

MLA	GMA LIFE 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					
12:00MN												
1:00AM	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Lastikman"	con't of PINOY MD (R) 11:15 - 1:00AM I BILIB (R) 12:15 - 12:45 AHA! (R) 12:45 - 1:15			con't of LUTONG BAHAY (R) 11:30 - 12:30 MARS PA MORE (R) 12:30 - 1:15							
2:00AM		FARM TO TABLE (R) 1:15 - 2:00			IDOL SA KUSINA (R) 1:15 - 2:00							
3:00AM	ARABELLA WEEKEND CATCH-UP (R) 2:00 - 4:45	PINAS SARAP (R) 2:00 - 2:45			DAY OFF (R) 2:00 - 2:45							
4:00AM		POP TALK (R.) 2:45 - 3:30										
5:00AM	BIYAHENI DREW (R) 4:45 - 5:30	TELESINE (R.) 3:30 - 5:00	REEL LIFE "I Heart Mondays" (R.) 2:45 - 4:45	REEL LIFE "Wa-Packed Tuesdays" (R.) 2:45 - 4:45	REEL LIFE "Once Upon a Wednesdays" (R.) 2:45 - 4:45	REEL LIFE "Hilarious Huwebes" (R.) 2:45 - 4:45	REEL LIFE "Senti Flicks" (R.) 2:45 - 4:45					
6:00AM	I BILIB (P) 5:30 - 6:00	TURBO ZONE (R) 5:00 - 5:45			ARABELLA (R) 4:45 - 5:30							
7:00AM	DAMI MONG ALAM, KUYA KIM! (P) 6:00 - 6:30	I JUANDER (R) 5:45 - 6:30			BALITANGHALI (R) 5:30 - 6:30							
8:00AM	AHA! (R.) 6:30 - 7:00 "AHappy Christmas!"	SARAP 'DI BA? (R) 7:00 - 7:30	PINAS SARAP (R) 6:30 - 7:15		LUTONG BAHAY (R) 6:30 - 7:15							
9:00AM	REGAL STUDIO PRESENTS (R) 7:30 - 8:15	POP TALK (R.) 8:15 - 8:45	I BILIB (R) 7:15 - 7:45		MARS PA MORE (R) 7:15 - 8:00							
10:00AM	I JUANDER (P) 8:45 - 9:30	TASTE BUDDIES (R) 9:30 - 10:00	PINOT MD (R.) 7:45 - 8:30		IDOL SA KUSINA (R) 8:00 - 8:45							
11:00AM	SARAP 'DI BA? (R) 10:30 - 11:00	TUNAY NA BUHAY (R) 10:00 - 10:30	FARM TO TABLE (R.) 9:15 - 10:00	I JUANDER (R) 9:30 - 10:15	PINAS SARAP (R.) 9:30 - 10:15	TURBO ZONE (R) 9:30 - 10:15	FARM TO TABLE (R) 9:30 - 10:15	MAKE YOUR MARC (S2) (R) 9:30 - 10:15				
12:00NN	TELESINE (R.) 11:00 - 12:30	MAKE YOUR MARC (S2) (R) 10:30 - 11:15	TURBO ZONE (R) 11:15 - 12:00		IDOL SA KUSINA (R) 11:15 - 12:00							
1:00PM	REEL LIFE WEEKEND (R) 12:30 - 2:30 "Lastikman"	TUNAY NA BUHAY (R) 12:45 - 1:15	AHA! (R.) 1:15 - 1:45		MARS PA MORE (R) 12:00 - 12:45							
2:00PM		I BILIB (R) 1:45 - 2:15			DAY OFF (R) 12:45 - 1:30							
3:00PM	PINOY MD (P) 2:30 - 3:30				ARABELLA (R) 1:30 - 2:15							
