

MLA	GMA LIFE TV PROGRAMMING JANUARY 1 - 3, 2026 GRID (MANILA)							JAPAN (MLA + 1)	AUSTRALIA (MLA + 3)	NEW ZEALAND (MLA + 5)	ITALY (MLA - 7)	UK (MLA - 8)
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY JANUARY.1	FRIDAY JANUARY.2	SATURDAY JANUARY.3					
12:00MN	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Lastikman"	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
		FARM TO TABLE (R.) 1:15 - 2:00	IDOL SA KUSINA (R) 1:15 - 2:00									
2:00AM	ARABELLA WEEKEND CATCH-UP (R.) 2:00 - 4:45	PINAS SARAP (R.) 2:00 - 2:45	DAY OFF (R.) 2:00 - 2:45					3:00AM	5:00AM	7:00AM	7:00PM	6:00PM
3:00AM		POP TALK (R.) 2:45 - 3:30	REEL LIFE "I Heart Mondays" (R.) 2:45 - 4:45	REEL LIFE "Wa-Packed Tuesdays" (R.) 2:45 - 4:45	REEL LIFE "Once Upon a Wednesdays" (R.) 2:45 - 4:45	REEL LIFE "Hilarious Huwebes" (R.) 2:45 - 4:45	REEL LIFE "Senti Flicks" (R.) 2:45 - 4:45	4:00AM	6:00AM	8:00AM	8:00PM	7:00PM
4:00AM		TELESINE (R.) 3:30 - 5:00						5:00AM	7:00AM	9:00AM	9:00PM	8:00PM
5:00AM		BIYAHE NI DREW (R) 4:45 - 5:30	TURBO ZONE (R) 5:00 - 5:45	ARABELLA (R) 4:45 - 5:30					6:00AM	8:00AM	10:00AM	10:00PM
6:00AM	I BILIB (P) 5:30 - 6:00	I JUANDER (R) 5:45 - 6:30	BALITANGHALI (R) 5:30 - 6:30					7:00AM	9:00AM	11:00AM	11:00PM	10:00PM
	DAMI MONG ALAM, KUYA KIMI (P) 6:00 - 6:30											
7:00AM	AHA! (R.) 6:30 - 7:00 "AHAppy Christmas!"	PINAS SARAP (R) 6:30 - 7:15	LUTONG BAHAY (R) 6:30 - 7:15					8:00AM	10:00AM	12:00NN	12:00PM	11:00PM
	SARAP "DI BA? (R.) 7:00 - 7:30	I BILIB (R) 7:15 - 7:45	MARS PA MORE (R) 7:15 - 8:00					9:00AM	11:00AM	1:00PM	1:00AM	12:00MN
8:00AM	REGAL STUDIO PRESENTS (R) 7:30 - 8:15	PINOY MD (R.) 7:45 - 8:30	IDOL SA KUSINA (R) 8:00 - 8:45									
9:00AM	POP TALK (R.) 8:15 - 8:45	BIYAHE NI DREW (R.) 8:30 - 9:15	DAY OFF (R) 8:45 - 9:30					10:00AM	12:00NN	2:00PM	2:00AM	1:00AM
	TASTE BUDDIES (R) 9:30 - 10:00	FARM TO TABLE (R) 9:15 - 10:00	I JUANDER (R) 9:30 - 10:15	PINAS SARAP (R.) 9:30 - 10:15	TURBO ZONE (R.) 9:30 - 10:15	FARM TO TABLE (R) 9:30 - 10:15	MAKE YOUR MARC (S2) (R) 9:30 - 10:15	11:00AM	1:00PM	3:00PM	3:00AM	2:00AM
10:00AM	TUNAY NA BUHAY (R) 10:00 - 10:30	TASTE BUDDIES (R) 10:00 - 10:30										
	SARAP "DI BA? (R.) 10:30 - 11:00	MAKE YOUR MARC (S2) (R.) 10:30 - 11:15	BALITANGHALI (R) 10:15 - 11:15					12:00NN	2:00PM	4:00PM	4:00AM	3:00AM
	TELESINE (R.) 11:00 - 12:30	TURBO ZONE (R) 11:15 - 12:00	IDOL SA KUSINA (R) 11:15 - 12:00									
