

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 JANUARY 1	FRIDAY JANUARY 2	SATURDAY JANUARY 3					
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	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
9:00AM	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
10:00AM	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
11:00AM	BUSINESS MATTERS (P) 8:30 - 9:15	DOBOL B TV (P) 8:30 - 12:00					DOBOL B TV 8:30 - 11:30	12:00NN	2:00PM	4:00PM	4:00AM	3:00AM
12:00NN	AGRIPRENEUR (R) 9:15 - 10:00							1:00PM	3:00PM	5:00PM	5:00AM	4:00AM
1:00PM	GOOD NEWS (R) 10:00 - 11:00							2:00PM	4:00PM	6:00PM	6:00AM	5:00AM
2:00PM	CAYETANO IN ACTION WITH BOY ABUNDA (R) 11:00 - 12:00							3:00PM	5:00PM	7:00PM	7:00AM	6:00AM
3:00PM	DOKUMENTARYO (I-WITNESS CLASSICS) MARATHON (P) 12:00 - 3:00	DOKUMENTARYO (I-WITNESS CLASSICS) (P.) 12:00 - 12:45					BUSINESS MATTERS (R) 11:30 - 12:15	4:00PM	6:00PM	8:00PM	8:00AM	7:00AM
4:00PM	BORN IMPACT (R) 3:00 - 3:30	REEL TIME (P) 12:45 - 1:45					CAYETANO IN ACTION WITH BOY ABUNDA (R) 12:15 - 1:15	5:00PM	7:00PM	9:00PM	9:00AM	8:00AM
5:00PM	FRONT ROW (R) 3:30 - 4:15	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	FRONT ROW (R) 1:15 - 2:00	6:00PM	8:00PM	10:00PM	10:00AM	9:00AM
6:00PM	PINOY CRIME STORIES (R.) 4:15 - 5:00	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	CAYETANO IN ACTION WITH BOY ABUNDA (R) 3:15 - 4:15	PINOY CRIME STORIES (R.) 2:00 - 2:45	7:00PM	9:00PM	11:00PM	11:00AM	10:00AM
7:00PM	CAYETANO IN ACTION WITH BOY ABUNDA (R) 5:00 - 6:00	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	BUSINESS MATTERS (R) 3:30 - 4:15	FRONT ROW (R) 2:45 - 3:30	8:00PM	10:00PM	12:00NN	12:00NN	11:00AM
8:00PM	PERA PARAAN (R) 6:00 - 7:00	DOKUMENTARYO (I-WITNESS CLASSICS) (R) 4:15 - 5:00					BORN IMPACT (R) 4:15 - 5:00	9:00PM	11:00PM	1:00AM	1:00PM	12:00NN
9:00PM	ADULTING WITH ATOM ARAULLO (R) 7:00 - 7:15	BALITANGHALI (P) 5:00 - 6:00					GOOD NEWS (R) 5:00 - 6:00	10:00PM	12:00NN	2:00AM	2:00PM	1:00PM
10:00PM	AGRIPRENEUR (R) 7:15 - 8:00	REEL TIME (R) 6:00 - 7:00					BRIGADA (R) 6:00 - 7:00	11:00PM	1:00AM	3:00AM	3:00PM	2:00PM
11:00PM	IMBESTIGADOR (R) 8:00 - 8:45	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	2:00AM	4:00AM	4:00PM	3:00PM
12:00NN	BUSINESS MATTERS (R.) 8:45 - 9:30	FRONT ROW (R) 8:00 - 8:45	BALITANGHALI (R) 8:00 - 8:45					1:00AM	3:00AM	5:00AM	5:00PM	4:00PM
	REEL TIME MARATHON (P) 9:30 - 1:30	PERA PARAAN (R.) 8:45 - 9:30	ONE NORTH CENTRAL LUZON (R) 8:45 - 9:30					2:00AM	4:00AM	6:00AM	6:00PM	5:00PM
		ADULTING WITH ATOM ARAULLO (R.) 9:30 - 9:45	ONE MINDANAO (R) 9:30 - 10:00					3:00AM	5:00AM	7:00AM	7:00PM	6:00PM
		BRIGADA (R) 9:45 - 10:45	ONE WESTERN VISAYAS (R) 10:00 - 10:45					4:00AM	6:00AM	8:00AM	8:00PM	7:00PM
		BALITANGHALI (R) 10:45 - 11:45					PINOY CRIME STORIES (R) 10:45 - 11:30	5:00AM	7:00AM	9:00AM	9:00PM	8:00PM
