

MLA	GMA LIFE TV PROGRAMMING OCTOBER 1 - 4, 2025 GRID (MANILA)							JAPAN (MLA + 1)	AU (MLA + 2)	NEW ZEALAND (MLA + 5)	ITALY (MLA - 6)	UK (MLA - 7)
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY OCTOBER.1	THURSDAY OCTOBER.2	FRIDAY OCTOBER.3	SATURDAY OCTOBER.4					
12:00MN	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Death by Desire"	con't of PINOY MD (R) 11:15 -	con't of LUTONG BAHAY (R) 11:30 - 12:30					1:00AM	2:00AM	5:00AM	6:00PM	5:00PM
1:00AM		I BILIB (R) 12:15 - 12:45	MARS PA MORE (R) 12:30 - 1:15					2:00AM	3:00AM	6:00AM	7:00PM	6:00PM
		I HEART PH (R) 12:45 - 1:15	IDOL SA KUSINA (R) 1:15 - 2:00									
2:00AM		FARM TO TABLE (R.) 1:15 - 2:00	DAY OFF (R.) 2:00 - 2:45					3:00AM	4:00AM	7:00AM	8:00PM	7:00PM
3:00AM	UNDERAGE WEEKEND CATCH-UP (R.) 2:00 - 4:45	PINAS SARAP (R.) 2:00 - 2:45						4:00AM	5:00AM	8:00AM	9:00PM	8:00PM
4:00AM		POP TALK (R.) 2:45 - 3:15	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	5:00AM	6:00AM	9:00AM	10:00PM	9:00PM
5:00AM	BIYAHE NI DREW (R) 4:45 5:30	TURBO ZONE (R) 4:45 - 5:15	UNDERAGE (R) 4:45 - 5:30					6:00AM	7:00AM	10:00AM	11:00PM	10:00PM
		THE FINAL PITCH: CEBU EDITION (R.) 5:15 - 5:45										
	I BILIB (P) 5:30 - 6:00											
6:00AM	DAMI MONG ALAM, KUYA KIMI! (P) 6:00 - 6:30	I JUANDER (R) 5:45 - 6:30	BALITANGHALI (R) 5:30 - 6:30					7:00AM	8:00AM	11:00AM	12:00MN	11:00PM
7:00AM	AHA! (R.) 6:30 - 7:00	PINAS SARAP (R) 6:30 - 7:15	LUTONG BAHAY (R) 6:30 - 7:15					8:00AM	9:00AM	12:00NN	1:00AM	12:00MN
	SARAP 'DI BA? (R.) 7:00 - 7:45											
		I BILIB (R) 7:15 - 7:45										
8:00AM	THE FINAL PITCH: CEBU EDITION (P) 7:45 - 8:15	PINOY MD (R.) 7:45 - 8:30	MARS PA MORE (R) 7:15 - 8:00					9:00AM	10:00AM	1:00PM	2:00AM	1:00AM
	POP TALK (R.) 8:15 - 8:45		IDOL SA KUSINA (R) 8:00 - 8:45									
9:00AM	I JUANDER (P) 8:45 - 9:30	BIYAHE NI DREW (R.) 8:30 - 9:15	DAY OFF (R) 8:45 - 9:30					10:00AM	11:00AM	2:00PM	3:00AM	2:00AM
		FARM TO TABLE (R.) 9:15 10:00										
10:00AM	TASTE BUDDIES (R) 9:30 - 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	ALL IN THE FAMILY WITH DR. TESS (R) 9:30 - 10:15	11:00AM	12:00NN	3:00PM	4:00AM	3:00AM
	I HEART PH (R.) 10:00 - 10:30	TASTE BUDDIES (R) 10:00 - 10:30										
	TUNAY NA BUHAY (R) 10:30 - 11:00	ALL IN THE FAMILY WITH DR. TESS (R.) 10:30 - 11:00	BALITANGHALI (R) 10:15 - 11:15									
11:00AM	TELESINE (R.) 11:00 - 12:30	I HEART PH (R.) 11:00 - 11:45	IDOL SA KUSINA (R) 11:15 - 12:00					12:00NN	1:00PM	4:00PM	5:00AM	4:00AM
		TURBO ZONE (R) 11:45 - 12:15										
		DAMI MONG ALAM, KUYA KIMI! (R) 12:15 - 12:45	MARS PA MORE (R) 12:00 - 12:45					1:00PM	2:00PM	5:00PM	6:00AM	5:00AM
	REEL LIFE WEEKEND (R) 12:30 - 2:30 "Death by Desire"	TUNAY NA BUHAY (R) 12:45 - 1:15	DAY OFF (R.) 12:45 - 1:30					2:00PM	3:00PM	6:00PM	7:00AM	6:00AM
1:00PM		AHA! (R.) 1:15 - 1:45										
2:00PM		I BILIB (R) 1:45 - 2:15	UNDERAGE (R) 1:30 - 2:15					3:00PM	4:00PM	7:00PM	8:00AM	7:00AM
3:00PM	PINOY MD (P) 2:30 - 3:30	BALITANGHALI (P) 2:15 - 3:15					WEEKEND GETAWAY (P) 2:15 - 3:15	4:00PM	5:00PM	8:00PM	9:00AM	8:00AM
4:00PM	I JUANDER (R) 3:30 - 4:15	PINOY MD (R) 3:15 - 4:00	REGAL STUDIO PRESENTS (R) 3:15 - 4:00	KARELASYON (R) 3:15 - 4:00	DAMI MONG ALAM, KUYA KIMI! (R) 3:15 - 4:00	WEEKEND GETAWAY (R) 3:15 - 4:00	I HEART PH (P) 3:15 - 3:45	5:00PM	6:00PM	9:00PM	10:00AM	9:00AM
							SARAP 'DI BA? (P.) 3:45 - 4:15					
5:00PM	BIYAHE NI 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	TELESINE (P) 4:15 - 5:45	6:00PM	7:00PM	10:00PM	11:00AM	10:00AM
	WEEKEND GETAWAY (R) 5:00 - 6:00											
6:00PM	REGAL STUDIO PRESENTS (P) 6:00 - 6:45	UNDERAGE (P) 6:00 - 6:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Kaibigan"	7:00PM	8:00PM	11:00PM	12:00NN	11:00AM
7:00PM	TASTE BUDDIES (P.) 6:45 - 7:15	LUTONG BAHAY (P) 6:45 - 7:30						8:00PM	9:00PM	12:00MN	1:00PM	12:00NN