4:00PM	I JUANDER (R) 3:30 - 4:15	PINOY MD (R) 3:15 - 4:00	REGAL STUDIO PRESENTS (S17) (R) 3:15 - 4:00	KARELASYON (R) 3:15 - 4:00	DAMI MONG ALAM, KUYA KIM! (R) 3:15 - 4:00	WEEKEND GETAWAY (R) 3:15 - 4:00		WEEKEND GETAWAY (P) 2:15 - 3:15				
5:00PM	BIYAHENI DREW (R) 4:15 - 5:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	REEL LIFE "Wa-Packed Tuesdays" (P.) 4:00 - 6:00	REEL LIFE "Once Upon a Wednesdays" (P.) 4:00 - 6:00	REEL LIFE "Hilarious Huwebes" (P.) 4:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00		POP TALK (R) 3:15 - 3:45				
6:00PM	WEEKEND GETAWAY (R) 5:00 - 6:00							SARAP 'DI BA? (P) 3:45 - 4:15				
7:00PM	REGAL STUDIO PRESENTS (S17) (P) 6:00 - 6:45				ARABELLA (P) 6:00 - 6:45			TELESINE (P) 4:15 - 5:45				
8:00PM	TASTE BUDDIES (P.) 6:45 - 7:15				LUTONG BAHAY (P) 6:45 - 7:30							
8:00PM	FARM TO TABLE (P) 7:15 - 8:00				DAY OFF (P) 7:30 - 8:15							
9:00PM	MAKE YOUR MARC (S2) (P) 8:00 - 8:30				MARS PA MORE (P) 8:15 - 9:00							
10:00PM	AHA! (P) 8:30 - 9:00				IDOL SA KUSINA (P) 9:00 - 9:45							
11:00PM	POP TALK (P) 9:00 - 9:45				BALITANGHALI (R) 9:45 - 10:45							
12:00MN	PINAS SARAP (P) 9:45 - 10:30	TUNAY NA BUHAY (R) 10:45 - 11:30	TASTE BUDDIES (R) 10:45 - 11:30	DAMI MONG ALAM, KUYA KIM! (R) 10:45 - 11:30	MAKE YOUR MARC (S2) (R) 10:45 - 11:30	REGAL STUDIO PRESENTS (S17) (R) 10:45 - 11:30		I JUANDER NEW YEAR SPECIAL (P) 10:30 - 11:15				
	KARELASYON (R.) 10:30 - 11:15							KARELASYON (P) 11:15 - 12:00				
	PINOY MD (R) 11:15 - 12:15				LUTONG BAHAY (R) 11:30 - 12:30							

MLA	GMA LIFE 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												
1:00AM	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Working Boys 2: Choose Your Papa"	con't of PINOY MD (R) 11:15 - I BILIB (R) 12:15 - 12:45 AHA! (R) 12:45 - 1:15 FARM TO TABLE (R.) 1:15 - 2:00			con't of LUTONG BAHAY (R) 11:30 - 12:30 MARS PA MORE (R) 12:30 - 1:15							
2:00AM		PINAS SARAP (R.) 2:00 - 2:45			IDOL SA KUSINA (R) 1:15 - 2:00							
3:00AM	ARABELLA WEEKEND CATCH-UP (R.) 2:00 - 4:45	POP TALK (R.) 2:45 - 3:30	REEL LIFE "I Heart Mondays" (R.) 2:45 - 4:45	REEL LIFE "Wa-Packed Tuesdays" (R.) 2:45 - 4:45	REEL LIFE "Once Upon a Wednesdays" (R.) 2:45 - 4:45	REEL LIFE "Hilarious Huwebes" (R.) 2:45 - 4:45	REEL LIFE "Senti Flicks" (R.) 2:45 - 4:45					
4:00AM	TELESINE (R.) 3:30 - 5:00											