12:00NN		DAMI MONG ALAM, KUYA KIMI (R) 12:00 - 12:45	MARS PA MORE (R) 12:00 - 12:45					1:00PM	3:00PM	5:00PM	5:00AM	4:00AM
1:00PM	REEL LIFE WEEKEND (R) 12:30 - 2:30 "Lastikman"	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										
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	PINOY MD (P) 2:30 - 3:30	BALITANGHALI (P) 2:15 - 3:15					WEEKEND GETAWAY (P) 2:15 - 3:15	4:00PM	6:00PM	8:00PM	8:00AM	7:00AM
		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 KIMI (R) 3:15 - 4:00	WEEKEND GETAWAY (R) 3:15 - 4:00	POP TALK (R) 3:15 - 3:45	5:00PM	7:00PM	9:00PM	9:00AM	8:00AM
4:00PM	I JUANDER (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	SARAP "DI BA? (P.) 3:45 - 4:15	6:00PM	8:00PM	10:00PM	10:00AM	9:00AM
5:00PM	BIYAHE NI DREW (R) 4:15 - 5:00											TELESINE (P) 4:15 - 5:45
	WEEKEND GETAWAY (R) 5:00 - 6:00											
6:00PM	REGAL STUDIO PRESENTS (S17) (P) 6:00 - 6:45	ARABELLA (P) 6:00 - 6:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Sol Searching"	7:00PM	9:00PM	11:00PM	11:00AM	10:00AM
7:00PM	TASTE BUDDIES (P.) 6:45 - 7:15	LUTONG BAHAY (P) 6:45 - 7:30						8:00PM	10:00PM	12:00NN	12:00PM	11:00AM
	FARM TO TABLE (P) 7:15 - 8:00											
8:00PM	MAKE YOUR MARC (S2) (P) 8:00 - 8:30	DAY OFF (P) 7:30 - 8:15						WEEKEND GETAWAY (R) 7:45 - 8:45	9:00PM	11:00PM	1:00AM	1:00PM
	AHA! (P.) 8:30 - 9:00	MARS PA MORE (P) 8:15 - 9:00					BIYAHE NI DREW (P.) 8:45 - 9:30	10:00PM	12:00NN	2:00AM	2:00PM	1:00PM
9:00PM	POP TALK (P) 9:00 - 9:45	IDOL SA KUSINA (P) 9:00 - 9:45										
10:00PM	PINAS SARAP (P.) 9:45 - 10:30	BALITANGHALI (R) 9:45 - 10:45					TURBO ZONE (P.) 9:30 - 10:00	11:00PM	1:00AM	3:00AM	3:00PM	2:00PM
	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 (S17) (R) 10:45 - 11:30	I JUANDER NEW YEAR SPECIAL (P) 10:30 - 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	1:00AM	3:00AM	5:00AM	5:00PM	4:00PM

MLA	GMA LIFE 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 JANUARY 4	MONDAY JANUARY 5	TUESDAY JANUARY 6	WEDNESDAY JANUARY 7	THURSDAY JANUARY 8	FRIDAY JANUARY 9	SATURDAY JANUARY 10					
12:00MN	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Sol Searching"	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	MARS PA MORE (R) 12:30 - 1:15					2:00AM	4:00AM	6:00AM	6:00PM	5:00PM
2:00AM		AHA! (R) 12:45 - 1:15	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	FARM TO TABLE (R.) 1:15 - 2:00	DAY OFF (R.) 2:00 - 2:45					4:00AM	6:00AM	8:00AM	8:00PM	7:00PM