		REEL TIME (R) 11:45 - 12:45					AGRIPRENEUR (P) 11:30 - 12:00	6:00AM	8:00AM	10:00AM	10:00PM	9:00PM

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 JANUARY 4	MONDAY JANUARY 5	TUESDAY JANUARY 6	WEDNESDAY JANUARY 7	THURSDAY JANUARY 8	FRIDAY JANUARY 9	SATURDAY 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					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	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 (P) 6:15 - 6:45					9:00AM	11:00AM	1:00PM	1:00AM	12:00NN
9:00AM	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
10:00AM	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
11:00AM	BUSINESS MATTERS (P) 8:30 - 9:15	DOBOL B TV (P) 8:30 - 12:00					DOBOL B TV 8:30 - 11:30	12:00NN	2:00PM	4:00PM	4:00AM	3:00AM
12:00NN	AGRIPRENEUR (R) 9:15 - 10:00							1:00PM	3:00PM	5:00PM	5:00AM	4:00AM
1:00PM	GOOD NEWS (R) 10:00 - 11:00							2:00PM	4:00PM	6:00PM	6:00AM	5:00AM
2:00PM	CAYETANO IN ACTION WITH BOY ABUNDA (R) 11:00 - 12:00							3:00PM	5:00PM	7:00PM	7:00AM	6:00AM
3:00PM	DOKUMENTARYO (I-WITNESS CLASSICS) MARATHON (P) 12:00 - 3:00	DOKUMENTARYO (I-WITNESS CLASSICS) (P.) 12:00 - 12:45					BUSINESS MATTERS (R) 11:30 - 12:15	4:00PM	6:00PM	8:00PM	8:00AM	7:00AM
4:00PM	BORN IMPACT (R) 3:00 - 3:30	REEL TIME (P) 12:45 - 1:45					CAYETANO IN ACTION WITH BOY ABUNDA (R) 12:15 - 1:15	5:00PM	7:00PM	9:00PM	9:00AM	8:00AM
5:00PM	FRONT ROW (R) 3:30 - 4:15	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	FRONT ROW (R) 1:15 - 2:00	6:00PM	8:00PM	10:00PM	10:00AM	9:00AM
6:00PM	PINOY CRIME STORIES (R.) 4:15 - 5:00	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	CAYETANO IN ACTION WITH BOY ABUNDA (R) 3:15 - 4:15	PINOY CRIME STORIES (R.) 2:00 - 2:45	7:00PM	9:00PM	11:00PM	11:00AM	10:00AM
7:00PM	CAYETANO IN ACTION WITH BOY ABUNDA (R) 5:00 - 6:00	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	BUSINESS MATTERS (R) 3:30 - 4:15	FRONT ROW (R) 2:45 - 3:30	8:00PM	10:00PM	12:00NN	12:00NN	11:00AM
8:00PM	PERA PARAAN (R) 6:00 - 7:00	DOKUMENTARYO (I-WITNESS CLASSICS) (R) 4:15 - 5:00					BORN IMPACT (R) 4:15 - 5:00	9:00PM	11:00PM	1:00AM	1:00PM	12:00NN
9:00PM	ADULTING WITH ATOM ARAULLO (R) 7:00 - 7:15	BALITANGHALI (P) 5:00 - 6:00					GOOD NEWS (R) 5:00 - 6:00	10:00PM	12:00NN	2:00AM	2:00PM	1:00PM
10:00PM	AGRIPRENEUR (R) 7:15 - 8:00	REEL TIME (R) 6:00 - 7:00					BRIGADA (R) 6:00 - 7:00	11:00PM	1:00AM	3:00AM	3:00PM	2:00PM
11:00PM	IMBESTIGADOR (R) 8:00 - 8:45	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	2:00AM	4:00AM	4:00PM	3:00PM
12:00NN	BUSINESS MATTERS (R.) 8:45 - 9:30	FRONT ROW (R) 8:00 - 8:45	BALITANGHALI (R) 8:00 - 8:45					1:00AM	3:00AM	5:00AM	5:00PM	4:00PM
	REEL TIME MARATHON (P) 9:30 - 1:30	ADULTING WITH ATOM ARAULLO (R.) 9:30 - 9:45	ONE NORTH CENTRAL LUZON (R) 8:45 - 9:30					2:00AM	4:00AM	6:00AM	6:00PM	5:00PM
