

MLA	GMA LIFE TV PROGRAMMING FEBRUARY 1 - 7, 2026 GRID (MANILA)							JAPAN (MLA + 1)	AUSTRALIA (MLA + 3)	NEW ZEALAND (MLA + 5)	ITALY (MLA - 7)	UK (MLA - 8)
	SUNDAY FEBRUARY.1	MONDAY FEBRUARY.2	TUESDAY FEBRUARY.3	WEDNESDAY FEBRUARY.4	THURSDAY FEBRUARY.5	FRIDAY FEBRUARY.6	SATURDAY FEBRUARY.7					
12:00MN	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Boy Tokwa: Lodi ng Gapo"	con't of PINOY MD (R) 11:15 -	con't of LUTONG BAHAY (R) 11:30 - 12:30					1:00AM	3:00AM	5:00AM	5:00PM	4:00PM
1:00AM		I BILIB (R) 12:15 - 12:45										
		AHA! (R) 12:45 - 1:15	MARS PA MORE (R) 12:30 - 1:15					2:00AM	4:00AM	6:00AM	6:00PM	5:00PM
2:00AM		FARM TO TABLE (R.) 1:15 - 2:00	IDOL SA KUSINA (R) 1:15 - 2:00					3:00AM	5:00AM	7:00AM	7:00PM	6:00PM
3:00AM	ARABELLA WEEKEND CATCH-UP (R.) 2:00 - 4:45	BIYAHE NI DREW (R.) 2:00 - 2:45	DAY OFF (R.) 2:00 - 2:45									
4:00AM		PINAS SARAP (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	6:00AM	8:00AM	8:00PM	7:00PM
		TELESINE (P) 3:30 - 5:00						5:00AM	7:00AM	9:00AM	9:00PM	8:00PM
5:00AM		I BILIB (P) 4:45 - 5:15	ARABELLA (R) 4:45 - 5:30					6:00AM	8:00AM	10:00AM	10:00PM	9:00PM
6:00AM	DAMI MONG ALAM, KUYA KIM! (P) 5:15 - 5:45											
	AHA! (R.) 5:45 - 6:15	AHA! (R.) 5:45 - 6:15	BALITANGHALI (R) 5:30 - 6:30					7:00AM	9:00AM	11:00AM	11:00PM	10:00PM
7:00AM	SARAP 'DI BA? (R.) 6:15 - 6:45	I JUANDER (R) 6:15 - 7:00										
	KARELASYON (R) 6:45 - 7:30	I BILIB (R) 7:00 - 7:30	LUTONG BAHAY (R) 6:30 - 7:15					8:00AM	10:00AM	12:00NN	12:00MN	11:00PM
8:00AM	POP TALK (R.) 7:30 - 8:15	TASTE BUDDIES (R) 7:30 - 8:00	MARS PA MORE (R) 7:15 - 8:00					9:00AM	11:00AM	1:00PM	1:00AM	12:00MN
9:00AM	BIYAHE NI DREW (R) 8:15 - 9:00	FARM TO TABLE (R.) 8:00 - 8:45	IDOL SA KUSINA (R) 8:00 - 8:45									
	I JUANDER (P) 9:00 - 9:45	PINAS SARAP (R.) 8:45 - 9:30	DAY OFF (R) 8:45 - 9:30					10:00AM	12:00NN	2:00PM	2:00AM	1:00AM
10:00AM	TASTE BUDDIES (R) 9:45 - 10:15	PINOY MD (R.) 9:30 - 10:15	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	1:00PM	3:00PM	3:00AM	2:00AM
11:00AM	SARAP 'DI BA? (R.) 10:15 - 10:45	POP TALK (R.) 10:15 - 11:00	BALITANGHALI (R) 10:15 - 11:15									
	TUNAY NA BUHAY (R) 10:45 - 11:15	HOME BASE PLUS (R.) 11:00 - 11:30						12:00NN	2:00PM	4:00PM	4:00AM	3:00AM
12:00NN	REGAL STUDIO PRESENTS (R) 11:15 - 12:00	TURBO ZONE (R) 11:30 - 12:00	IDOL SA KUSINA (R) 11:15 - 12:00									