4:00AM		PINAS SARAP (R.) 2:00 - 2:45	DAY OFF (R.) 2:00 - 2:45					5:00AM	7:00AM	9:00AM	9:00PM	8:00PM
5:00AM		POP TALK (R.) 2:45 - 3:30	REEL LIFE "I Heart Mondays" (R.) 2:45 - 4:45	REEL LIFE "Wa-Packed Tuesdays" (R.) 2:45 - 4:45	REEL LIFE "Once Upon a Wednesdays" (R.) 2:45 - 4:45	REEL LIFE "Hilarious Huwebes" (R.) 2:45 - 4:45	REEL LIFE "Senti Flicks" (R.) 2:45 - 4:45	6:00AM	8:00AM	10:00AM	10:00PM	9:00PM
6:00AM	BIYAHE NI DREW (R) 4:45 - 5:30	TELESINE (R.) 3:30 - 5:00	ARABELLA (R) 4:45 - 5:30					7:00AM	9:00AM	11:00AM	11:00PM	10:00PM
6:00AM	I BILIB (P) 5:30 - 6:00	TURBO ZONE (R) 5:00 - 5:45	BALITANGHALI (R) 5:30 - 6:30					8:00AM	10:00AM	12:00NN	12:00NN	11:00PM
7:00AM	DAMI MONG ALAM, KUYA KIMI! (P) 6:00 - 6:30	I JUANDER (R) 5:45 - 6:30	LUTONG BAHAY (R) 6:30 - 7:15					9:00AM	11:00AM	1:00PM	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					10:00AM	12:00NN	2:00PM	2:00AM	1:00AM
8:00AM	SARAP 'DI BA? (R.) 7:00 - 7:30	I BILIB (R) 7:15 - 7:45	IDOL SA KUSINA (R) 8:00 - 8:45					11:00AM	1:00PM	3:00PM	3:00AM	2:00AM
8:00AM	I JUANDER NEW YEAR SPECIAL (R) 7:30 - 8:15	PINOY MD (R.) 7:45 - 8:30	DAY OFF (R) 8:45 - 9:30					12:00NN	2:00PM	4:00PM	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					1:00PM	3:00PM	5:00PM	5:00AM	4:00AM
9:00AM	I JUANDER (P) 8:45 - 9:30	FARM TO TABLE (R.) 9:15 - 10:00	IDOL SA KUSINA (R) 11:15 - 12:00					2:00PM	4:00PM	6:00PM	6:00AM	5:00AM
10:00AM	TASTE BUDDIES (R) 9:30 - 10:00	TASTE BUDDIES (R) 10:00 - 10:30	I JUANDER (R.) 9:30 - 10:15	PINAS SARAP (R.) 9:30 - 10:15	TURBO ZONE (R) 9:30 - 10:15	FARM TO TABLE (R) 9:30 - 10:15	HOME BASE PLUS (\$26) (R) 9:30 - 10:15	3:00PM	5:00PM	7:00PM	7:00AM	6:00AM
10:00AM	TUNAY NA BUHAY (R) 10:00 - 10:30	SARAP 'DI BA? (R.) 10:30 - 11:00	MARS PA MORE (R) 12:00 - 12:45					4:00PM	6:00PM	8:00PM	8:00AM	7:00AM
11:00AM	REEL LIFE WEEKEND (R) 12:30 - 2:30 "Sol Searching"	HOME BASE PLUS (\$26) (R) 10:30 - 11:15	DAY OFF (R.) 12:45 - 1:30					5:00PM	7:00PM	9:00PM	9:00AM	8:00AM
12:00NN	TELESINE (R.) 11:00 - 12:30	TURBO ZONE (R) 11:15 - 12:00	ARABELLA (R) 1:30 - 2:15					6:00PM	8:00PM	10:00PM	10:00AM	9:00AM
1:00PM	REEL LIFE WEEKEND (R) 12:30 - 2:30 "Sol Searching"	DAMI MONG ALAM, KUYA KIMI! (R) 12:00 - 12:45	WEEKEND GETAWAY (P) 2:15 - 3:15					7:00PM	9:00PM	11:00PM	11:00AM	10:00AM
2:00PM		TUNAY NA BUHAY (R) 12:45 - 1:15	BALITANGHALI (P) 2:15 - 3:15					8:00PM	10:00PM	12:00NN	12:00NN	11:00AM
3:00PM		AHA! (R.) 1:15 - 1:45	WEEKEND GETAWAY (R) 3:15 - 3:45					9:00PM	11:00PM	1:00AM	1:00PM	1:00PM
