	PINOY CRIME STORIES (P) 7:45 - 8:30	PERA PARAAN (P) 7:45 - 8:30	INVESTIGATIVE DOCUMENTARIES (P) 7:45 - 8:30	BRIGADA (P) 7:45 - 8:30	BORN IMPACT (P) 7:45 - 8:30	11:00AM 1:00PM 3:00PM 3:00AM - 2:00AM					
9:00AM	BUSINESS MATTERS (P) 8:30 - 9:15	DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV (P) 8:30 - 11:30			12:00NN 2:00PM 4:00PM 4:00AM - 3:00AM							
10:00AM	AGRIPRENEUR (R) 9:15 - 10:00					1:00PM 3:00PM 5:00PM 5:00AM - 4:00AM							
11:00AM	GOOD NEWS (R) 10:00 - 11:00					2:00PM 4:00PM 6:00PM 6:00AM - 5:00AM							
11:00AM	CAYETANO IN ACTION WITH BOY ABUNDA (R) 11:00 - 12:00					3:00PM 5:00PM 7:00PM 7:00AM - 6:00AM							
12:00NN	NCAA SEASON 101 SENIORS VOLLEYBALL (LIVE) 12:00 - 5:00	DOKUMENTARYO (I-WITNESS CLASSICS) (P) 12:00 - 12:45			NCAA SEASON 101 SENIORS VOLLEYBALL (LIVE) 12:00 - 5:00	NCAA SEASON 101 SENIORS VOLLEYBALL (LIVE) 2:30 - 5:00	1:00PM 3:00PM 5:00PM 5:00AM - 4:00AM						
1:00PM		REEL TIME (P) 12:45 - 1:45						2:00PM 4:00PM 6:00PM 6:00AM - 5:00AM					
2:00PM	GOOD NEWS (R) 1:45 - 2:45	IMBESTIGADOR (R) 1:45 - 2:30	BUSINESS MATTERS (R) 1:45 - 2:30	PERA PARAAN (R) 1:45 - 2:45			3:00PM 5:00PM 7:00PM 7:00AM - 6:00AM						
3:00PM	PINOY CRIME STORIES (R) 2:45 - 3:30	GOOD NEWS (R) 2:45 - 3:30	4:00PM 6:00PM 8:00PM 8:00AM - 7:00AM										
4:00PM	IMBESTIGADOR (R) 3:30 - 4:15	FRONT ROW (R) 3:30 - 4:15	5:00PM 7:00PM 9:00PM 9:00AM - 8:00AM										
5:00PM	DOKUMENTARYO (I-WITNESS CLASSICS) (R) 4:15 - 5:00	DOKUMENTARYO (I-WITNESS CLASSICS) (R) 4:15 - 5:00	6:00PM 8:00PM 10:00PM 10:00AM - 9:00AM										
6:00PM	CAYETANO IN ACTION WITH BOY ABUNDA (R) 5:00 - 6:00	BALITANGHALI (P) 5:00 - 6:00			GOOD NEWS (R) 5:00 - 6:00			7:00PM 9:00PM 11:00PM 11:00AM - 10:00AM					
7:00PM	PERA PARAAN (R) 6:00 - 7:00	REEL TIME (R) 6:00 - 7:00			BRIGADA (R) 6:00 - 7:00			8:00PM 10:00PM 12:00NN 12:00NN - 11:00AM					
7:00PM	ADULTING WITH ATOM ARAULLO (R) 7:00 - 7:15	PINOY CRIME STORIES (R) 7:00 - 8:00	BRIGADA (R) 7:00 - 8:00	INVESTIGATIVE DOCUMENTARIES (R) 7:00 - 8:00	BORN IMPACT (R) 7:00 - 7:30	PERA PARAAN (R) 7:00 - 8:00	CAYETANO IN ACTION WITH BOY ABUNDA (R) 7:00 - 8:00	9:00PM 11:00PM 1:00AM 1:00PM - 12:00NN					
8:00PM	AGRIPRENEUR (R) 7:15 - 8:00	FRONT ROW (R) 7:30 - 8:00	BALITANG BISDAK (R) 8:00 - 8:45			10:00PM 12:00NN 2:00AM 2:00PM - 1:00PM							
8:00PM	IMBESTIGADOR (R) 8:00 - 8:45	ONE NORTH CENTRAL LUZON (R) 8:45 - 9:30			11:00PM 1:00AM 3:00AM 3:00PM - 2:00PM								