	FARM TO TABLE (P) 7:15 - 8:00											
8:00PM	ALL IN THE FAMILY WITH DR. TESS (P) 8:00 - 8:30	DAY OFF (P) 7:30 - 8:15					WEEKEND GETAWAY (R) 7:45 - 8:45	9:00PM	10:00PM	1:00AM	2:00PM	1:00PM
9:00PM	AHA! (P.) 8:30 - 9:00	MARS PA MORE (P) 8:15 - 9:00					BIYAHE NI DREW (P.) 8:45 - 9:30	10:00PM	11:00PM	2:00AM	3:00PM	2:00PM
	POP TALK (P) 9:00 - 9:45	IDOL SA KUSINA (P) 9:00 - 9:45					TURBO ZONE (P.) 9:30 - 10:00					
10:00PM	PINAS SARAP (P.) 9:45 - 10:30	BALITANGHALI (R) 9:45 - 10:45					TUNAY NA BUHAY (P.) 10:00 - 10:30	11:00PM	12:00MN	3:00AM	4:00PM	3:00PM
11:00PM	KARELASYON (R.) 10:30 - 11:15	TUNAY NA BUHAY (R) 10:45 - 11:30	TASTE BUDDIES (R) 10:45 - 11:30	DAMI MONG ALAM, KUYA KIMI! (R) 10:45 - 11:30	ALL IN THE FAMILY WITH DR. TESS (R) 10:45 - 11:30	REGAL STUDIO PRESENTS (R) 10:45 - 11:30	THE FINAL PITCH: CEBU EDITION (R) 10:30 - 11:15	12:00MN	1:00AM	4:00AM	5:00PM	4:00PM
	PINOY MD (R) 11:15 - 12:15	LUTONG BAHAY (R) 11:30 - 12:30					KARELASYON (P) 11:15 - 12:00	1:00AM	2:00AM	5:00AM	6:00PM	5:00PM

MLA	GMA LIFE TV PROGRAMMING OCTOBER 5 - 11, 2025 GRID (MANILA)							JAPAN (MLA + 1)	AUSTRALIA (MLA + 3)	NEW ZEALAND (MLA + 5)	ITALY (MLA - 6)	UK (MLA - 7)
	SUNDAY OCTOBER.5	MONDAY OCTOBER.6	TUESDAY OCTOBER.7	WEDNESDAY OCTOBER.8	THURSDAY OCTOBER.9	FRIDAY OCTOBER.10	SATURDAY OCTOBER.11					
12:00MN	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Kaibigan"	con't of PINOY MD (R) 11:15 -	con't of LUTONG BAHAY (R) 11:30 - 12:30					1:00AM	3:00AM	5:00AM	6:00PM	5:00PM
1:00AM		I BILIB (R) 12:15 - 12:45	MARS PA MORE (R) 12:30 - 1:15					2:00AM	4:00AM	6:00AM	7:00PM	6:00PM
2:00AM		I HEART PH (R) 12:45 - 1:15	IDOL SA KUSINA (R) 1:15 - 2:00					3:00AM	5:00AM	7:00AM	8:00PM	7:00PM
3:00AM		FARM TO TABLE (R.) 1:15 - 2:00	DAY OFF (R.) 2:00 - 2:45					4:00AM	6:00AM	8:00AM	9:00PM	8:00PM
4:00AM	UNDERAGE WEEKEND CATCH-UP (R.) 2:00 - 4:45	PINAS SARAP (R.) 2:00 - 2:45	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	5:00AM	7:00AM	9:00AM	10:00PM	9:00PM
5:00AM		POP TALK (R.) 2:45 - 3:15						6:00AM	8:00AM	10:00AM	11:00PM	10:00PM
6:00AM	BIYAHE NI DREW (R) 4:45 - 5:30	TURBO ZONE (R) 4:45 - 5:15	UNDERAGE (R) 4:45 - 5:30					6:00AM	8:00AM	10:00AM	11:00PM	10:00PM
6:00AM	I BILIB (P) 5:30 - 6:00	THE FINAL PITCH: CEBU EDITION (R.) 5:15 - 5:45	BALITANGHALI (R) 5:30 - 6:30					7:00AM	9:00AM	11:00AM	12:00MN	11:00PM
7:00AM	DAMI MONG ALAM, KUYA KIMI! (P) 6:00 - 6:30	IJUANDER (R) 5:45 - 6:30	LUTONG BAHAY (R) 6:30 - 7:15					8:00AM	10:00AM	12:00NN	1:00AM	12:00MN
7:00AM	AHA! (R.) 6:30 - 7:00	PINAS SARAP (R) 6:30 - 7:15	MARS PA MORE (R) 7:15 - 8:00					9:00AM	11:00AM	1:00PM	2:00AM	1:00AM
8:00AM	SARAP "DI BA?" (R.) 7:00 - 7:45	I BILIB (R) 7:15 - 7:45	IDOL SA KUSINA (R) 8:00 - 8:45					10:00AM	12:00NN	2:00PM	3:00AM	2:00AM
8:00AM	THE FINAL PITCH: CEBU EDITION (P) 7:45 - 8:15	PINOY MD (R.) 7:45 - 8:30	DAY OFF (R) 8:45 - 9:30					11:00AM	1:00PM	3:00PM	4:00AM	3:00AM
9:00AM	POP TALK (R.) 8:15 - 8:45	BIYAHE NI DREW (R.) 8:30 - 9:15	BALITANGHALI (R) 10:15 - 11:15					12:00NN	2:00PM	4:00PM	5:00AM	4:00AM
9:00AM	IJUANDER (P) 8:45 - 9:30	FARM TO TABLE (R.) 9:15 - 10:00	IJUANDER (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	1:00PM	3:00PM	5:00PM	6:00AM	5:00AM
10:00AM	I HEART PH (R.) 10:00 - 10:30	TASTE BUDDIES (R) 10:00 - 10:30	BALITANGHALI (R) 10:15 - 11:15					2:00PM	4:00PM	6:00PM	7:00AM	6:00AM
10:00AM	TUNAY NA BUHAY (R) 10:30 - 11:00	MAKE YOUR MARC (S2) (R.) 10:30 - 11:00	IDOL SA KUSINA (R) 11:15 - 12:00					3:00PM	5:00PM	7:00PM	8:00AM	7:00AM
11:00AM	TELESINE (R.) 11:00 - 12:30	I HEART PH (R.) 11:00 - 11:45	MARS PA MORE (R) 12:00 - 12:45					4:00PM	6:00PM	8:00PM	9:00AM	8:00AM
12:00NN		TURBO ZONE (R) 11:45 - 12:15	DAY OFF (R.) 12:45 - 1:30					5:00PM	7:00PM	9:00PM	10:00AM	9:00AM