3:00PM	PINOY MD (P) 2:30 - 3:30	I BILIB (R) 1:45 - 2:15	SARAP 'DI BA? (P.) 3:45 - 4:15					10:00PM	12:00NN	2:00AM	2:00PM	1:00PM
4:00PM	I JUANDER (R) 3:30 - 4:15	PINOY MD (R) 3:15 - 4:00	REGAL STUDIO PRESENTS (\$17) (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	POP TALK (R) 3:15 - 3:45	11:00PM	1:00AM	3:00AM	3:00PM	2:00PM
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	12:00MN	2:00AM	4:00AM	4:00PM	3:00PM
6:00PM	WEEKEND GETAWAY (R) 5:00 - 6:00	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	1:00AM	3:00AM	5:00AM	5:00PM	4:00PM
7:00PM	REGAL STUDIO PRESENTS (\$17) (P) 6:00 - 6:45	ARABELLA (P) 6:00 - 6:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Single Bells"	2:00AM	4:00AM	6:00AM	6:00PM	5:00PM
8:00PM	TASTE BUDDIES (P.) 6:45 - 7:15	LUTONG BAHAY (P) 6:45 - 7:30						3:00AM	5:00AM	7:00AM	7:00PM	6:00PM
9:00PM	FARM TO TABLE (P) 7:15 - 8:00	DAY OFF (P) 7:30 - 8:15						4:00AM	6:00AM	8:00AM	8:00PM	7:00PM
10:00PM	HOME BASE PLUS (\$26) (P) 8:00 - 8:30	MARS PA MORE (P) 8:15 - 9:00					WEEKEND GETAWAY (R) 7:45 - 8:45	5:00AM	7:00AM	9:00AM	9:00PM	8:00PM
11:00PM	AHA! (P.) 8:30 - 9:00	IDOL SA KUSINA (P) 9:00 - 9:45					BIYAHE NI DREW (P.) 8:45 - 9:30	6:00AM	8:00AM	10:00AM	10:00PM	9:00AM
12:00MN	POP TALK (P) 9:00 - 9:45	IDOL SA KUSINA (P) 9:00 - 9:45					TURBO ZONE (P.) 9:30 - 10:00	7:00AM	9:00AM	11:00AM	11:00PM	10:00AM
1:00PM	PINAS SARAP (P.) 9:45 - 10:30	BALITANGHALI (R) 9:45 - 10:45					TUNAY NA BUHAY (P.) 10:00 - 10:30	8:00AM	10:00AM	12:00NN	12:00NN	11:00AM
2:00PM	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	HOME BASE PLUS (\$26) (R) 10:45 - 11:30	REGAL STUDIO PRESENTS (\$17) (R) 10:45 - 11:30	SARAP 'DI BA? (R) 10:30 - 11:15	9:00AM	11:00AM	1:00AM	1:00PM	1:00PM
3:00PM	PINOY MD (R) 11:15 - 12:15	LUTONG BAHAY (R) 11:30 - 12:30					KARELASYON (P) 11:15 - 12:00	10:00AM	12:00NN	2:00AM	2:00PM	1:00PM

MLA	GMA LIFE TV PROGRAMMING JANUARY 11 - 17, 2026 GRID (MANILA)							JAPAN (MLA + 1)	AUSTRALIA (MLA + 3)	NEW ZEALAND (MLA + 5)	ITALY (MLA - 7)	UK (MLA - 8)
	SUNDAY JANUARY.11	MONDAY JANUARY.12	TUESDAY JANUARY.13	WEDNESDAY JANUARY.14	THURSDAY JANUARY.15	FRIDAY JANUARY.16	SATURDAY JANUARY.17					
12:00MN	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Single Bells"	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	MARS PA MORE (R) 12:30 - 1:15					2:00AM	4:00AM	6:00AM	6:00PM	5:00PM