9:00PM	BUSINESS MATTERS (R) 8:45 - 9:30	REEL TIME MARATHON (P) 9:30 - 1:30	PERA PARAAN (R) 8:45 - 9:30	ONE MINDANAO (R) 9:30 - 10:00			12:00NN 2:00AM 4:00AM 4:00PM - 3:00PM						
10:00PM	ADULTING WITH ATOM ARAULLO (R) 9:30 - 9:45		BRIGADA (R) 9:45 - 10:45	ONE WESTERN VISAYAS (R) 10:00 - 10:45			1:00AM 3:00AM 5:00AM 5:00PM - 4:00PM						
11:00PM	REEL TIME MARATHON (P) 9:30 - 1:30		BALITANGHALI (R) 10:45 - 11:45			2:00AM 4:00AM 4:00PM 4:00PM - 3:00PM							
12:00NN	REEL TIME (R) 11:45 - 12:45			PINOTY CRIME STORIES (R) 10:45 - 11:30			3:00AM 5:00AM 5:00PM 5:00PM - 4:00PM						

MLA	GMA NEWS TV PROGRAMMING JANUARY 25 - 31, 2026 GRID (MANILA)							JAPAN (MLA + 1)	AUSTRALIA (MLA + 3)	NEW ZEALAND (MLA + 5)	ITALY (MLA - 7)	UK (MLA - 8)		
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY							
	JANUARY 25	JANUARY 26	JANUARY 27	JANUARY 28	JANUARY 29	JANUARY 30	JANUARY 31							
12:00NN	GOOD NEWS (R) 12:00 - 12:45	REEL TIME MARATHON (P) 9:30 - 1:30	con't of REEL TIME (R) 11:45 - 12:45						1:00AM 3:00AM 5:00AM 5:00PM - 4:00PM					
1:00AM	PERA PARAAN (R) 12:45 - 1:30		STATE OF THE NATION (P) 12:45 - 1:15						2:00AM 4:00AM 6:00AM 6:00PM 5:00PM					
2:00AM	BRIGADA (R) 1:30 - 2:30	REEL TIME MARATHON (R) 1:30 - 2:30	GOOD NEWS (R) 1:15 - 2:00	PINOY CRIME STORIES (R) 1:15 - 2:00	PERA PARAAN (R) 1:15 - 2:00	INVESTIGATIVE DOCUMENTARIES (R) 1:15 - 2:00	BORN IMPACT (R) 1:15 - 2:00				3:00AM 5:00AM 7:00AM 7:00PM 6:00PM			
3:00AM	INVESTIGATIVE DOCUMENTARIES (R) 2:30 - 3:30	DOKUMENTARYO (I-WITNESS CLASSICS) MARATHON (P) 2:30 - 5:30	SAKSI (P) 2:00 - 2:30			BALITANG BISDAK (P) 2:30 - 3:15			4:00AM 6:00AM 8:00AM 8:00PM 7:00PM					
4:00AM	AGRIPRENEUR (R) 3:30 - 4:00		ONE NORTH CENTRAL LUZON (P) 3:15 - 4:00			ONE MINDANAO (P) 4:00 - 4:45			5:00AM 7:00AM 9:00AM 9:00PM 8:00PM					
5:00AM	GOOD NEWS (R) 4:00 - 5:00		ONE WESTERN VISAYAS (P) 4:45 - 5:30						6:00AM 8:00AM 10:00AM 10:00PM 9:00PM					
6:00AM	BRIGADA (R) 5:00 - 6:00		FRONT ROW (R) 5:30 - 6:15	STATE OF THE NATION (R) 5:30 - 6:15						7:00AM 9:00AM 11:00AM 11:00PM 10:00PM				
7:00AM	CAYETANO IN ACTION WITH BOY ABUNDA (P) 6:00 - 7:00	AGRIPRENEUR (R) 6:15 - 7:00	SAKSI (R) 6:15 - 6:45			BALITANGHALI (R) 6:45 - 7:45			8:00AM 10:00AM 12:00NN 12:00NN 11:00PM					
8:00AM	IMBESTIGADOR (P) 7:30 - 8:15	ADULTING WITH ATOM ARAULLO (P) 8:15 - 8:30	GOOD NEWS (P) 7:45 - 8:30	PINOY CRIME STORIES (P) 7:45 - 8:30	PERA PARAAN (P) 7:45 - 8:30	INVESTIGATIVE DOCUMENTARIES (P) 7:45 - 8:30	BRIGADA (P) 7:45 - 8:30	BORN IMPACT (P) 7:45 - 8:30	9:00AM 11:00AM 1:00PM 1:00AM 12:00NN					
