

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	JANUARY.1	JANUARY.2	JANUARY.3										
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	BALITANG BISDAK (P) 2:30 - 3:15					4:00AM	6:00AM	8:00AM	8:00PM	7:00PM					
	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					
4:00AM	GOOD NEWS (R) 4:00 - 5:00		ONE MINDANAO (P) 4:00 - 4:45														
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	12:00MN	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	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	12:00MN					
	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					
10:00AM	AGRIPRENEUR (R) 9:15 - 10:00																
	GOOD NEWS (R) 10:00 - 11:00																
11:00AM	CAYETANO IN ACTION WITH BOY ABUNDA (R) 11:00 - 12:00													12:00NN	2:00PM	4:00PM	4:00AM
12:00NN	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	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							FRONT ROW (R) 1:15 - 2:00	3:00PM	5:00PM	7:00PM	7:00AM	6:00AM					
		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	PINOY CRIME STORIES (R.) 2:00 - 2:45										
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	IMBESTIGADOR (R.) 2:30 - 3:15	AGRIPRENEUR (R) 2:45 - 3:30	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	CAYETANO IN ACTION WITH BOY ABUNDA (R) 3:15 - 4:15	BUSINESS MATTERS (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					BORN IMPACT (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	12:00MN	12:00NN	11:00AM					
7:00PM	ADULTING WITH ATOM ARAULLO (R.) 7:00 - 7:15				BORN IMPACT (R) 7:00 - 7:30	PERA PARAAN (R) 7:00 - 8:00											
8:00PM	AGRIPRENEUR (R) 7:15 - 8:00	PINOY CRIME STORIES (R) 7:00 - 8:00	BRIGADA (R) 7:00 - 8:00	INVESTIGATIVE DOCUMENTARIES (R) 7:00 - 8:00	FRONT ROW (R) 7:30 - 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	IMBESTIGADOR (R) 8:00 - 8:45	FRONT ROW (R) 8:00 - 8:45	BALITANG BISDAK (R) 8:00 - 8:45					10:00PM	12:00MN	2:00AM	2:00PM	1:00PM					
	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	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														
11:00PM		BALITANGHALI (R) 10:45 - 11:45						12:00MN	2:00AM	4:00AM	4:00PM	3:00PM					
12:00MN		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 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		FRIDAY	SATURDAY											
	JANUARY.4	JANUARY.5	JANUARY.6	JANUARY.7	JANUARY.8	JANUARY.9	JANUARY.10											
12:00MN	GOOD NEWS (R.) 12:00 - 12:45	REEL TIME MARATHON (R) 9:30 - 2:30	con't of REEL TIME (R) 11:45 - 12:45					1:00AM	3:00AM	5:00AM	5:00PM	4:00PM						
1:00AM								2:00AM	4:00AM	6:00AM	6:00PM	5:00PM						
2:00AM	BRIGADA (R) 1:30 - 2:30		GOOD NEWS (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	GOOD NEWS (R) 4:00 - 5:00		ONE MINDANAO (P) 4:00 - 4:45					5:00AM	7:00AM	9:00AM	9:00PM	8:00PM						
	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															
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	12:00MN	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		9:00AM	11:00AM	1:00PM	1:00AM	12:00MN						
	ADULTING WITH ATOM ARAULLO (P) 8:15 - 8:30																	
9:00AM	BUSINESS MATTERS (P) 8:30 - 9:15																	
10:00AM	AGRIPRENEUR (R) 9:15 - 10:00																	
	GOOD NEWS (R) 10:00 - 11:00	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	CAYETANO IN ACTION WITH BOY ABUNDA (R) 11:00 - 12:00							12:00NN	2:00PM	4:00PM	4:00AM	3:00AM						
12:00NN	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	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	AGRIPRENEUR (R) 1:45 - 2:30	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	IMBESTIGADOR (R.) 2:30 - 3:15
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	CAYETANO IN ACTION WITH BOY ABUNDA (R) 3:15 - 4:15	BUSINESS MATTERS (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					BORN IMPACT (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											
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	8:00PM	10:00PM	12:00MN	12:00NN	11:00AM						