2:00AM		AHA! (R) 12:45 - 1:15	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	PINAS SARAP (R.) 2:00 - 2:45	DAY OFF (R.) 2:00 - 2:45					4:00AM	6:00AM	8:00AM	8:00PM	7:00PM
4:00AM		POP TALK (R.) 2:45 - 3:30	REEL LIFE "I Heart Mondays" (R.) 2:45 - 4:45	REEL LIFE "Wa-Packed Tuesdays" (R.) 2:45 - 4:45	REEL LIFE "Once Upon a Wednesdays" (R.) 2:45 - 4:45	REEL LIFE "Hilarious Huwebes" (R.) 2:45 - 4:45	REEL LIFE "Senti Flicks" (R.) 2:45 - 4:45	5:00AM	7:00AM	9:00AM	9:00PM	8:00PM
5:00AM		TELESINE (R.) 3:30 - 5:00						ARABELLA (R) 4:45 - 5:30				
6:00AM	BIYAHE NI DREW (R) 4:45 - 5:30	TURBO ZONE (R) 5:00 - 5:45	BALITANGHALI (R) 5:30 - 6:30					7:00AM	9:00AM	11:00AM	11:00PM	10:00PM
6:00AM	I BILIB (P) 5:30 - 6:00	I JUANDER (R) 5:45 - 6:30	LUTONG BAHAY (R) 6:30 - 7:15					8:00AM	10:00AM	12:00NN	12:00NN	11:00PM
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	1:00AM	12:00NN
8:00AM	SARAP "DI BA? (R) 7:00 - 7:30	I BILIB (R) 7:15 - 7:45	IDOL SA KUSINA (R) 8:00 - 8:45					10:00AM	12:00NN	2:00PM	2:00AM	1:00AM
8:00AM	REGAL STUDIO PRESENTS (R) 7:30 - 8:15	PINOY MD (R.) 7:45 - 8:30	DAY OFF (R) 8:45 - 9:30					11:00AM	1:00PM	3:00PM	3:00AM	2:00AM
9:00AM	POP TALK (R) 8:15 - 8:45	BIYAHE NI DREW (R.) 8:30 - 9:15	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 (\$26) (R) 9:30 - 10:15	12:00NN	2:00PM	4:00PM	4:00AM	3:00AM
10:00AM	I JUANDER (P) 8:45 - 9:30	FARM TO TABLE (R.) 9:15 - 10:00						BALITANGHALI (R) 10:15 - 11:15				
10:00AM	TASTE BUDDIES (R) 9:30 - 10:00	TASTE BUDDIES (R) 10:00 - 10:30	IDOL SA KUSINA (R) 11:15 - 12:00					2:00PM	4:00PM	6:00PM	6:00AM	5:00AM
10:00AM	TUNAY NA BUHAY (R) 10:00 - 10:30	HOME BASE PLUS (\$26) (R.) 10:30 - 11:15	MARS PA MORE (R) 12:00 - 12:45					3:00PM	5:00PM	7:00PM	7:00AM	6:00AM
11:00AM	SARAP "DI BA? (R.) 10:30 - 11:00	TURBO ZONE (R) 11:15 - 12:00	DAY OFF (R.) 12:45 - 1:30					4:00PM	6:00PM	8:00PM	8:00AM	7:00AM
11:00AM	TELESINE (R.) 11:00 - 12:30	DAMI MONG ALAM, KUYA KIMI (R) 12:00 - 12:45	ARABELLA (R) 1:30 - 2:15					5:00PM	7:00PM	9:00PM	9:00AM	8:00AM
12:00NN	REEL LIFE WEEKEND (R) 12:30 - 2:30 "Single Bells"	TUNAY NA BUHAY (R) 12:45 - 1:15	BALITANGHALI (P) 2:15 - 3:15					6:00PM	8:00PM	10:00PM	10:00AM	9:00AM
1:00PM		AHA! (R.) 1:15 - 1:45	WEEKEND GETAWAY (P) 2:15 - 3:15					7:00PM	9:00PM	11:00PM	11:00AM	10:00AM
2:00PM		I BILIB (R) 1:45 - 2:15	POP TALK (R) 3:15 - 3:45					8:00PM	10:00PM	12:00NN	12:00NN	11:00AM