9:00AM	BUSINESS MATTERS (P) 8:30 - 9:15	DOBOL B TV (P) 8:30 - 12:00							10:00AM 12:00NN 2:00PM 2:00AM 1:00AM					
10:00AM	AGRIPRENEUR (R) 9:15 - 10:00								11:00AM 1:00PM 3:00PM 3:00AM 2:00AM					
11:00AM	GOOD NEWS (R) 10:00 - 11:00								12:00NN 2:00PM 4:00PM 4:00AM 3:00AM					
12:00NN	CAYETANO IN ACTION WITH BOY ABUNDA (R) 11:00 - 12:00								1:00PM 3:00PM 5:00PM 5:00AM 4:00AM					
1:00PM	NCAA SEASON 101 SENIORS VOLLEYBALL (LIVE) 12:00 - 5:00	DOBOL B TV (P) 8:30 - 12:00						5:00AM 7:00AM 9:00AM 9:00PM 8:00AM						
2:00PM		DOKUMENTARYO (I-WITNESS CLASSICS) (P) 12:00 - 12:45						9:00PM 11:00PM 1:00AM 1:00PM 12:00NN						
3:00PM		REEL TIME (P) 12:45 - 1:45						1:00PM 3:00PM 5:00PM 5:00AM 4:00AM						
4:00PM		GOOD NEWS (R) 1:45 - 2:45	IMBESTIGADOR (R) 1:45 - 2:30	BUSINESS MATTERS (R) 1:45 - 2:30	PERA PARAAN (R) 1:45 - 2:45				5:00PM 7:00PM 9:00PM 9:00AM 8:00AM					
5:00PM		PINOY CRIME STORIES (R) 2:45 - 3:30	IMBESTIGADOR (R) 3:30 - 4:15	FRONT ROW (R) 3:30 - 4:15			NCAA SEASON 101 SENIORS VOLLEYBALL (LIVE) 2:30 - 5:00			6:00PM 8:00PM 10:00PM 10:00AM 9:00AM				
6:00PM	CAYETANO IN ACTION WITH BOY ABUNDA (R) 5:00 - 6:00	BALITANGHALI (P) 5:00 - 6:00			GOOD NEWS (R) 5:00 - 6:00			7:00PM 9:00PM 11:00PM 11:00AM 10:00AM						
7:00PM	PERA PARAAN (R) 6:00 - 7:00	REEL TIME (R) 6:00 - 7:00			BRIGADA (R) 6:00 - 7:00			8:00PM 10:00PM 12:00NN 12:00NN 11:00AM						
8:00PM	ADULTING WITH ATOM ARAULLO (R) 7:00 - 7:15	PINOY CRIME STORIES (R) 7:00 - 8:00	BRIGADA (R) 7:00 - 8:00	INVESTIGATIVE DOCUMENTARIES (R) 7:00 - 8:00	BORN IMPACT (R) 7:00 - 7:30	PERA PARAAN (R) 7:00 - 8:00	CAYETANO IN ACTION WITH BOY ABUNDA (R) 7:00 - 8:00	9:00PM 11:00PM 1:00AM 1:00PM 12:00NN						
9:00PM	AGRIPRENEUR (R) 7:15 - 8:00	FRONT ROW (R) 8:00 - 8:45			BALITANG BISDAK (P) 8:00 - 8:45			10:00PM 12:00NN 2:00AM 2:00PM 1:00PM						
10:00PM	IMBESTIGADOR (R) 8:00 - 8:45	PERA PARAAN (R) 8:45 - 9:30	ONE NORTH CENTRAL LUZON (R) 8:45 - 9:30						11:00PM 1:00AM 3:00AM 3:00PM 2:00PM					
11:00PM	BUSINESS MATTERS (R) 8:45 - 9:30	ADULTING WITH ATOM ARAULLO (R) 9:30 - 9:45			ONE MINDANAO (R) 9:30 - 10:00			12:00MN 2:00AM 4:00AM 4:00PM 3:00PM						
12:00NN	REEL TIME MARATHON (P) 9:30 - 1:30	BRIGADA (R) 9:45 - 10:45	ONE WESTERN VISAYAS (R) 10:00 - 10:45			BALITANGHALI (R) 10:45 - 11:45			1:00AM 3:00AM 5:00AM 5:00PM 4:00PM					
			REEL TIME (R) 11:45 - 12:45			PINOY CRIME STORIES (R) 10:45 - 11:30			1:00AM 3:00AM 5:00AM 5:00PM 4:00PM					