	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Boy Tokwa: Lodi ng Gapo"	DAMI MONG ALAM, KUYA KIM! (R) 12:00 - 12:45	MARS PA MORE (R) 12:00 - 12:45					1:00PM	3:00PM	5:00PM	5:00AM	4:00AM
TUNAY NA BUHAY (R) 12:45 - 1:15		DAY OFF (R.) 12:45 - 1:30					2:00PM	4:00PM	6:00PM	6:00AM	5:00AM	
AHA! (R.) 1:15 - 1:45												
SARAP 'DI BA? (R.) 2:00 - 2:30		I BILIB (R) 1:45 - 2:15	ARABELLA (R) 1:30 - 2:15					3:00PM	5:00PM	7:00PM	7:00AM	6:00AM
3:00PM	KARELASYON (R.) 2:30 - 3:15	BALITANGHALI (P) 2:15 - 3:15					WEEKEND GETAWAY (P) 2:15 - 3:15	4:00PM	6:00PM	8:00PM	8:00AM	7:00AM
4:00PM	BIYAHE NI DREW (R) 3:15 - 4:00	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	TURBO ZONE (P.) 3:15 - 3:45					
							SARAP 'DI BA? (P.) 3:45 - 4:15	5:00PM	7:00PM	9:00PM	9:00AM	8:00AM
5:00PM	WEEKEND GETAWAY (R) 4:00 - 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	BORN TO BE WILD (P) 4:15 - 5:00	6:00PM	8:00PM	10:00PM	10:00AM	9:00AM
	WISH KO LANG (P) 5:00 - 5:45											
6:00PM	AHA! (P.) 6:00 - 6:30	ARABELLA (P) 6:00 - 6:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "X and Y"	7:00PM	9:00PM	11:00PM	11:00AM	10:00AM
7:00PM	REGAL STUDIO PRESENTS (P) 6:30 - 7:15	LUTONG BAHAY (P) 6:45 - 7:30						8:00PM	10:00PM	12:00MN	12:00NN	11:00AM
8:00PM	TASTE BUDDIES (P.) 7:15 - 7:45											
	POP TALK (P) 7:45 - 8:30	DAY OFF (P) 7:30 - 8:15					DAIG KAYO NG LOLA KO (P.) 7:45 - 8:30	9:00PM	11:00PM	1:00AM	1:00PM	12:00NN
9:00PM	HOME BASE PLUS (P) 8:30 - 9:15	MARS PA MORE (P) 8:15 - 9:00					WISH KO LANG (R) 8:30 - 9:15					
	FARM TO TABLE (P) 9:15 - 10:00	IDOL SA KUSINA (P) 9:00 - 9:45					BIYAHE NI DREW (P.) 9:15 - 10:00	10:00PM	12:00MN	2:00AM	2:00PM	1:00PM
10:00PM	PINAS SARAP (P.) 10:00 - 10:45	BALITANGHALI (R) 9:45 - 10:45					I JUANDER (P) 10:00 - 10:45	11:00PM	1:00AM	3:00AM	3:00PM	2:00PM
11:00PM	TURBO ZONE (R) 10:45 - 11:15	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	HOME BASE PLUS (S26) (R) 10:45 - 11:30	REGAL STUDIO PRESENTS (S17) (R) 10:45 - 11:30	TUNAY NA BUHAY (P.) 10:45 - 11:15	12:00MN	2:00AM	4:00AM	4:00PM	3:00PM
12:00MN	PINOY MD (R) 11:15 - 12:15	LUTONG BAHAY (R) 11:30 - 12:30					KARELASYON (P) 11:15 - 12:00	1:00AM	3:00AM	5:00AM	5:00PM	4:00PM

MLA	GMA LIFE TV PROGRAMMING FEBRUARY 8 - 14, 2026 GRID (MANILA)							JAPAN (MLA + 1)	AUSTRALIA (MLA + 3)	NEW ZEALAND (MLA + 5)	ITALY (MLA - 7)	UK (MLA - 8)	