		BRIGADA (R) 9:45 - 10:45	ONE MINDANAO (R) 9:30 - 10:00					3:00AM	5:00AM	7:00AM	7:00PM	6:00PM
		ONE WESTERN VISAYAS (R) 10:00 - 10:45						4:00AM	6:00AM	8:00AM	8:00PM	7:00PM
		BALITANGHALI (R) 10:45 - 11:45					PINOY CRIME STORIES (R) 10:45 - 11:30	5:00AM	7:00AM	9:00AM	9:00PM	8:00PM
		REEL TIME (R) 11:45 - 12:45					AGRIPRENEUR (P) 11:30 - 12:00	6:00AM	8:00AM	10:00AM	10:00PM	9:00PM

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 JANUARY.11	MONDAY JANUARY.12	TUESDAY JANUARY.13	WEDNESDAY JANUARY.14	THURSDAY JANUARY.15	FRIDAY JANUARY.16	SATURDAY JANUARY.17						
12:00MN	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	
			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	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	
	GOOD NEWS (R) 4:00 - 5:00		ONE MINDANAO (P) 4:00 - 4:45					6:00AM	8:00AM	10:00AM	10:00PM	9:00PM	
5:00AM	BRIGADA (R) 5:00 - 6:00		ONE WESTERN VISAYAS (P) 4:45 - 5:30					6:00AM	8:00AM	10:00AM	10:00PM	9:00PM	
6:00AM	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					7:00AM	9:00AM	11:00AM	11:00PM	10:00PM	
		AGRIPRENEUR (R.) 6:15 - 7:00	SAKSI (R) 6:15 - 6:45					8:00AM	10:00AM	12:00NN	12:00NN	11:00PM	
7:00AM	FRONT ROW (P) 7:00 - 7:30	BORN IMPACT (R) 7:00 - 7:45	BALITANGHALI (R) 6:45 - 7:45					8:00AM	10:00AM	12:00NN	12:00NN	11:00PM	
8:00AM	IMBESTIGADOR (P) 7:30 - 8:15	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	
	ADULTING WITH ATOM ARAULLO (P) 8:15 - 8:30												
9:00AM	BUSINESS MATTERS (P) 8:30 - 9:15	DOBOL B TV (P) 8:30 - 12:00					DOBOL B TV 8:30 - 11:30	10:00AM	12:00NN	2:00PM	2:00AM	1:00AM	
	AGRIPRENEUR (R) 9:15 - 10:00												
10:00AM	GOOD NEWS (R) 10:00 - 11:00												
11:00AM	CAYETANO IN ACTION WITH BOY ABUNDA (R) 11:00 - 12:00												
12:00NN	DOKUMENTARYO (I-WITNESS CLASSICS) MARATHON (P) 12:00 - 3:00	DOKUMENTARYO (I-WITNESS CLASSICS) (P.) 12:00 - 12:45				NCAA SEASON 101 SENIORS VOLLEYBALL (LIVE) 12:00 - 5:00	BUSINESS MATTERS (R) 11:30 - 12:15	1:00PM	3:00PM	5:00PM	5:00AM	4:00AM	
1:00PM		REEL TIME (P) 12:45 - 1:45					CAYETANO IN ACTION WITH BOY ABUNDA (R) 12:15 - 1:15	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		FRONT ROW (R) 1:15 - 2:00	3:00PM	5:00PM	7:00PM	7:00AM	6:00AM	
3:00PM		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	NCAA SEASON 101 SENIORS VOLLEYBALL (LIVE) 2:30 - 5:00	4:00PM	6:00PM	8:00PM	8:00AM	7:00AM
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		5:00PM	7:00PM	9:00PM	9:00AM	8:00AM
5:00PM		PINOY CRIME STORIES (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	
	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								
	IMBESTIGADOR (R) 8:00 - 8:45	FRONT ROW (R) 8:00 - 8:45		BALITANG BISDAK (R) 8:00 - 8:45									
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					10:00PM	12:00NN	2:00AM	2:00PM	1:00PM	