12:00NN	DAMI MONG ALAM, KUYA KIMI! (R) 12:15 - 12:45	TUNAY NA BUHAY (R) 12:45 - 1:15	UNDERAGE (R) 1:30 - 2:15					6:00PM	8:00PM	10:00PM	11:00AM	10:00AM
1:00PM	REEL LIFE WEEKEND (R) 12:30 - 2:30 "Kaibigan"	AHA! (R.) 1:15 - 1:45	WEEKEND GETAWAY (P) 2:15 - 3:15					7:00PM	9:00PM	11:00PM	12:00NN	11:00AM
2:00PM		I BILIB (R) 1:45 - 2:15	I HEART PH (P) 3:15 - 3:45					8:00PM	10:00PM	12:00MN	1:00PM	12:00NN
3:00PM	PINOY MD (P) 2:30 - 3:30	PINOY MD (R) 3:15 - 4:00	REGAL STUDIO PRESENTS (R) 3:15 - 4:00	KARELASYON (R) 3:15 - 4:00	DAMI MONG ALAM, KUYA KIMI! (R) 3:15 - 4:00	WEEKEND GETAWAY (R) 3:15 - 4:00	SARAP "DI BA?" (P.) 3:45 - 4:15	9:00PM	11:00PM	1:00AM	2:00PM	1:00PM
4:00PM	IJUANDER (R) 3:30 - 4:15	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	TELESINE (P) 4:15 - 5:45	10:00PM	12:00NN	2:00AM	3:00PM	2:00PM
5:00PM	BIYAHE NI DREW (R) 4:15 - 5:00	UNDERAGE (P) 6:00 - 6:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Pastor"	11:00PM	1:00AM	3:00AM	4:00PM	3:00PM
6:00PM	WEEKEND GETAWAY (R) 5:00 - 6:00	LUTONG BAHAY (P) 6:45 - 7:30						12:00MN	2:00AM	4:00AM	5:00PM	4:00PM
6:00PM	REGAL STUDIO PRESENTS (P) 6:00 - 6:45	DAY OFF (P) 7:30 - 8:15					WEEKEND GETAWAY (R) 7:45 - 8:45	1:00AM	3:00AM	5:00AM	6:00PM	5:00PM
7:00PM	TASTE BUDDIES (P.) 6:45 - 7:15	MARS PA MORE (P) 8:15 - 9:00						2:00AM	4:00AM	5:00AM	6:00PM	5:00PM
7:00PM	FARM TO TABLE (P) 7:15 - 8:00	IDOL SA KUSINA (P) 9:00 - 9:45					BIYAHE NI DREW (P.) 8:45 - 9:30	3:00AM	5:00AM	6:00AM	7:00PM	6:00PM
8:00PM	MAKE YOUR MARC (S2) (P) 8:00 - 8:30	TURBO ZONE (P.) 9:30 - 10:00						4:00AM	6:00AM	7:00AM	8:00PM	7:00PM
9:00PM	AHA! (P.) 8:30 - 9:00	TUNAY NA BUHAY (P.) 10:00 - 10:30					THE FINAL PITCH: CEBU EDITION (R) 10:30 - 11:15	5:00AM	7:00AM	8:00AM	9:00PM	8:00PM
10:00PM	PINAS SARAP (P.) 9:45 - 10:30	KARELASYON (R.) 10:30 - 11:15						6:00AM	8:00AM	9:00AM	10:00PM	9:00PM
11:00PM	KARELASYON (R.) 10:30 - 11:15	TUNAY NA BUHAY (R) 10:45 - 11:30	TASTE BUDDIES (R) 10:45 - 11:30	DAMI MONG ALAM, KUYA KIMI! (R) 10:45 - 11:30	MAKE YOUR MARC (S2) (R) 10:45 - 11:30	REGAL STUDIO PRESENTS (R) 10:45 - 11:30	KARELASYON (P) 11:15 - 12:00	7:00AM	9:00AM	10:00AM	11:00PM	10:00PM
12:00MN	PINOY MD (R) 11:15 - 12:15	LUTONG BAHAY (R) 11:30 - 12:30					12:00	1:00AM	3:00AM	5:00AM	6:00PM	5:00PM

MLA	GMA LIFE TV PROGRAMMING OCTOBER 12 - 18, 2025 GRID (MANILA)							JAPAN (MLA + 1)	AUSTRALIA (MLA + 3)	NEW ZEALAND (MLA + 5)	ITALY (MLA - 6)	UK (MLA - 7)
	SUNDAY OCTOBER.12	MONDAY OCTOBER.13	TUESDAY OCTOBER.14	WEDNESDAY OCTOBER.15	THURSDAY OCTOBER.16	FRIDAY OCTOBER.17	SATURDAY OCTOBER.18					
12:00MN	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Pastor"	con't of PINOY MD (R) 11:15 -	con't of LUTONG BAHAY (R) 11:30 - 12:30					1:00AM	3:00AM	5:00AM	6:00PM	5:00PM
1:00AM		I BILIB (R) 12:15 - 12:45	MARS PA MORE (R) 12:30 - 1:15					2:00AM	4:00AM	6:00AM	7:00PM	6:00PM
2:00AM		I HEART PH (R) 12:45 - 1:15	IDOL SA KUSINA (R) 1:15 - 2:00					3:00AM	5:00AM	7:00AM	8:00PM	7:00PM
3:00AM		FARM TO TABLE (R.) 1:15 - 2:00	DAY OFF (R.) 2:00 - 2:45					4:00AM	6:00AM	8:00AM	9:00PM	8:00PM
4:00AM	UNDERAGE WEEKEND CATCH-UP (R.) 2:00 - 4:45	PINAS SARAP (R.) 2:00 - 2:45	REEL LIFE "I Heart Mondays" (R.) 2:45 - 4:45					5:00AM	7:00AM	9:00AM	10:00PM	9:00PM
5:00AM		POP TALK (R.) 2:45 - 3:15	REEL LIFE "Wa-Packed Tuesdays" (R.) 2:45 - 4:45					6:00AM	8:00AM	10:00AM	11:00PM	10:00PM
6:00AM	BIYAHE NI DREW (R) 4:45 - 5:30	TELESINE (R.) 3:15 - 4:45	REEL LIFE "Once Upon a Wednesdays" (R.) 2:45 - 4:45					7:00AM	9:00AM	11:00AM	12:00MN	11:00PM
7:00AM		THE FINAL PITCH: CEBU EDITION (P) 5:30 - 6:00	REEL LIFE "Hilarious Huwebes" (R.) 2:45 - 4:45					8:00AM	10:00AM	12:00NN	1:00AM	12:00MN
8:00AM	DAMI MONG ALAM, KUYA KIMI! (P) 6:00 - 6:30	I JUANDER (R) 5:45 - 6:30	REEL LIFE "Senti Friday" (R.) 2:45 - 4:45					9:00AM	11:00AM	1:00PM	2:00AM	1:00AM