	SUNDAY FEBRUARY.8	MONDAY FEBRUARY.9	TUESDAY FEBRUARY.10	WEDNESDAY FEBRUARY.11	THURSDAY FEBRUARY.12	FRIDAY FEBRUARY.13	SATURDAY FEBRUARY.14						
12:00MN	REEL LIFE WEEKEND (R) 12:00 - 2:00 "X and Y"	con't of PINOY MD (R) 11:15 -	con't of LUTONG BAHAY (R) 11:30 - 12:30					1:00AM	3:00AM	5:00AM	5:00PM	4:00PM	
1:00AM		I BILIB (R) 12:15 - 12:45											
		AHA! (R) 12:45 - 1:15	MARS PA MORE (R) 12:30 - 1:15					2:00AM	4:00AM	6:00AM	6:00PM	5:00PM	
2:00AM		FARM TO TABLE (R.) 1:15 - 2:00	IDOL SA KUSINA (R) 1:15 - 2:00					3:00AM	5:00AM	7:00AM	7:00PM	6:00PM	
3:00AM	ARABELLA WEEKEND CATCH-UP (R.) 2:00 - 4:45	BIYAHE NI DREW (R.) 2:00 - 2:45	DAY OFF (R.) 2:00 - 2:45										
4:00AM		PINAS SARAP (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	6:00AM	8:00AM	8:00PM	7:00PM	
		BORN TO BE WILD (R) 3:30 - 4:15						5:00AM	7:00AM	9:00AM	9:00PM	8:00PM	
5:00AM		WISH KO LANG (R.) 4:15 - 5:00											
6:00AM	I BILIB (P) 4:45 - 5:15	ARABELLA (R) 4:45 - 5:30					6:00AM	8:00AM	10:00AM	10:00PM	9:00PM		
	DAMI MONG ALAM, KUYA KIM! (P) 5:15 - 5:45												
7:00AM	BORN TO BE WILD (R.) 5:45 - 6:15	AHA! (R.) 5:45 - 6:15	BALITANGHALI (R) 5:30 - 6:30					7:00AM	9:00AM	11:00AM	11:00PM	10:00PM	
	DAIG KAYO NG LOLA KO (R) 6:15 - 7:00	I JUANDER (R) 6:15 - 7:00											
8:00AM	SARAP 'DI BA? (R.) 7:00 - 7:30	I BILIB (R) 7:00 - 7:30	LUTONG BAHAY (R) 6:30 - 7:15					8:00AM	10:00AM	12:00NN	12:00MN	11:00PM	
	KARELASYON (R) 7:30 - 8:15	TASTE BUDDIES (R) 7:30 - 8:00	MARS PA MORE (R) 7:15 - 8:00					9:00AM	11:00AM	1:00PM	1:00AM	12:00MN	
9:00AM	BIYAHE NI DREW (R) 8:15 - 9:00	FARM TO TABLE (R.) 8:00 - 8:45	IDOL SA KUSINA (R) 8:00 - 8:45										
	I JUANDER (R) 9:00 - 9:45	PINAS SARAP (R.) 8:45 - 9:30	DAY OFF (R) 8:45 - 9:30					10:00AM	12:00NN	2:00PM	2:00AM	1:00AM	
10:00AM	TASTE BUDDIES (R) 9:45 - 10:15	PINOY MD (R.) 9:30 - 10:15	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	1:00PM	3:00PM	3:00AM	2:00AM	
	SARAP 'Di BA? (R.) 10:15 - 10:45	POP TALK (R.) 10:15 - 11:00	BALITANGHALI (R) 10:15 - 11:15										
11:00AM	TUNAY NA BUHAY (R) 10:45 - 11:15	HOME BASE PLUS (R.) 11:00 - 11:30						12:00NN	2:00PM	4:00PM	4:00AM	3:00AM	
	DAIG KAYO NG LOLA KO (R) 11:15 - 12:00	TURBO ZONE (R) 11:30 - 12:00	IDOL SA KUSINA (R) 11:15 - 12:00										