	REEL TIME MARATHON (P) 9:30 - 1:30	ADULTING WITH ATOM ARAULLO (R.) 9:30 - 9:45	ONE MINDANAO (R) 9:30 - 10:00					11:00PM	1:00AM	3:00AM	3:00PM	2:00PM	
10:00PM		BRIGADA (R.) 9:45 - 10:45	ONE WESTERN VISAYAS (R) 10:00 - 10:45										
11:00PM		BALITANGHALI (R) 10:45 - 11:45						PINOY CRIME STORIES (R) 10:45 - 11:30	12:00NN	2:00AM	4:00AM	4:00PM	3:00PM
12:00NN		REEL TIME (R) 11:45 - 12:45					AGRIPRENEUR (P) 11:30 - 12:00	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 JANUARY 18	MONDAY JANUARY 19	TUESDAY JANUARY 20	WEDNESDAY JANUARY 21	THURSDAY JANUARY 22	FRIDAY JANUARY 23	SATURDAY JANUARY 24										
12:00MN	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					4:00AM	6:00AM	8:00AM	8:00PM	7:00PM					
			BALITANG BISDAK (P) 2:30 - 3:15														
			ONE NORTH CENTRAL LUZON (P) 3:15 - 4:00														
ONE MINDANAO (P) 4:00 - 4:45																	
4:00AM	AGRIPRENEUR (R) 3:30 - 4:00	FRONT ROW (R.) 5:30 - 6:15	ONE WESTERN VISAYAS (P) 4:45 - 5:30					5:00AM	7:00AM	9:00AM	9:00PM	8:00PM					
5:00AM	GOOD NEWS (R) 4:00 - 5:00		STATE OF THE NATION (R) 5:30 - 6:15					6:00AM	8:00AM	10:00AM	10:00PM	9:00PM					
6:00AM	BRIGADA (R) 5:00 - 6:00		AGRIPRENEUR (R.) 6:15 - 7:00	SAKSI (R) 6:15 - 6:45					7:00AM	9:00AM	11:00AM	11:00PM	10:00PM				
7:00AM	CAYETANO IN ACTION WITH BOY ABUNDA (P) 6:00 - 7:00	BORN IMPACT (R) 7:00 - 7:45		BALITANGHALI (R) 6:45 - 7:45					8:00AM	10:00AM	12:00NN	12:00NN	11:00PM				
8:00AM	FRONT ROW (P) 7:00 - 7:30		DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV (P) 8:30 - 12:00				
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
ADULTING WITH ATOM ARAULLO (P) 8:15 - 8:30																	
BUSINESS MATTERS (P) 8:30 - 9:15																	
9:00AM	AGRIPRENEUR (R) 9:15 - 10:00	DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV (P) 8:30 - 12:00					
10:00AM	GOOD NEWS (R) 10:00 - 11:00												BUSINESS MATTERS (R) 11:30 - 12:15	CAYETANO IN ACTION WITH BOY ABUNDA (R) 12:15 - 1:15	FRONT ROW (R) 1:15 - 2:00	AGRIPRENEUR (R) 2:00 - 2:30	
11:00AM	CAYETANO IN ACTION WITH BOY ABUNDA (R) 11:00 - 12:00																
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	NCAA SEASON 101 SENIORS VOLLEYBALL (LIVE) 2:30 - 5:00		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		DOKUMENTARYO (I-WITNESS CLASSICS) (R) 4:15 - 5:00			DOKUMENTARYO (I-WITNESS CLASSICS) (R) 4:15 - 5:00												
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	6:00PM	8:00PM	10:00PM	10:00AM	9:00AM				
7:00PM	PERA PARAAN (R) 6:00 - 7:00	REEL TIME (R) 6:00 - 7:00					BRIGADA (R) 6:00 - 7:00	7:00PM	9:00PM	11:00PM	11:00AM	10:00AM					
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	8:00PM	10:00PM	12:00MN	12:00NN	11:00AM					
9:00PM	AGRIPRENEUR (R) 7:15 - 8:00				FRONT ROW (R) 7:30 - 8:00												
10:00PM	IMBESTIGADOR (R) 8:00 - 8:45	FRONT ROW (R) 8:00 - 8:45					BALITANG BISDAK (R) 8:00 - 8:45					9:00PM	11:00PM	1:00AM	1:00PM	12:00NN	