9:00AM		AHA! (R.) 6:30 - 7:00	BALITANGHALI (R) 5:30 - 6:30					10:00AM	12:00NN	2:00PM	3:00AM	2:00AM
10:00AM	SARAP 'DI BA? (R.) 7:00 - 7:45	PINAS SARAP (R) 6:30 - 7:15	LUTONG BAHAY (R) 6:30 - 7:15					11:00AM	1:00PM	3:00PM	4:00AM	3:00AM
11:00AM		I BILIB (R) 7:15 - 7:45	MARS PA MORE (R) 7:15 - 8:00					12:00NN	2:00PM	4:00PM	5:00AM	4:00AM
12:00NN	THE FINAL PITCH: CEBU EDITION (P) 7:45 - 8:15	PINOY MD (R.) 7:45 - 8:30	IDOL SA KUSINA (R) 8:00 - 8:45					1:00PM	3:00PM	5:00PM	6:00AM	5:00AM
1:00PM		POP TALK (R.) 8:15 - 8:45	DAY OFF (R.) 8:45 - 9:30					2:00PM	4:00PM	6:00PM	7:00AM	6:00AM
2:00PM	I JUANDER (P) 8:45 - 9:30	BIYAHE NI DREW (R.) 8:30 - 9:15	BALITANGHALI (R) 10:15 - 11:15					3:00PM	5:00PM	7:00PM	8:00AM	7:00AM
3:00PM		FARM TO TABLE (R.) 9:15 - 10:00	IDOL SA KUSINA (R) 11:15 - 12:00					4:00PM	6:00PM	8:00PM	9:00AM	8:00AM
4:00PM	TASTE BUDDIES (R) 9:30 - 10:00	I JUANDER (R.) 9:30 - 10:15	MARS PA MORE (R) 12:00 - 12:45					5:00PM	7:00PM	9:00PM	10:00AM	9:00AM
5:00PM		PINAS SARAP (R.) 9:30 - 10:15	DAY OFF (R.) 12:45 - 1:30					6:00PM	8:00PM	10:00PM	11:00AM	10:00AM
6:00PM	I HEART PH (R.) 10:00 - 10:30	TURBO ZONE (R) 9:30 - 10:15	UNDERAGE (R) 1:30 - 2:15					7:00PM	9:00PM	11:00PM	12:00NN	11:00AM
7:00PM		FARM TO TABLE (R) 9:30 - 10:15	WEEKEND GETAWAY (P) 2:15 - 3:15					8:00PM	10:00PM	12:00MN	1:00PM	12:00NN
8:00PM	TUNAY NA BUHAY (R) 10:30 - 11:00	MAKE YOUR MARC (S2) (R.) 10:30 - 11:00	BALITANGHALI (P) 2:15 - 3:15					9:00PM	11:00PM	1:00AM	2:00PM	1:00PM
9:00PM		I HEART PH (R.) 11:00 - 11:45	WEEKEND GETAWAY (R) 3:15 - 4:00					10:00PM	12:00NN	2:00AM	3:00PM	2:00PM
10:00PM	TELESINE (R.) 11:00 - 12:30	TURBO ZONE (R) 11:45 - 12:15	I HEART PH (P) 3:15 - 3:45					11:00PM	1:00AM	3:00AM	4:00PM	3:00PM
11:00PM		DAMI MONG ALAM, KUYA KIMI! (R) 12:15 - 12:45	SARAP 'DI BA? (P.) 3:45 - 4:15					12:00MN	2:00AM	4:00AM	5:00PM	4:00PM
12:00MN	REEL LIFE WEEKEND (R) 12:30 - 2:30 "Pastor"	TUNAY NA BUHAY (R) 12:45 - 1:15	REEL LIFE "Once Upon a Wednesdays" (P.) 4:00 - 6:00					1:00AM	3:00AM	5:00AM	6:00PM	5:00PM
1:00AM		AHA! (R.) 1:15 - 1:45	REEL LIFE "Hilarious Huwebes" (P.) 4:00 - 6:00					2:00AM	4:00AM	6:00AM	7:00PM	6:00PM
2:00AM	I BILIB (R) 1:45 - 2:15	I HEART PH (R) 11:00 - 11:45	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					3:00AM	5:00AM	7:00AM	8:00PM	7:00PM
3:00AM		TURBO ZONE (R) 11:45 - 12:15	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					4:00PM	6:00PM	8:00PM	9:00AM	8:00AM
4:00PM	PINOY MD (P) 2:30 - 3:30	I HEART PH (R) 12:45 - 1:15	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					5:00PM	7:00PM	9:00PM	10:00AM	9:00AM
5:00PM		AHA! (R.) 1:15 - 1:45	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					6:00PM	8:00PM	10:00PM	11:00AM	10:00AM
6:00PM	I JUANDER (R) 3:30 - 4:15	I BILIB (R) 1:45 - 2:15	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					7:00PM	9:00PM	11:00PM	12:00NN	11:00AM
7:00PM		BIYAHE NI DREW (R) 4:15 - 5:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					8:00PM	10:00PM	12:00MN	1:00PM	12:00NN
8:00PM	BIYAHE NI DREW (R) 4:15 - 5:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					9:00PM	11:00PM	1:00AM	2:00PM	1:00PM
9:00PM		WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					10:00PM	12:00NN	2:00AM	3:00PM	2:00PM
10:00PM	WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					11:00PM	1:00AM	3:00AM	4:00PM	3:00PM
11:00PM		WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					12:00MN	2:00AM	4:00AM	5:00PM	4:00PM
12:00MN	WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					1:00AM	3:00AM	5:00AM	6:00PM	5:00PM
1:00AM		WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					2:00AM	4:00AM	6:00AM	7:00PM	6:00PM
2:00AM	WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					3:00AM	5:00AM	7:00AM	8:00PM	7:00PM