12:00NN	REEL LIFE WEEKEND (R) 12:00 - 2:00 "X and Y"	DAMI MONG ALAM, KUYA KIM! (R) 12:00 - 12:30	MARS PA MORE (R) 12:00 - 12:45					1:00PM	3:00PM	5:00PM	5:00AM	4:00AM	
1:00PM		DAIG KAYO NG LOLA KO (R) 12:30 - 1:15	DAY OFF (R.) 12:45 - 1:30					2:00PM	4:00PM	6:00PM	6:00AM	5:00AM	
		AHA! (R.) 1:15 - 1:45											
2:00PM		I BILIB (R) 1:45 - 2:15	ARABELLA (R) 1:30 - 2:15					3:00PM	5:00PM	7:00PM	7:00AM	6:00AM	
3:00PM	WISH KO LANG (R.) 2:00 - 2:45												
	SARAP 'Di BA? (R.) 2:45 - 3:15	BALITANGHALI (P) 2:15 - 3:15					WEEKEND GETAWAY (P) 2:15 - 3:15	4:00PM	6:00PM	8:00PM	8:00AM	7:00AM	
4:00PM	BIYAHE NI DREW (R) 3:15 - 4:00	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	TURBO ZONE (P.) 3:15 - 3:45						
	WEEKEND GETAWAY (R) 4:00 - 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	5:00PM	7:00PM	9:00PM	9:00AM	8:00AM	
PINOY MD (P) 5:00 - 6:00	BORN TO BE WILD (P) 4:15 - 5:00						6:00PM	8:00PM	10:00PM	10:00AM	9:00AM		
6:00PM	AHA! (P.) 6:00 - 6:30	ARABELLA (P) 6:00 - 6:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Always"	7:00PM	9:00PM	11:00PM	11:00AM	10:00AM	
	REGAL STUDIO PRESENTS (P) 6:30 - 7:15	LUTONG BAHAY (P) 6:45 - 7:30						8:00PM	10:00PM	12:00MN	12:00NN	11:00AM	
8:00PM	TASTE BUDDIES (P.) 7:15 - 7:45	DAY OFF (P) 7:30 - 8:15						DAIG KAYO NG LOLA KO (P.) 7:45 - 8:30	9:00PM	11:00PM	1:00AM	1:00PM	12:00NN
	POP TALK (P) 7:45 - 8:30	MARS PA MORE (P) 8:15 - 9:00						WISH KO LANG (R) 8:30 - 9:15	10:00PM	12:00MN	2:00AM	2:00PM	1:00PM
9:00PM	HOME BASE PLUS (P) 8:30 - 9:15	IDOL SA KUSINA (P) 9:00 - 9:45					BIYAHE NI DREW (P.) 9:15 - 10:00						
	FARM TO TABLE (P) 9:15 - 10:00	BALITANGHALI (R) 9:45 - 10:45					I JUANDER (P) 10:00 - 10:45	11:00PM	1:00AM	3:00AM	3:00PM	2:00PM	
10:00PM	PINAS SARAP (P.) 10:00 - 10:45												
11:00PM	TURBO ZONE (R) 10:45 - 11:15	BORN TO BE WILD (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	TUNAY NA BUHAY (P.) 10:45 - 11:15	12:00MN	2:00AM	4:00AM	4:00PM	3:00PM	
	PINOY MD (R) 11:15 - 12:15	LUTONG BAHAY (R) 11:30 - 12:30					KARELASYON (P) 11:15 - 12:00						
12:00MN								1:00AM	3:00AM	5:00AM	5:00PM	4:00PM	

MLA	GMA LIFE TV PROGRAMMING FEBRUARY 15 - 21, 2026 GRID (MANILA)							JAPAN (MLA + 1)	AUSTRALIA (MLA + 3)	NEW ZEALAND (MLA + 5)	ITALY (MLA - 7)	UK (MLA - 8)
	SUNDAY FEBRUARY.15	MONDAY FEBRUARY.16	TUESDAY FEBRUARY.17	WEDNESDAY FEBRUARY.18	THURSDAY FEBRUARY.19	FRIDAY FEBRUARY.20	SATURDAY FEBRUARY.21					