	AGRIPRENEUR (R) 7:15 - 8:00				FRONT ROW (R) 7:30 - 8:00			9:00PM	11:00PM	1:00AM	1:00PM	12:00NN						
8:00PM	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	12:00MN	2:00AM	2:00PM	1:00PM	
10:00PM	REEL TIME MARATHON (R) 9:30 - 2:30	ADULTING WITH ATOM ARAULLO (R.) 9:30 - 9:45	ONE MINDANAO (R) 9:30 - 10:00															
		BRIGADA (R.) 9:45 - 10:45	ONE WESTERN VISAYAS (R) 10:00 - 10:45					11:00PM	1:00AM	3:00AM	3:00PM	2:00PM						
11:00PM		BALITANGHALI (R) 10:45 - 11:45					PINOY CRIME STORIES (R) 10:45 - 11:30	12:00MN	2:00AM	4:00AM	4:00PM	3:00PM						
12:00MN		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 11 - 17, 2026 GRID (MANILA)							JAPAN (MLA + 1)	AUSTRALIA (MLA + 3)	NEW ZEALAND (MLA + 5)	ITALY (MLA - 7)	UK (MLA - 8)
		MONDAY		WEDNESDAY	THURSDAY	FRIDAY	SATURDAY					
	JANUARY.11	JANUARY.12	JANUARY.13	JANUARY.14	JANUARY.15	JANUARY.16	JANUARY.17					
12:00MN	GOOD NEWS (R.) 12:00 - 12:45	REEL TIME MARATHON (R) 9:30 - 2:30	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		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									
	GOOD NEWS (R) 4:00 - 5:00		ONE MINDANAO (P) 4:00 - 4:45					5:00AM	7:00AM	9:00AM	9:00PM	8:00PM
5:00AM			ONE WESTERN VISAYAS (P) 4:45 - 5:30					6:00AM	8:00AM	10:00AM	10:00PM	9:00PM
	BRIGADA (R) 5:00 - 6:00											
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
		AGRIPRENEUR (R.) 6:15 - 7:00	SAKSI (R) 6:15 - 6:45									
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	12:00MN	11:00PM
	IMBESTIGADOR (P) 7:30 - 8:15											
8:00AM	ADULTING WITH ATOM ARAULLO (P) 8:15 - 8:30	GOOD NEWS (P) 7:45 - 8:30	PINOY CRIME STORIES (P) 7:45 - 8:30			BRIGADA (P) 7:45 - 8:30	BORN IMPACT (P) 7:45 - 8:30	9:00AM	11:00AM	1:00PM	1:00AM	12:00MN
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					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	AGRIPRENEUR (R) 1:45 - 2:30	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	IMBESTIGADOR (R.) 2:30 - 3:15	AGRIPRENEUR (R) 2:45 - 3:30	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	CAYETANO IN ACTION WITH BOY ABUNDA (R) 3:15 - 4:15	BUSINESS MATTERS (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					BORN IMPACT (R) 4:15 - 5:00	6:00PM	8:00PM	10:00PM	10:00AM	9:00AM
	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
6:00PM	PERA PARAAN (R) 6:00 - 7:00	REEL TIME (R) 6:00 - 7:00					BRIGADA (R) 6:00 - 7:00					
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	8:00PM	10:00PM	12:00MN	12:00NN	11:00AM
	AGRIPRENEUR (R) 7:15 - 8:00				FRONT ROW (R) 7:30 - 8:00			9:00PM	11:00PM	1:00AM	1:00PM	12:00NN
8:00PM	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	12:00MN	2:00AM	2:00PM	1:00PM
10:00PM	REEL TIME MARATHON (R) 9:30 - 2:30	ADULTING WITH ATOM ARAULLO (R.) 9:30 - 9:45	ONE MINDANAO (R) 9:30 - 10:00									
		BRIGADA (R.) 9:45 - 10:45	ONE WESTERN VISAYAS (R) 10:00 - 10:45					11:00PM	1:00AM	3:00AM	3:00PM	2:00PM
11:00PM		BALITANGHALI (R) 10:45 - 11:45					PINOY CRIME STORIES (R) 10:45 - 11:30	12:00MN	2:00AM	4:00AM	4:00PM	3:00PM
		REEL TIME (R) 11:45 - 12:45					AGRIPRENEUR (P) 11:30 - 12:00					
12:00MN								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						
	JANUARY.18	JANUARY.19	JANUARY.20	JANUARY.21	JANUARY.22	JANUARY.23	JANUARY.24					
12:00MN	GOOD NEWS (R.) 12:00 - 12:45	REEL TIME MARATHON (R) 9:30 - 2:30	REEL TIME (R) 11:45 - 12:45				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		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									
	GOOD NEWS (R) 4:00 - 5:00		ONE MINDANAO (P) 4:00 - 4:45					5:00AM	7:00AM	9:00AM	9:00PM	8:00PM
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									
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	12:00MN	11:00PM
	IMBESTIGADOR (P) 7:30 - 8:15											
8:00AM	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	9:00AM	11:00AM	1:00PM	1:00AM	12:00MN
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						BUSINESS MATTERS (R) 11:30 - 12:15	1:00PM	3:00PM	5:00PM	5:00AM	4:00AM