3:00AM		WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					4:00PM	6:00PM	8:00PM	9:00AM	8:00AM
4:00PM	WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					5:00PM	7:00PM	9:00PM	10:00AM	9:00AM
5:00PM		WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					6:00PM	8:00PM	10:00PM	11:00AM	10:00AM
6:00PM	WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					7:00PM	9:00PM	11:00PM	12:00NN	11:00AM
7:00PM		WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					8:00PM	10:00PM	12:00MN	1:00PM	12:00NN
8:00PM	WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					9:00PM	11:00PM	1:00AM	2:00PM	1:00PM
9:00PM		WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					10:00PM	12:00NN	2:00AM	3:00PM	2:00PM
10:00PM	WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					11:00PM	1:00AM	3:00AM	4:00PM	3:00PM
11:00PM		WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					12:00MN	2:00AM	4:00AM	5:00PM	4:00PM
12:00MN	WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					1:00AM	3:00AM	5:00AM	6:00PM	5:00PM
1:00AM		WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					2:00AM	4:00AM	6:00AM	7:00PM	6:00PM
2:00AM	WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					3:00AM	5:00AM	7:00AM	8:00PM	7:00PM
3:00AM		WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					4:00PM	6:00PM	8:00PM	9:00AM	8:00AM
4:00PM	WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					5:00PM	7:00PM	9:00PM	10:00AM	9:00AM
5:00PM		WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					6:00PM	8:00PM	10:00PM	11:00AM	10:00AM
6:00PM	WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					7:00PM	9:00PM	11:00PM	12:00NN	11:00AM
7:00PM		WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					8:00PM	10:00PM	12:00MN	1:00PM	12:00NN
8:00PM	WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					9:00PM	11:00PM	1:00AM	2:00PM	1:00PM
9:00PM		WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					10:00PM	12:00NN	2:00AM	3:00PM	2:00PM
10:00PM	WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					11:00PM	1:00AM	3:00AM	4:00PM	3:00PM
11:00PM		WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					12:00MN	2:00AM	4:00AM	5:00PM	4:00PM
12:00MN	WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					1:00AM	3:00AM	5:00AM	6:00PM	5:00PM
1:00AM		WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					2:00AM	4:00AM	6:00AM	7:00PM	6:00PM
2:00AM	WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					3:00AM	5:00AM	7:00AM	8:00PM	7:00PM
3:00AM		WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					4:00PM	6:00PM	8:00PM	9:00AM	8:00AM
4:00PM	WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					5:00PM	7:00PM	9:00PM	10:00AM	9:00AM
5:00PM		WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					6:00PM	8:00PM	10:00PM	11:00AM	10:00AM
6:00PM	WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					7:00PM	9:00PM	11:00PM	12:00NN	11:00AM
7:00PM		WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					8:00PM	10:00PM	12:00MN	1:00PM	12:00NN
8:00PM	WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					9:00PM	11:00PM	1:00AM	2:00PM	1:00PM
9:00PM		WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					10:00PM	12:00NN	2:00AM	3:00PM	2:00PM
10:00PM	WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					11:00PM	1:00AM	3:00AM	4:00PM	3:00PM
11:00PM		WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					12:00MN	2:00AM	4:00AM	5:00PM	4:00PM
12:00MN	WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					1:00AM	3:00AM	5:00AM	6:00PM	5:00PM
1:00AM		WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					2:00AM	4:00AM	6:00AM	7:00PM	6:00PM
2:00AM	WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					3:00AM	5:00AM	7:00AM	8:00PM	7:00PM
3:00AM		WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					4:00PM	6:00PM	8:00PM	9:00AM	8:00AM