12:00MN	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Always"	con't of PINOY MD (R) 11:15 -	con't of LUTONG BAHAY (R) 11:30 - 12:30					1:00AM	3:00AM	5:00AM	5:00PM	4:00PM
1:00AM		I BILIB (R) 12:15 - 12:45										
		AHA! (R) 12:45 - 1:15	MARS PA MORE (R) 12:30 - 1:15					2:00AM	4:00AM	6:00AM	6:00PM	5:00PM
2:00AM		FARM TO TABLE (R.) 1:15 - 2:00	IDOL SA KUSINA (R) 1:15 - 2:00 "Filipino-Chinese Dishes"	IDOL SA KUSINA (R) 1:15 - 2:00 "Chinese New Year"	IDOL SA KUSINA (R) 1:15 - 2:00			3:00AM	5:00AM	7:00AM	7:00PM	6:00PM
3:00AM	ARABELLA WEEKEND CATCH-UP (R.) 2:00 - 4:45	BIYAHE NI DREW (R.) 2:00 - 2:45	DAY OFF (R.) 2:00 - 2:45									
		PINAS SARAP (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	6:00AM	8:00AM	8:00PM	7:00PM
BORN TO BE WILD (R) 3:30 - 4:15		5:00AM						7:00AM	9:00AM	9:00PM	8:00PM	
4:00AM		WISH KO LANG (R.) 4:15 - 5:00				RETURN TO PARADISE (R) 4:45 - 5:30		6:00AM	8:00AM	10:00AM	10:00PM	9:00PM
5:00AM	I BILIB (P) 4:45 - 5:15	POP TALK (R.) 5:00 - 5:45					7:00AM	9:00AM	11:00AM	11:00PM	10:00PM	
6:00AM	DAMI MONG ALAM, KUYA KIM! (P) 5:15 - 5:45	AHA! (R.) 5:45 - 6:15	BALITANGHALI (R) 5:30 - 6:30									
	BORN TO BE WILD (R.) 5:45 - 6:15	I JUANDER (R) 6:15 - 7:00										
7:00AM	DAIG KAYO NG LOLA KO (R) 6:15 - 7:00	I BILIB (R) 7:00 - 7:30	LUTONG BAHAY (R) 6:30 - 7:15					8:00AM	10:00AM	12:00NN	12:00MN	11:00PM
8:00AM	SARAP 'DI BA? (R.) 7:00 - 7:30											
	KARELASYON (R) 7:30 - 8:15	TASTE BUDDIES (R) 7:30 - 8:00	MARS PA MORE (R) 7:15 - 8:00				9:00AM	11:00AM	1:00PM	1:00AM	12:00MN	
9:00AM	BIYAHE NI DREW (R) 8:15 - 9:00	FARM TO TABLE (R.) 8:00 - 8:45	IDOL SA KUSINA (R) 8:00 - 8:45 "Filipino-Chinese Dishes"	IDOL SA KUSINA (R) 8:00 - 8:45 "Chinese New Year"	IDOL SA KUSINA (R) 8:00 - 8:45							
	I JUANDER (R) 9:00 - 9:45	PINAS SARAP (R.) 8:45 - 9:30	DAY OFF (R) 8:45 - 9:30				10:00AM	12:00NN	2:00PM	2:00AM	1:00AM	
10:00AM	TASTE BUDDIES (R) 9:45 - 10:15	PINOY MD (R.) 9:30 - 10:15	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	1:00PM	3:00PM	3:00AM	2:00AM
11:00AM	SARAP 'DI BA? (R.) 10:15 - 10:45	POP TALK (R.) 10:15 - 11:00	BALITANGHALI (R) 10:15 - 11:15									
	TUNAY NA BUHAY (R) 10:45 - 11:15	HOME BASE PLUS (R.) 11:00 - 11:30	IDOL SA KUSINA (R) 11:15 - 12:00 "Filipino-Chinese Dishes"	IDOL SA KUSINA (R) 11:15 - 12:00 "Chinese New Year"	IDOL SA KUSINA (R) 11:15 - 12:00			12:00NN	2:00PM	4:00PM	4:00AM	3:00AM