11:00PM	BUSINESS MATTERS (R.) 8:45 - 9:30	PERA PARAAN (R.) 8:45 - 9:30	ONE NORTH CENTRAL LUZON (R) 8:45 - 9:30					10:00PM	12:00NN	2:00AM	2:00PM	1:00PM					
12:00MN	REEL TIME MARATHON (P) 9:30 - 1:30	ADULTING WITH ATOM ARAULLO (R.) 9:30 - 9:45	ONE MINDANAO (R) 9:30 - 10:00					11:00PM	1:00AM	3:00AM	3:00PM	2:00PM					
		BRIGADA (R.) 9:45 - 10:45	ONE WESTERN VISAYAS (R) 10:00 - 10:45					12:00NN	2:00AM	4:00AM	4:00PM	3:00PM					
BALITANGHALI (R) 10:45 - 11:45					PINOY CRIME STORIES (R) 10:45 - 11:30												
		REEL TIME (R) 11:45 - 12:45					AGRIPRENEUR (P) 11:30 - 12:00	1:00AM	3:00AM	5:00AM	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 JANUARY 25	MONDAY JANUARY 26	TUESDAY JANUARY 27	WEDNESDAY JANUARY 28	THURSDAY JANUARY 29	FRIDAY JANUARY 30	SATURDAY 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					4:00AM	6:00AM	8:00AM	8:00PM	7:00PM	
			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	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	
	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
7:00AM	FRONT ROW (P) 7:00 - 7:30	BORN IMPACT (R) 7:00 - 7:45	BALITANGHALI (R) 6:45 - 7:45					9:00AM	11:00AM	1:00PM	1:00AM	12:00NN	
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	10:00AM	12:00NN	2:00PM	2:00AM	1:00AM	
9:00AM	BUSINESS MATTERS (P) 8:30 - 9:15												
10:00AM	AGRIPRENEUR (R) 9:15 - 10:00	DOBOL B TV (P) 8:30 - 12:00					DOBOL B TV 8:30 - 11:30	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	DOKUMENTARYO (I-WITNESS CLASSICS) (P.) 12:00 - 12:45					NCAA SEASON 101 SENIORS VOLLEYBALL (LIVE) 12:00 - 5:00	BUSINESS MATTERS (R) 11:30 - 12:15	1:00PM	3:00PM	5:00PM	5:00AM	4:00AM
1:00PM	NCAA SEASON 101 SENIORS VOLLEYBALL (LIVE) 12:00 - 5:00							REEL TIME (P) 12:45 - 1:45					CAYETANO IN ACTION WITH BOY ABUNDA (R) 12:15 - 1:15
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) 1:15 - 2:00	AGRIPRENEUR (R) 2:00 - 2:30	3:00PM	5:00PM	7:00PM	7:00AM	6:00AM	
3:00PM		PINOY CRIME STORIES (R.) 2:45 - 3:30	NCAA SEASON 101 SENIORS VOLLEYBALL (LIVE) 2:30 - 5:00		GOOD NEWS (R) 2:45 - 3:30	NCAA SEASON 101 SENIORS VOLLEYBALL (LIVE) 2:30 - 5:00	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	
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) 7:30 - 8:00								
10:00PM	IMBESTIGADOR (R) 8:00 - 8:45	FRONT ROW (R) 8:00 - 8:45	BALITANG BISDAK (R) 8:00 - 8:45					10:00PM	12:00NN	2:00AM	2:00PM	1:00PM	
11:00PM	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	
12:00NN	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	2:00AM	4:00AM	4:00PM	3:00PM	
		BRIGADA (R.) 9:45 - 10:45	ONE WESTERN VISAYAS (R) 10:00 - 10:45										
		BALITANGHALI (R) 10:45 - 11:45					PINOY CRIME STORIES (R) 10:45 - 11:30						
		REEL TIME (R) 11:45 - 12:45					AGRIPRENEUR (P) 11:30 - 12:00	1:00AM	3:00AM	5:00AM	5:00PM	4:00PM	