4:00PM	WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					5:00PM	7:00PM	9:00PM	10:00AM	9:00AM
5:00PM		WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					6:00PM	8:00PM	10:00PM	11:00AM	10:00AM
6:00PM	WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					7:00PM	9:00PM	11:00PM	12:00NN	11:00AM
7:00PM		WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					8:00PM	10:00PM	12:00MN	1:00PM	12:00NN
8:00PM	WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					9:00PM	11:00PM	1:00AM	2:00PM	1:00PM
9:00PM		WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					10:00PM	12:00NN	2:00AM	3:00PM	2:00PM
10:00PM	WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					11:00PM	1:00AM	3:00AM	4:00PM	3:00PM
11:00PM		WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					12:00MN	2:00AM	4:00AM	5:00PM	4:00PM
12:00MN	WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					1:00AM	3:00AM	5:00AM	6:00PM	5:00PM
1:00AM		WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					2:00AM	4:00AM	6:00AM	7:00PM	6:00PM
2:00AM	WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					3:00AM	5:00AM	7:00AM	8:00PM	7:00PM
3:00AM		WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					4:00PM	6:00PM	8:00PM	9:00AM	8:00AM
4:00PM	WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					5:00PM	7:00PM	9:00PM	10:00AM	9:00AM
5:00PM		WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					6:00PM	8:00PM	10:00PM	11:00AM	10:00AM
6:00PM	WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "I Heart										

MLA	GMA LIFE TV PROGRAMMING OCTOBER 19 - 25, 2025 GRID (MANILA)							JAPAN (MLA + 1)	AUSTRALIA (MLA + 3)	NEW ZEALAND (MLA + 5)	ITALY (MLA - 6)	UK (MLA - 7)	
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY						
	OCTOBER.19	OCTOBER.20	OCTOBER.21	OCTOBER.22	OCTOBER.23	OCTOBER.24	OCTOBER.25						
12:00MN	REEL LIFE WEEKEND (R) 12:00 - 2:00 "The Other Wife"	con't of PINOY MD (R) 11:15 -	con't of LUTONG BAHAY (R) 11:30 - 12:30						1:00AM	3:00AM	5:00AM	6:00PM	5:00PM
1:00AM		I BILIB (R) 12:15 - 12:45	MARS PA MORE (R) 12:30 - 1:15						2:00AM	4:00AM	6:00AM	7:00PM	6:00PM
2:00AM		I HEART PH (R) 12:45 - 1:15	IDOL SA KUSINA (R) 1:15 - 2:00						3:00AM	5:00AM	7:00AM	8:00PM	7:00PM
3:00AM		FARM TO TABLE (R.) 1:15 - 2:00	DAY OFF (R.) 2:00 - 2:45						4:00AM	6:00AM	8:00AM	9:00PM	8:00PM
4:00AM	UNDERAGE WEEKEND CATCH-UP (R.) 2:00 - 4:45	PINAS SARAP (R.) 2:00 - 2:45	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	5:00AM	7:00AM	9:00AM	10:00PM	9:00PM	
5:00AM		TELESINE (R.) 3:15 - 4:45						6:00AM	8:00AM	10:00AM	11:00PM	10:00PM	
6:00AM	BIYAHE NI DREW (R) 4:45 - 5:30	TURBO ZONE (R) 4:45 - 5:15	UNDERAGE (R) 4:45 - 5:30						6:00AM	8:00AM	10:00AM	11:00PM	10:00PM
6:00AM	I BILIB (P) 5:30 - 6:00	THE FINAL PITCH: CEBU EDITION (R.) 5:15 - 5:45	BALITANGHALI (R) 5:30 - 6:30						7:00AM	9:00AM	11:00AM	12:00MN	11:00PM
7:00AM	DAMI MONG ALAM, KUYA KIMI! (P) 6:00 - 6:30	IJUANDER (R) 5:45 - 6:30	LUTONG BAHAY (R) 6:30 - 7:15						8:00AM	10:00AM	12:00NN	1:00AM	12:00MN
7:00AM	AHA! (R.) 6:30 - 7:00	PINAS SARAP (R) 6:30 - 7:15	MARS PA MORE (R) 7:15 - 8:00						9:00AM	11:00AM	1:00PM	2:00AM	1:00AM
8:00AM	SARAP "DI BA?" (R.) 7:00 - 7:45	I BILIB (R) 7:15 - 7:45	IDOL SA KUSINA (R) 8:00 - 8:45						10:00AM	12:00NN	2:00PM	3:00AM	2:00AM
8:00AM	THE FINAL PITCH: CEBU EDITION (P) 7:45 - 8:15	PINOY MD (R.) 7:45 - 8:30	DAY OFF (R) 8:45 - 9:30						11:00AM	1:00PM	3:00PM	4:00AM	3:00AM
9:00AM	POP TALK (R.) 8:15 - 8:45	BIYAHE NI DREW (R.) 8:30 - 9:15	BALITANGHALI (R) 10:15 - 11:15						12:00NN	2:00PM	4:00PM	5:00AM	4:00AM
9:00AM	IJUANDER (P) 8:45 - 9:30	FARM TO TABLE (R.) 9:15 - 10:00	IJUANDER (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	1:00PM	3:00PM	5:00PM	6:00AM	5:00AM	