12:00NN	DAIG KAYO NG LOLA KO (R) 11:15 - 12:00	TURBO ZONE (R) 11:30 - 12:00						1:00PM	3:00PM	5:00PM	5:00AM	4:00AM
1:00PM	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Always"	DAMI MONG ALAM, KUYA KIM! (R) 12:00 - 12:30	MARS PA MORE (R) 12:00 - 12:45									
		DAIG KAYO NG LOLA KO (R) 12:30 - 1:15	DAY OFF (R.) 12:45 - 1:30					2:00PM	4:00PM	6:00PM	6:00AM	5:00AM
		AHA! (R.) 1:15 - 1:45	ARABELLA (R) 1:30 - 2:15			RETURN TO PARADISE (R) 1:30 - 2:15		3:00PM	5:00PM	7:00PM	7:00AM	6:00AM
		I BILIB (R) 1:45 - 2:15										
2:00PM	WISH KO LANG (R.) 2:00 - 2:45	BALITANGHALI (P) 2:15 - 3:15					WEEKEND GETAWAY (P) 2:15 - 3:15	4:00PM	6:00PM	8:00PM	8:00AM	7:00AM
3:00PM	SARAP 'DI BA? (R.) 2:45 - 3:15	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	TURBO ZONE (P.) 3:15 - 3:45	5:00PM	7:00PM	9:00PM	9:00AM	8:00AM
4:00PM	BIYAHE NI DREW (R) 3:15 - 4:00	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	8:00PM	10:00PM	10:00AM	9:00AM
5:00PM	WEEKEND GETAWAY (R) 4:00 - 5:00						BORN TO BE WILD (P) 4:15 - 5:00					
6:00PM	PINOY MD (P) 5:00 - 6:00						WISH KO LANG (P) 5:00 - 5:45					
	AHA! (P.) 6:00 - 6:30	ARABELLA (P) 6:00 - 6:45			RETURN TO PARADISE (P) 6:00 - 6:45		REEL LIFE WEEKEND (P) 5:45 - 7:45 "Girlfriend Na, Pwede Na"	7:00PM	9:00PM	11:00PM	11:00AM	10:00AM
7:00PM	REGAL STUDIO PRESENTS (P) 6:30 - 7:15	LUTONG BAHAY (P) 6:45 - 7:30					8:00PM	10:00PM	12:00MN	12:00NN	11:00AM	
	TASTE BUDDIES (P.) 7:15 - 7:45	DAY OFF (P) 7:30 - 8:15					9:00PM	11:00PM	1:00AM	1:00PM	12:00NN	
8:00PM	POP TALK (P) 7:45 - 8:30	MARS PA MORE (P) 8:15 - 9:00					10:00PM	12:00MN	2:00AM	2:00PM	1:00PM	
9:00PM	HOME BASE PLUS (P) 8:30 - 9:15	IDOL SA KUSINA (P) 9:00 - 9:45 "Filipino-Chinese Dishes"	IDOL SA KUSINA (P) 9:00 - 9:45 "Chinese New Year"	IDOL SA KUSINA (P) 9:00 - 9:45			BIYAHE NI DREW (P.) 9:15 - 10:00	11:00PM	1:00AM	3:00AM	3:00PM	2:00PM
	FARM TO TABLE (P) 9:15 - 10:00	BALITANGHALI (R) 9:45 - 10:45					I JUANDER (P) 10:00 - 10:45					
10:00PM	PINAS SARAP (P.) 10:00 - 10:45	BORN TO BE WILD (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	TUNAY NA BUHAY (P.) 10:45 - 11:15	12:00MN	2:00AM	4:00AM	4:00PM	3:00PM
11:00PM	TURBO ZONE (R) 10:45 - 11:15	PINOY MD (R) 11:15 - 12:15	LUTONG BAHAY (R) 11:30 - 12:30					KARELASYON (P) 11:15 - 12:00				