3:00PM	PINOY MD (P) 2:30 - 3:30	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 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	1:00PM	12:00NN
4:00PM	I JUANDER (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	2:00PM	1:00PM
5:00PM	BIYAHE NI DREW (R) 4:15 - 5:00						ARABELLA (P) 6:00 - 6:45					11:00PM
5:00PM	WEEKEND GETAWAY (R) 5:00 - 6:00	LUTONG BAHAY (P) 6:45 - 7:30					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Working Boys 2: Choose Your Papa"	12:00NN	2:00AM	4:00AM	4:00PM	3:00PM
6:00PM	REGAL STUDIO PRESENTS (S17) (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	5:00PM	4:00PM
7:00PM	TASTE BUDDIES (P.) 6:45 - 7:15	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
7:00PM	FARM TO TABLE (P) 7:15 - 8:00	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
8:00PM	HOME BASE PLUS (\$26) (P) 8:00 - 8:30	BALITANGHALI (R) 9:45 - 10:45					TUNAY NA BUHAY (P.) 10:00 - 10:30	4:00AM	6:00AM	8:00AM	8:00PM	7:00PM
9:00PM	AHA! (P.) 8:30 - 9:00	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	HOME BASE PLUS (\$26) (R) 10:45 - 11:30	REGAL STUDIO PRESENTS (S17) (R) 10:45 - 11:30	SARAP "DI BA? (R) 10:30 - 11:15	5:00AM	7:00AM	9:00AM	9:00PM	8:00PM
10:00PM	PINAS SARAP (P.) 9:45 - 10:30	LUTONG BAHAY (R) 11:30 - 12:30					KARELASYON (P) 11:15 - 12:00	6:00AM	8:00AM	10:00AM	10:00PM	9:00PM
11:00PM	KARELASYON (R.) 10:30 - 11:15							7:00AM	9:00AM	11:00AM	11:00PM	10:00PM
12:00MN	PINOY MD (R) 11:15 - 12:15							8:00AM	10:00AM	12:00NN	12:00NN	11:00AM

MLA	GMA LIFE TV PROGRAMMING JANUARY 18 - 24, 2026 GRID (MANILA)							JAPAN (MLA + 1)	AUSTRALIA (MLA + 3)	NEW ZEALAND (MLA + 5)	ITALY (MLA - 7)	UK (MLA - 8)	
	SUNDAY JANUARY.18	MONDAY JANUARY.19	TUESDAY JANUARY.20	WEDNESDAY JANUARY.21	THURSDAY JANUARY.22	FRIDAY JANUARY.23	SATURDAY JANUARY.24						
12:00MN	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Working Boys 2: Choose Your Papa"	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	MARS PA MORE (R) 12:30 - 1:15					2:00AM	4:00AM	6:00AM	6:00PM	5:00PM	
2:00AM		AHA! (R) 12:45 - 1:15	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	PINAS SARAP (R.) 2:00 - 2:45	DAY OFF (R.) 2:00 - 2:45					4:00AM	6:00AM	8:00AM	8:00PM	7:00PM	
4:00AM		POP TALK (R.) 2:45 - 3:30	REEL LIFE "I Heart Mondays" (R.) 2:45 - 4:45	REEL LIFE "Wa-Packed Tuesdays" (R.) 2:45 - 4:45	REEL LIFE "Once Upon a Wednesdays" (R.) 2:45 - 4:45	REEL LIFE "Hilarious Huwebes" (R.) 2:45 - 4:45	REEL LIFE "Senti Flicks" (R.) 2:45 - 4:45	5:00AM	7:00AM	9:00AM	9:00PM	8:00PM	
