

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