12:00MN	PINOY MD (R) 11:15 - 12:15								1:00AM	3:00AM	5:00AM	5:00PM

MLA	GMA LIFE TV PROGRAMMING FEBRUARY 22 - 28, 2026 GRID (MANILA)							JAPAN (MLA + 1)	AUSTRALIA (MLA + 3)	NEW ZEALAND (MLA + 5)	ITALY (MLA - 7)	UK (MLA - 8)
	SUNDAY FEBRUARY.22	MONDAY FEBRUARY.23	TUESDAY FEBRUARY.24	WEDNESDAY FEBRUARY.25	THURSDAY FEBRUARY.26	FRIDAY FEBRUARY.27	SATURDAY FEBRUARY.28					
12:00MN	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Girlfriend Na, Pwede Na"	con't of PINOY MD (R) 11:15 -	con't of LUTONG BAHAY (R) 11:30 - 12:30					1:00AM	3:00AM	5:00AM	5:00PM	4:00PM
1:00AM		I BILIB (R) 12:15 - 12:45						2:00AM	4:00AM	6:00AM	6:00PM	5:00PM
2:00AM		AHA! (R) 12:45 - 1:15	MARS PA MORE (R) 12:30 - 1:15									
3:00AM		FARM TO TABLE (R.) 1:15 - 2:00	IDOL SA KUSINA (R) 1:15 - 2:00					3:00AM	5:00AM	7:00AM	7:00PM	6:00PM
4:00AM	ARABELLA WEEKEND CATCH-UP (R.) 2:00 - 3:30	BIYAHE NI DREW (R.) 2:00 - 2:45	DAY OFF (R.) 2:00 - 2:45									
5:00AM		PINAS SARAP (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	6:00AM	8:00AM	8:00PM	7:00PM
6:00AM	BORN TO BE WILD (R) 3:30 - 4:15											5:00AM
7:00AM	WISH KO LANG (R.) 4:15 - 5:00											
8:00AM	I BILIB (P) 4:45 - 5:15	RETURN TO PARADISE (R) 4:45 - 5:30					6:00AM	8:00AM	10:00AM	10:00PM	9:00PM	
9:00AM	DAMI MONG ALAM, KUYA KIM! (P) 5:15 - 5:45											
10:00AM	BORN TO BE WILD (R.) 5:45 - 6:15	AHA! (R.) 5:45 - 6:15	BALITANGHALI (R) 5:30 - 6:30					7:00AM	9:00AM	11:00AM	11:00PM	10:00PM
11:00AM	DAIG KAYO NG LOLA KO (R) 6:15 - 7:00	I JUANDER (R) 6:15 - 7:00										
12:00NN	SARAP 'DI BA? (R.) 7:00 - 7:30	I BILIB (R) 7:00 - 7:30	LUTONG BAHAY (R) 6:30 - 7:15					8:00AM	10:00AM	12:00NN	12:00MN	11:00PM
1:00PM	KARELASYON (R) 7:30 - 8:15	TASTE BUDDIES (R) 7:30 - 8:00	MARS PA MORE (R) 7:15 - 8:00					9:00AM	11:00AM	1:00PM	1:00AM	12:00MN
2:00PM	BIYAHE NI DREW (R) 8:15 - 9:00	FARM TO TABLE (R.) 8:00 - 8:45	IDOL SA KUSINA (R) 8:00 - 8:45									
3:00PM	I JUANDER (R) 9:00 - 9:45	PINAS SARAP (R.) 8:45 - 9:30	DAY OFF (R) 8:45 - 9:30					10:00AM	12:00NN	2:00PM	2:00AM	1:00AM
4:00PM	TASTE BUDDIES (R) 9:45 - 10:15	PINOY MD (R.) 9:30 - 10:15	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	1:00PM	3:00PM	3:00AM	2:00AM
5:00PM	SARAP 'Di BA? (R.) 10:15 - 10:45	POP TALK (R.) 10:15 - 11:00	BALITANGHALI (R) 10:15 - 11:15									
6:00PM	TUNAY NA BUHAY (R) 10:45 - 11:15	HOME BASE PLUS (R.) 11:00 - 11:30						12:00NN	2:00PM	4:00PM	4:00AM	3:00AM