5:00AM	BIYAHENIDREW (R) 4:45 5:30	TURBO ZONE (R) 5:00 - 5:45			ARABELLA (R) 4:45 - 5:30							
6:00AM	I BILIB (P) 5:30 - 6:00	I JUANDER (R) 5:45 - 6:30			BALITANGHALI (R) 5:30 - 6:30							
7:00AM	DAMI MONG ALAM, KUYA KIM! (P) 6:00 - 6:30	AHAI (R) 6:30 - 7:00	PINAS SARAP (R) 6:30 - 7:15		LUTONG BAHAY (R) 6:30 - 7:15							
8:00AM	SARAP 'DI BA? (R) 7:00 - 7:30	REGAL STUDIO PRESENTS (R) 7:30 - 8:15	I BILIB (R) 7:15 - 7:45		MARS PA MORE (R) 7:15 - 8:00							
9:00AM	POPTALK (R.) 8:15 - 8:45	BIYAHENIDREW (R.) 8:30 - 9:15	PINOY MD (R.) 7:45 - 8:30		IDOL SA KUSINA (R) 8:00 - 8:45							
10:00AM	I JUANDER (P) 8:45 - 9:30	FARM TO TABLE (R.) 9:15 10:00	TUNAYNA BUHAY (R) 10:00 - 10:30	I JUANDER (R) 9:30 - 10:15	PINAS SARAP (R.) 9:30 - 10:15	TURBO ZONE (R) 9:30 - 10:15	FARM TO TABLE (R) 9:30 - 10:15	HOME BASE PLUS (S26) (R) 9:30 - 10:15				
11:00AM	SARAP 'DI BA? (R) 10:30 - 11:00	TELESINE (R.) 11:00 - 12:30	HOME BASE PLUS (S26) (R.) 10:30 - 11:15		BALITANGHALI (R) 10:15 - 11:15							
12:00NN	DAMI MONG ALAM, KUYA KIM! (R) 12:00 - 12:45	TURBO ZONE (R) 11:15 - 12:00			IDOL SA KUSINA (R) 11:15 - 12:00							
1:00PM	REEL LIFE WEEKEND (R) 12:30 - 2:30 "Working Boys 2: Choose Your Papa"	TUNAYNA BUHAY (R) 12:45 - 1:15	AHA! (R) 1:15 - 1:45		DAY OFF (R) 12:45 - 1:30							
2:00PM	I BILIB (R) 1:45 - 2:15				ARABELLA (R) 1:30 - 2:15							
3:00PM	PINOY MD (P) 2:30 - 3:30				BALITANGHALI (P) 2:15 - 3:15			WEEKEND GETAWAY (P) 2:15 - 3:15				
4:00PM	I JUANDER (R) 3:30 - 4:15	PINOY MD (R) 3:15 - 4:00	REGAL STUDIO PRESENTS (S17) (R) 3:15 - 4:00	KARELASYON (R) 3:15 - 4:00	DAMI MONG ALAM, KUYA KIM! (R) 3:15 - 4:00	WEEKEND GETAWAY (R) 3:15 - 4:00	POP TALK (R) 3:15 - 3:45					
5:00PM	BIYAHENIDREW (R) 4:15 - 5:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	REEL LIFE "Wa-Packed Tuesdays" (P.) 4:00 - 6:00	REEL LIFE "Once Upon a Wednesdays" (P.) 4:00 - 6:00	REEL LIFE "Hilarious Huwebes" (P.) 4:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00	SARAP 'DI BA? (P.) 3:45 - 4:15					
6:00PM	WEEKEND GETAWAY (R) 5:00 - 6:00						TELESINE (P) 4:15 - 5:45					
7:00PM	REGAL STUDIO PRESENTS (S17) (P) 6:00 - 6:45				ARABELLA (P) 6:00 - 6:45			REEL LIFE WEEKEND (P) 5:45 - 7:45 "Coming Soon"				
8:00PM	TASTE BUDDIES (P.) 6:45 - 7:15				LUTONG BAHAY (P) 6:45 - 7:30			WEEKEND GETAWAY (R) 7:45 - 8:45				