5:00AM		TELESINE (R.) 3:30 - 5:00	ARABELLA (R) 4:45 - 5:30					6:00AM	8:00AM	10:00AM	10:00PM	9:00PM	
6:00AM	BIYAHE NI DREW (R) 4:45 - 5:30	TURBO ZONE (R) 5:00 - 5:45	BALITANGHALI (R) 5:30 - 6:30					7:00AM	9:00AM	11:00AM	11:00PM	10:00PM	
6:00AM	I BILIB (P) 5:30 - 6:00	I JUANDER (R) 5:45 - 6:30	LUTONG BAHAY (R) 6:30 - 7:15					8:00AM	10:00AM	12:00NN	12:00NN	11:00PM	
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	1:00AM	12:00MN	
8:00AM	SARAP "DI BA?" (R.) 7:00 - 7:30	I BILIB (R) 7:15 - 7:45	IDOL SA KUSINA (R) 8:00 - 8:45					10:00AM	12:00NN	2:00PM	2:00AM	1:00AM	
9:00AM	REGAL STUDIO PRESENTS (R) 7:30 - 8:15	PINOY MD (R.) 7:45 - 8:30	DAY OFF (R) 8:45 - 9:30					11:00AM	1:00PM	3:00PM	3:00AM	2:00AM	
10:00AM	POP TALK (R.) 8:15 - 8:45	BIYAHE NI DREW (R.) 8:30 - 9:15	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	12:00NN	2:00PM	4:00PM	4:00AM	3:00AM	
11:00AM	I JUANDER (P) 8:45 - 9:30	FARM TO TABLE (R.) 9:15 - 10:00	BALITANGHALI (R) 10:15 - 11:15					1:00PM	3:00PM	5:00PM	5:00AM	4:00AM	
12:00NN	TASTE BUDDIES (R) 9:30 - 10:00	TASTE BUDDIES (R) 10:00 - 10:30	IDOL SA KUSINA (R) 11:15 - 12:00					2:00PM	4:00PM	6:00PM	6:00AM	5:00AM	
1:00PM	TUNAY NA BUHAY (R) 10:00 - 10:30	TASTE BUDDIES (R) 10:00 - 10:30	MARS PA MORE (R) 12:00 - 12:45					3:00PM	5:00PM	7:00PM	7:00AM	6:00AM	
2:00PM	SARAP "DI BA?" (R.) 10:30 - 11:00	HOME BASE PLUS (S26) (R.) 10:30 - 11:15	DAY OFF (R.) 12:45 - 1:30					4:00PM	6:00PM	8:00PM	8:00AM	7:00AM	
3:00PM	TELESINE (R.) 11:00 - 12:30	TURBO ZONE (R) 11:15 - 12:00	ARABELLA (R) 1:30 - 2:15					5:00PM	7:00PM	9:00PM	9:00AM	8:00AM	
4:00PM	REEL LIFE WEEKEND (R) 12:30 - 2:30 "Working Boys 2: Choose Your Papa"	DAMI MONG ALAM, KUYA KIMI! (R) 12:00 - 12:45	WEEKEND GETAWAY (P) 2:15 - 3:15					6:00PM	8:00PM	10:00PM	10:00AM	9:00AM	
5:00PM		TUNAY NA BUHAY (R) 12:45 - 1:15	BALITANGHALI (P) 2:15 - 3:15					7:00PM	9:00PM	11:00PM	11:00AM	10:00AM	
6:00PM		AHA! (R.) 1:15 - 1:45	WEEKEND GETAWAY (R) 3:15 - 4:00					8:00PM	10:00PM	12:00NN	12:00NN	11:00AM	
7:00PM	2:00PM	I BILIB (R) 1:45 - 2:15	POP TALK (R) 3:15 - 3:45					9:00PM	11:00PM	1:00AM	1:00PM	12:00NN	
8:00PM	PINOY MD (P) 2:30 - 3:30	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 KIMI! (R) 3:15 - 4:00	WEEKEND GETAWAY (R) 3:15 - 4:00	SARAP "DI BA?" (P.) 3:45 - 4:15	10:00PM	12:00NN	2:00AM	2:00PM	1:00PM	
9:00PM	I JUANDER (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	11:00PM	1:00AM	3:00AM	3:00PM	2:00PM	