7:00PM	DAIG KAYO NG LOLA KO (R) 11:15 - 12:00	TURBO ZONE (R) 11:30 - 12:00	IDOL SA KUSINA (R) 11:15 - 12:00									
8:00PM	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Girlfriend Na, Pwede Na"	DAMI MONG ALAM, KUYA KIM! (R) 12:00 - 12:30	MARS PA MORE (R) 12:00 - 12:45					1:00PM	3:00PM	5:00PM	5:00AM	4:00AM
9:00PM		DAIG KAYO NG LOLA KO (R) 12:30 - 1:15	DAY OFF (R.) 12:45 - 1:30					2:00PM	4:00PM	6:00PM	6:00AM	5:00AM
10:00PM		AHA! (R.) 1:15 - 1:45										
11:00PM	WISH KO LANG (R.) 2:00 - 2:45	I BILIB (R) 1:45 - 2:15	RETURN TO PARADISE (R) 1:30 - 2:15					3:00PM	5:00PM	7:00PM	7:00AM	6:00AM
12:00MN	SARAP 'Di BA? (R.) 2:45 - 3:15	BALITANGHALI (P) 2:15 - 3:15					WEEKEND GETAWAY (P) 2:15 - 3:15	4:00PM	6:00PM	8:00PM	8:00AM	7:00AM
1:00AM	BIYAHE NI DREW (R) 3:15 - 4:00	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	TURBO ZONE (P.) 3:15 - 3:45	5:00PM	7:00PM	9:00PM	9:00AM	8:00AM
2:00AM	WEEKEND GETAWAY (R) 4:00 - 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	8:00PM	10:00PM	10:00AM	9:00AM
3:00AM	PINOY MD (P) 5:00 - 6:00						BORN TO BE WILD (P) 4:15 - 5:00	WISH KO LANG (P) 5:00 - 5:45				
4:00AM	AHA! (P.) 6:00 - 6:30	RETURN TO PARADISE (P) 6:00 - 6:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Bakit Di Mo Sabihin"	7:00PM	9:00PM	11:00PM	11:00AM	10:00AM
5:00AM	REGAL STUDIO PRESENTS (P) 6:30 - 7:15	LUTONG BAHAY (P) 6:45 - 7:30						8:00PM	10:00PM	12:00MN	12:00NN	11:00AM
6:00AM	TASTE BUDDIES (P.) 7:15 - 7:45	DAY OFF (P) 7:30 - 8:15					DAIG KAYO NG LOLA KO (P.) 7:45 - 8:30	9:00PM	11:00PM	1:00AM	1:00PM	12:00NN
7:00AM	POP TALK (P) 7:45 - 8:30	MARS PA MORE (P) 8:15 - 9:00					WISH KO LANG (R) 8:30 - 9:15	10:00PM	12:00MN	2:00AM	2:00PM	1:00PM
8:00AM	HOME BASE PLUS (P) 8:30 - 9:15	IDOL SA KUSINA (P) 9:00 - 9:45					BIYAHE NI DREW (P.) 9:15 - 10:00	11:00PM	1:00AM	3:00AM	3:00PM	2:00PM
9:00AM	FARM TO TABLE (P) 9:15 - 10:00	BALITANGHALI (R) 9:45 - 10:45					I JUANDER (P) 10:00 - 10:45					
10:00AM	PINAS SARAP (P.) 10:00 - 10:45											
11:00AM	TURBO ZONE (R) 10:45 - 11:15	BORN TO BE WILD (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	TUNAY NA BUHAY (P.) 10:45 - 11:15	12:00MN	2:00AM	4:00AM	4:00PM	3:00PM
12:00MN	PINOY MD (R) 11:15 - 12:15	LUTONG BAHAY (R) 11:30 - 12:30					KARELASYON (P) 11:15 - 12:00	1:00AM	3:00AM	5:00AM	5:00PM	4:00PM