8:00PM	FARM TO TABLE (P) 7:15 - 8:00				DAY OFF (P) 7:30 - 8:15			BIYAHENIDREW (P) 8:45 - 9:30				
9:00PM	HOME BASE PLUS (S26) (P) 8:00 - 8:30				MARS PA MORE (P) 8:15 - 9:00			TURBO ZONE (P.) 9:30 - 10:00				
9:00PM	AHA! (P) 8:30 - 9:00				IDOL SA KUSINA (P) 9:00 - 9:45			TUNAYNA BUHAY (P.) 10:00 - 10:30				
10:00PM	POPTALK (P) 9:00 - 9:45				BALITANGHALI (R) 9:45 - 10:45			SARAP 'DI BA? (R) 10:30 - 11:15				
11:00PM	PINAS SARAP (P.) 9:45 - 10:30				TUNAYNA BUHAY (R) 10:45 - 11:30	TASTE BUDDIES (R) 10:45 - 11:30	DAMI MONG ALAM, KUYA KIM! (R) 10:45 - 11:30	REGAL STUDIO PRESENTS (S17) (R) 10:45 - 11:30	KARELASYON (P) 11:15 - 12:00			
12:00MN	KARELASYON (R.) 10:30 - 11:15				LUTONG BAHAY (R) 11:30 - 12:30					1:00AM	3:00AM	5:00PM

MLA	GMA LIFE 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					
12:00MN												
1:00AM	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Coming Soon"	can't of PINOY MD (R) 11:15 - 1:15 I BILIB (R) 12:15 - 12:45 AHA! (R) 12:45 - 1:15			con't of LUTONG BAHAY (R) 11:30 - 12:30 MARS PA MORE (R) 12:30 - 1:15							
2:00AM		FARM TO TABLE (R.) 1:15 - 2:00			IDOL SA KUSINA (R) 1:15 - 2:00							
3:00AM	ARABELLA WEEKEND CATCH-UP (R.) 2:00 - 4:45	PINAS SARAP (R.) 2:00 - 2:45 POP TALK (R.) 2:45 - 3:30	REEL LIFE "I Heart Mondays" (R.) 2:45 - 4:45	REEL LIFE "Wa-Packed Tuesdays" (R.) 2:45 - 4:45	REEL LIFE "Once Upon a Wednesdays" (R.) 2:45 - 4:45	REEL LIFE "Hilarious Huwebes" (R.) 2:45 - 4:45	REEL LIFE "Senti Flicks" (R.) 2:45 - 4:45					
4:00AM		TELESINE (R.) 3:30 - 5:00										
5:00AM	BIYAHENIDREW (R) 4:45 - 5:30	TURBO ZONE (R) 5:00 - 5:45			ARABELLA (R) 4:45 - 5:30							
6:00AM	I BILIB (P) 5:30 - 6:00	I JUANDER (R) 5:45 - 6:30			BALITANGHALI (R) 5:30 - 6:30							
7:00AM	DAMI MONG ALAM, KUYA KIM! (P) 6:00 - 6:30	AHAI (R) 6:30 - 7:00			LUTONG BAHAY (R) 6:30 - 7:15							
8:00AM	SARAP 'DI BA? (R) 7:00 - 7:30	REGAL STUDIO PRESENTS (R) 7:30 - 8:15	I BILIB (R) 7:15 - 7:45		MARS PA MORE (R) 7:15 - 8:00							
9:00AM	POPTALK (R.) 8:15 - 8:45	BIYAHENIDREW (R.) 8:30 - 9:15	PINOY MD (R.) 7:45 - 8:30		IDOL SA KUSINA (R) 8:00 - 8:45							
10:00AM	I JUANDER (P) 8:45 - 9:30	FARM TO TABLE (R.) 9:15 - 10:00			DAY OFF (R) 8:45 - 9:30							