10:00AM	I HEART PH (R.) 10:00 - 10:30	TASTE BUDDIES (R) 10:00 - 10:30	IDOL SA KUSINA (R) 11:15 - 12:00						2:00PM	4:00PM	6:00PM	7:00AM	6:00AM
11:00AM	TUNAY NA BUHAY (R) 10:30 - 11:00	MAKE YOUR MARC (S2) (R.) 10:30 - 11:00	MARS PA MORE (R) 12:00 - 12:45						3:00PM	5:00PM	7:00PM	8:00AM	7:00AM
12:00NN	REEL LIFE WEEKEND (R) 12:30 - 2:30 "The Other Wife"	I HEART PH (R.) 11:00 - 11:45	DAY OFF (R.) 12:45 - 1:30						4:00PM	6:00PM	8:00PM	9:00AM	8:00AM
1:00PM		TELESINE (R.) 11:00 - 12:30	UNDERAGE (R) 1:30 - 2:15						5:00PM	7:00PM	9:00PM	10:00AM	9:00AM
2:00PM		TURBO ZONE (R) 11:45 - 12:15	WEEKEND GETAWAY (P) 2:15 - 3:15						6:00PM	8:00PM	10:00PM	11:00AM	10:00AM
3:00PM		DAMI MONG ALAM, KUYA KIMI! (R) 12:15 - 12:45	I HEART PH (P) 3:15 - 3:45						7:00PM	9:00PM	11:00PM	12:00NN	11:00AM
4:00PM	REEL LIFE WEEKEND (R) 12:30 - 2:30 "The Other Wife"	TUNAY NA BUHAY (R) 12:45 - 1:15	SARAP "DI BA?" (P.) 3:45 - 4:15						8:00PM	10:00PM	12:00MN	1:00PM	12:00NN
5:00PM		AHA! (R.) 1:15 - 1:45	TELESINE (P) 4:15 - 5:45						9:00PM	11:00PM	1:00AM	2:00PM	1:00PM
6:00PM	I BILIB (R) 1:45 - 2:15	WEEKEND GETAWAY (R) 7:45 - 8:45						10:00PM	12:00NN	2:00AM	3:00PM	2:00PM	
7:00PM	REEL LIFE WEEKEND (P) 5:45 - 7:45 "Lola Magdalena"	BALITANGHALI (P) 2:15 - 3:15						11:00PM	1:00AM	3:00AM	4:00PM	3:00PM	
8:00PM		PINOY MD (P) 2:30 - 3:30	BIYAHE NI DREW (P.) 8:45 - 9:30						12:00MN	2:00AM	4:00AM	5:00PM	4:00PM
9:00PM		IJUANDER (R) 3:30 - 4:15	PINOY MD (R) 3:15 - 4:00	REGAL STUDIO PRESENTS (R) 3:15 - 4:00	KARELASYON (R) 3:15 - 4:00	DAMI MONG ALAM, KUYA KIMI! (R) 3:15 - 4:00	WEEKEND GETAWAY (R) 3:15 - 4:00	1:00AM	3:00AM	5:00PM	6:00PM	5:00PM	
10:00PM		BIYAHE NI 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	2:00AM	4:00AM	6:00AM	7:00PM	6:00PM	
11:00PM	WEEKEND GETAWAY (R) 5:00 - 6:00	UNDERAGE (P) 6:00 - 6:45						3:00AM	5:00AM	7:00AM	8:00PM	7:00PM	
12:00MN	REGAL STUDIO PRESENTS (P) 6:00 - 6:45	LUTONG BAHAY (P) 6:45 - 7:30						4:00PM	6:00PM	8:00PM	9:00AM	8:00AM	
1:00PM	TASTE BUDDIES (P.) 6:45 - 7:15	DAY OFF (P) 7:30 - 8:15						5:00PM	7:00PM	9:00PM	10:00AM	9:00AM	
2:00PM	FARM TO TABLE (P) 7:15 - 8:00	MARS PA MORE (P) 8:15 - 9:00						6:00PM	8:00PM	10:00PM	11:00AM	10:00AM	
3:00PM	MAKE YOUR MARC (S2) (P) 8:00 - 8:30	IDOL SA KUSINA (P) 9:00 - 9:45						7:00PM	9:00PM	11:00PM	12:00NN	11:00AM	
4:00PM	AHA! (P.) 8:30 - 9:00	BALITANGHALI (R) 9:45 - 10:45						8:00PM	10:00PM	12:00MN	1:00PM	12:00NN	
5:00PM	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 KIMI! (R) 10:45 - 11:30	MAKE YOUR MARC (S2) (R) 10:45 - 11:30	REGAL STUDIO PRESENTS (R) 10:45 - 11:30	THE FINAL PITCH: CEBU EDITION (R) 10:30 - 11:15	9:00PM	11:00PM	1:00AM	2:00PM	1:00PM	
6:00PM	KARELASYON (R.) 10:30 - 11:15	LUTONG BAHAY (R) 11:30 - 12:30						10:00PM	12:00NN	2:00AM	3:00PM	2:00PM	
7:00PM	PINOY MD (R) 11:15 - 12:15	KARELASYON (P) 11:15 - 12:00						11:00PM	1:00AM	3:00AM	4:00PM	3:00PM	
8:00PM								12:00MN	2:00AM	4:00AM	5:00PM	4:00PM	
9:00PM								1:00AM	3:00AM	5:00AM	6:00PM	5:00PM	

MLA	GMA LIFE TV PROGRAMMING OCTOBER 26 - 31, 2025 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					
	OCTOBER 26	OCTOBER 27	OCTOBER 28	OCTOBER 29	OCTOBER 30	OCTOBER 31						
12:00AM		con't of PINOY MD (R) 11:15 -	con't of LUTONG BAHAY (R) 11:30 - 12:30					1:00AM	3:00AM	5:00AM	5:30PM	4:00PM
1:00AM	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Lola Magdalena"	I BILIB (R) 12:15 - 12:45										
		I HEART PH (R) 12:45 - 1:15	MARS PA MORE (R) 12:30 - 1:15					2:00AM	4:00AM	6:00AM	6:00PM	5:00PM
		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
2:00AM		PINAS SARAP (R.) 2:00 - 2:45	DAY OFF (R.) 2:00 - 2:45									
3:00AM	UNDERAGE WEEKEND CATCH-UP (R.) 2:00 - 4:45	GMA GANITO TAYO, KAPUSO (R) 2:45 - 4:45	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	8:30PM	7:00PM
4:00AM								5:00AM	7:00AM	9:00AM	9:00PM	8:00PM