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	CAYETANO IN ACTION WITH BOY ABUNDA (R) 12:15 - 1:15	2:00PM	4:00PM	6:00PM	6:00AM	5:00AM
1:00PM		REEL TIME (P) 12:45 - 1:45					FRONT ROW (R) 1:15 - 2:00	3:00PM	5:00PM	7:00PM	7:00AM	6:00AM
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		PINOY CRIME STORIES (R.) 2:00 - 2:45	4:00PM	6:00PM	8:00PM	8:00AM	7:00AM
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	AGRIPRENEUR (R) 2:45 - 3:30	5:00PM	7:00PM	9:00PM	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		BUSINESS MATTERS (R) 3:30 - 4:15	6:00PM	8:00PM	10:00PM	10:00AM	9:00AM
5:00PM	PINOY CRIME STORIES (R.) 4:15 - 5:00	DOKUMENTARYO (I-WITNESS CLASSICS) (R) 4:15 - 5:00			DOKUMENTARYO (I-WITNESS CLASSICS) (P) 4:15 - 5:00			BORN IMPACT (R) 4:15 - 5:00	7:00PM	9:00PM	11:00PM	11:00AM
	CAYETANO IN ACTION WITH BOY ABUNDA (R) 5:00 - 6:00	BALITANGHALI (P) 5:00 - 6:00				GOOD NEWS (R) 5:00 - 6:00	8:00PM	10:00PM	12:00MN	12:00NN	11:00AM	10:00AM
6:00PM	PERA PARAAN (R) 6:00 - 7:00	REEL TIME (R) 6:00 - 7:00				REEL TIME (P) 6:00 - 7:00	BRIGADA (R) 6:00 - 7:00	9:00PM	11:00PM			
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	10:00PM	12:00MN	2:00AM	2:00PM	1:00AM
	AGRIPRENEUR (R) 7:15 - 8:00				FRONT ROW (R) 7:30 - 8:00			11:00PM	1:00PM	3:00AM	3:00PM	2:00PM
8:00PM	IMBESTIGADOR (R) 8:00 - 8:45	FRONT ROW (R) 8:00 - 8:45	BALITANG BISDAK (R) 8:00 - 8:45					12:00MN	2:00AM	4:00AM	4:00PM	3:00PM
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					10:00PM	12:00MN	2:00AM	2:00PM	1:00PM
		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	REEL TIME MARATHON (R) 9:30 - 2:30	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	12:00MN	2:00AM	4:00AM	4:00PM	3:00PM
								AGRIPRENEUR (P) 11:30 - 12:00				
12:00MN		REEL TIME (R) 11:45 - 12:45				REEL TIME (R) 11:45 - 12:45		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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY												
	JANUARY.25	JANUARY.26	JANUARY.27	JANUARY.28	JANUARY.29	JANUARY.30	JANUARY.31											
12:00MN	GOOD NEWS (R.) 12:00 - 12:45	REEL TIME MARATHON (R) 9:30 - 2:30	REEL TIME (R) 11:45 - 12:45				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		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															
	GOOD NEWS (R) 4:00 - 5:00		ONE MINDANAO (P) 4:00 - 4:45					5:00AM	7:00AM	9:00AM	9:00PM	8:00PM						
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															
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	12:00MN	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	12:00MN						
	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	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	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		PINOY CRIME STORIES (R.) 2:45 - 3:30	BRIGADA (R) 2:30 - 3:30	NCAA SEASON 101 SENIORS VOLLEYBALL (LIVE) 2:30 - 5:00	GOOD NEWS (R) 2:45 - 3:30		AGRIPRENEUR (R) 2:45 - 3:30	4:00PM	6:00PM	8:00PM	8:00AM	7:00AM						
4:00PM		IMBESTIGADOR (R) 3:30 - 4:15	PERA PARAAN (R.) 3:30 - 4:15		FRONT ROW (R) 3:30 - 4:15		BUSINESS MATTERS (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					BORN IMPACT (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				REEL TIME (P) 6:00 - 7:00	BRIGADA (R) 6:00 - 7:00											
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	8:00PM	10:00PM	12:00MN	12:00NN	11:00AM						
	AGRIPRENEUR (R) 7:15 - 8:00				FRONT ROW (R) 7:30 - 8:00													
8:00PM	IMBESTIGADOR (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	12:00MN	2:00AM	2:00PM	1:00PM						
10:00PM	REEL TIME MARATHON (R) 9:30 - 2:30	ADULTING WITH ATOM ARAULLO (R.) 9:30 - 9:45	ONE MINDANAO (R) 9:30 - 10:00															
		BRIGADA (R.) 9:45 - 10:45	ONE WESTERN VISAYAS (R) 10:00 - 10:45					11:00PM	1:00AM	3:00AM	3:00PM	2:00PM						
11:00PM		BALITANGHALI (R) 10:45 - 11:45				PINOY CRIME STORIES (R) 10:45 - 11:30	12:00MN	2:00AM	4:00AM	4:00PM	3:00PM							
12:00MN		REEL TIME (R) 11:45 - 12:45				REEL TIME (R) 11:45 - 12:45	AGRIPRENEUR (P) 11:30 - 12:00	1:00AM	3:00AM	5:00AM	5:00PM	4:00PM						