11:00AM	TUNAYNA BUHAY (R) 10:00 - 10:30	TASTE BUDDIES (R) 10:00 - 10:30	I JUANDER (R) 9:30 - 10:15	PINAS SARAP (R.) 9:30 - 10:15	TURBO ZONE (R) 9:30 - 10:15	FARM TO TABLE (R) 9:30 - 10:15	HOME BASE PLUS (S26) (R) 9:30 - 10:15					
12:00NN	SARAP 'DI BA? (R) 10:30 - 11:00	TELESINE (R.) 11:00 - 12:30	HOME BASE PLUS (S26) (R.) 10:30 - 11:15		BALITANGHALI (R) 10:15 - 11:15							
1:00PM	REEL LIFE WEEKEND (R) 12:30 - 2:30 "Coming Soon"	TURBO ZONE (R) 11:15 - 12:00	DAMI MONG ALAM, KUYA KIM! (R) 12:00 - 12:45		IDOL SA KUSINA (R) 11:15 - 12:00							
2:00PM		TUNAYNA BUHAY (R) 12:45 - 1:15	AHA! (R) 1:15 - 1:45	I BILIB (R) 1:45 - 2:15	DAY OFF (R) 12:45 - 1:30							
3:00PM	PINOY MD (P) 2:30 - 3:30				ARABELLA (R) 1:30 - 2:15							
4:00PM	I JUANDER (R) 3:30 - 4:15	PINOY MD (R) 3:15 - 4:00	REGAL STUDIO PRESENTS (S17) (R) 3:15 - 4:00	KARELASYON (R) 3:15 - 4:00	DAMI MONG ALAM, KUYA KIM! (R) 3:15 - 4:00	WEEKEND GETAWAY (R) 3:15 - 4:00		WEEKEND GETAWAY (P) 2:15 - 3:15				
5:00PM	BIYAHENIDREW (R) 4:15 - 5:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	REEL LIFE "Wa-Packed Tuesdays" (P.) 4:00 - 6:00	REEL LIFE "Once Upon a Wednesdays" (P.) 4:00 - 6:00	REEL LIFE "Hilarious Huwebes" (P.) 4:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00		POP TALK (R) 3:15 - 3:45				
6:00PM	WEEKEND GETAWAY (R) 5:00 - 6:00							SARAP 'DI BA? (P.) 3:45 - 4:15				
7:00PM	REGAL STUDIO PRESENTS (S17) (P) 6:00 - 6:45				ARABELLA (P) 6:00 - 6:45			TELESINE (P) 4:15 - 5:45				
8:00PM	TASTE BUDDIES (P.) 6:45 - 7:15				LUTONG BAHAY (P) 6:45 - 7:30							
8:00PM	FARM TO TABLE (P) 7:15 - 8:00				DAY OFF (P) 7:30 - 8:15							
9:00PM	HOME BASE PLUS (S26) (P) 8:00 - 8:30				MARS PA MORE (P) 8:15 - 9:00							
9:00PM	AHA! (P) 8:30 - 9:00				IDOL SA KUSINA (P) 9:00 - 9:45							
10:00PM	POPTALK (P) 9:00 - 9:45				BALITANGHALI (R) 9:45 - 10:45							
11:00PM	PINAS SARAP (P.) 9:45 - 10:30	TUNAYNA BUHAY (R) 10:45 - 11:30	TASTE BUDDIES (R) 10:45 - 11:30	DAMI MONG ALAM, KUYA KIM! (R) 10:45 - 11:30	HOME BASE PLUS (S26) (R) 10:45 - 11:30	REGAL STUDIO PRESENTS (S17) (R) 10:45 - 11:30		SARAP 'DI BA? (R) 10:30 - 11:15				
12:00MN	KARELASYON (R.) 10:30 - 11:15							KARELASYON (P) 11:15 - 12:00				
12:00MN	PINOY MD (R) 11:15 - 12:15				LUTONG BAHAY (R) 11:30 - 12:30							