								6:00AM	8:00AM	10:00AM	10:00PM	9:00PM
5:00AM	BIYAHE NI DREW (R) 4:45 - 5:30	TURBO ZONE (R) 4:45 - 5:15	UNDERAGE (R) 4:45 - 5:30					6:00AM	8:00AM	10:00AM	10:00PM	9:00PM
	I BILIB (P) 5:30 - 6:00	THE FINAL PITCH: CEBU EDITION (R) 5:15 - 5:45										
6:00AM	DAMI MONG ALAM, KUYA KIMI! (P) 6:00 - 6:30	I JUANDER (R) 5:45 - 6:30	BALITANGHALI (R) 5:30 - 6:30					7:00AM	9:00AM	11:00AM	11:00PM	10:00PM
7:00AM	GMA GANITO TAYO, KAPUSO (P) 6:30 - 8:30	PINAS SARAP (R) 6:30 - 7:15	LUTONG BAHAY (R) 6:30 - 7:15					8:00AM	10:00AM	12:00NN	12:00NN	11:00PM
		I BILIB (R) 7:15 - 7:45	MARS PA MORE (R) 7:15 - 8:00					9:00AM	11:00AM	1:00PM	1:00AM	12:00NN
8:00AM		PINOY MD (R.) 7:45 - 8:30	IDOL SA KUSINA (R) 8:00 - 8:45					10:00AM	12:00NN	2:00PM	2:00AM	1:00AM
9:00AM	I JUANDER (P) 8:30 - 9:30	BIYAHE NI DREW (R.) 8:30 - 9:15	DAY OFF (R) 8:45 - 9:30					11:00AM	1:00PM	3:00PM	3:00AM	2:00AM
	TASTE BUDDIES (R) 9:30 - 10:00	FARM TO TABLE (R.) 9:15 - 10:00										
10:00AM	I HEART PH (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	MAKE YOUR MARC (S2) (R) 9:30 - 10:15	11:00AM	1:00PM	3:00PM	3:00AM	2:00AM
11:00AM	TUNAY NA BUHAY (R) 10:30 - 11:00	MAKE YOUR MARC (S2) (R.) 10:30 - 11:00	BALITANGHALI (R) 10:15 - 11:15					12:00NN	2:00PM	4:00PM	4:00AM	3:00AM
	TELESINE (R.) 11:00 - 12:30	I HEART PH (R) 11:00 - 11:45	IDOL SA KUSINA (R) 11:15 - 12:00					1:00PM	3:00PM	5:00PM	5:00AM	4:00AM
		TURBO ZONE (R) 11:45 - 12:15	MARS PA MORE (R) 12:00 - 12:45					2:00PM	4:00PM	6:00PM	6:00AM	5:00AM
1:00PM	REEL LIFE WEEKEND (R) 12:30 - 2:30 "Lola Magdalena"	DAMI MONG ALAM, KUYA KIMI! (R) 12:15 - 12:45	DAY OFF (R.) 12:45 - 1:30					3:00PM	5:00PM	7:00PM	7:00AM	6:00AM
2:00PM		TUNAY NA BUHAY (R) 12:45 - 1:15	UNDERAGE (R) 1:30 - 2:15					4:00PM	6:00PM	8:00PM	8:00AM	7:00AM
		AHA! (R.) 1:15 - 1:45						5:00PM	7:00PM	9:00PM	9:00AM	8:00AM
3:00PM		I BILIB (R) 1:45 - 2:15	BALITANGHALI (P) 2:15 - 3:15					6:00PM	8:00PM	10:00PM	10:00AM	9:00AM
	PINOY MD (P) 2:30 - 3:30						WEEKEND GETAWAY (P) 2:15 - 3:15	7:00PM	9:00PM	11:00PM	11:00AM	10:00AM
4:00PM		PINOY MD (R) 3:15 - 4:00	REGAL STUDIO PRESENTS (R) 3:15 - 4:00	KARELASYON (R) 3:15 - 4:00	DAMI MONG ALAM, KUYA KIMI! (R) 3:15 - 4:00	WEEKEND GETAWAY (R) 3:15 - 4:00	I HEART PH (P) 3:15 - 3:45	8:00PM	10:00PM	12:00NN	12:00NN	11:00AM
	BIYAHE NI 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	SARAP 'DI BA? (P.) 3:45 - 4:15	9:00PM	11:00PM	1:00AM	1:00PM	12:00NN
5:00PM	WEEKEND GETAWAY (R) 5:00 - 6:00						TELESINE (P) 4:15 - 5:45	10:00PM	12:00NN	2:00AM	2:00PM	1:00PM
6:00PM		REGAL STUDIO PRESENTS (P) 6:00 - 6:45	UNDERAGE (P) 6:00 - 6:45					11:00PM	1:00AM	3:00AM	3:00PM	2:00PM
	TASTE BUDDIES (P) 6:45 - 7:15	LUTONG BAHAY (P) 6:45 - 7:30					REEL LIFE WEEKEND (P) 5:45 - 7:45	12:00NN	2:00AM	4:00AM	4:00PM	3:00PM
7:00PM	FARM TO TABLE (P) 7:15 - 8:00	DAY OFF (P) 7:30 - 8:15					WEEKEND GETAWAY (R) 7:45 - 8:45	1:00AM	3:00AM	5:00AM	5:00PM	4:00PM
8:00PM	MAKE YOUR MARC (S2) (P) 8:00 - 8:30	MARS PA MORE (P) 8:15 - 9:00					BIYAHE NI DREW (P.) 8:45 - 9:30	2:00AM	4:00AM	6:00AM	6:00PM	5:00PM
	AHA! (P.) 8:30 - 9:00	IDOL SA KUSINA (P) 9:00 - 9:45					TURBO ZONE (P.) 9:30 - 10:00	3:00AM	5:00AM	7:00AM	7:00PM	6:00PM
9:00PM	POP TALK (P) 9:00 - 9:45	BALITANGHALI (R) 9:45 - 10:45					TUNAY NA BUHAY (P.) 10:00 - 10:30	4:00AM	6:00AM	8:00AM	8:00PM	7:00PM
10:00PM	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 KIMI! (R) 10:45 - 11:30	MAKE YOUR MARC (S2) (R) 10:45 - 11:30	REGAL STUDIO PRESENTS (R) 10:45 - 11:30	THE FINAL PITCH: CEBU EDITION (R) 10:30 - 11:15	5:00AM	7:00AM	9:00AM	9:00PM	8:00PM
11:00PM	KARELASYON (R) 10:30 - 11:15	LUTONG BAHAY (R) 11:30 - 12:30					KARELASYON (P) 11:15 - 12:00	6:00AM	8:00AM	10:00AM	10:00PM	9:00PM
12:00NN	PINOY MD (R) 11:15 - 12:15							7:00AM	9:00AM	11:00AM	11:00PM	10:00PM