10:00PM	BIYAHE NI DREW (R) 4:15 - 5:00	ARABELLA (P) 6:00 - 6:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Revirginized"	12:00MN	2:00AM	4:00AM	4:00PM	3:00PM	
11:00PM	WEEKEND GETAWAY (R) 5:00 - 6:00	LUTONG BAHAY (P) 6:45 - 7:30						1:00AM	3:00AM	5:00AM	5:00PM	4:00PM	
12:00MN	REGAL STUDIO PRESENTS (S17) (P) 6:00 - 6:45	DAY OFF (P) 7:30 - 8:15						2:00AM	4:00AM	6:00PM	6:00AM	5:00PM	4:00PM
1:00PM	TASTE BUDDIES (P.) 6:45 - 7:15	MARS PA MORE (P) 8:15 - 9:00					WEEKEND GETAWAY (R) 7:45 - 8:45	3:00AM	5:00AM	7:00PM	7:00AM	6:00AM	
2:00PM	FARM TO TABLE (P) 7:15 - 8:00	IDOL SA KUSINA (P) 9:00 - 9:45						4:00PM	6:00PM	8:00PM	8:00AM	7:00AM	
3:00PM	HOME BASE PLUS (S26) (P) 8:00 - 8:30	TURBO ZONE (P.) 9:30 - 10:00						5:00PM	7:00PM	9:00PM	9:00AM	8:00AM	
4:00PM	AHA! (P.) 8:30 - 9:00	BALITANGHALI (R) 9:45 - 10:45						6:00PM	8:00PM	10:00PM	10:00AM	9:00AM	
5:00PM	POP TALK (P) 9:00 - 9:45	TUNAY NA BUHAY (P.) 10:00 - 10:30					WEEKEND GETAWAY (R) 7:45 - 8:45	7:00PM	9:00PM	11:00PM	11:00AM	10:00AM	
6:00PM	PINAS SARAP (P.) 9:45 - 10:30	KARELASYON (P) 11:15 - 12:00						8:00PM	10:00PM	12:00NN	12:00NN	11:00AM	
7:00PM	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	HOME BASE PLUS (S26) (R) 10:45 - 11:30	REGAL STUDIO PRESENTS (S17) (R) 10:45 - 11:30		SARAP "DI BA?" (R) 10:30 - 11:15	9:00PM	11:00PM	1:00AM	1:00PM	12:00NN
8:00PM	PINOY MD (R) 11:15 - 12:15	LUTONG BAHAY (R) 11:30 - 12:30					KARELASYON (P) 11:15 - 12:00	10:00PM	12:00NN	2:00AM	2:00PM	1:00PM	
9:00PM								11:00PM	1:00AM	3:00AM	3:00PM	2:00PM	
10:00PM								12:00MN	2:00AM	4:00AM	4:00PM	3:00PM	
11:00PM								1:00AM	3:00AM	5:00AM	5:00PM	4:00PM	
12:00MN								2:00AM	4:00AM	6:00PM	6:00AM	5:00PM	

MLA	GMA LIFE TV PROGRAMMING JANUARY 25 - 31, 2026 GRID (MANILA)							JAPAN (MLA + 1)	AUSTRALIA (MLA + 3)	NEW ZEALAND (MLA + 5)	ITALY (MLA - 7)	UK (MLA - 8)	
	SUNDAY JANUARY.25	MONDAY JANUARY.26	TUESDAY JANUARY.27	WEDNESDAY JANUARY.28	THURSDAY JANUARY.29	FRIDAY JANUARY.30	SATURDAY JANUARY.31						
12:00MN	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Revirginized"	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	MARS PA MORE (R) 12:30 - 1:15						2:00AM	4:00AM	6:00AM	6:00PM	5:00PM
2:00AM		AHA! (R) 12:45 - 1:15	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	PINAS SARAP (R.) 2:00 - 2:45	DAY OFF (R.) 2:00 - 2:45						4:00AM	6:00AM	8:00AM	8:00PM	7:00PM
4:00AM		POP TALK (R.) 2:45 - 3:30	REEL LIFE "I Heart Mondays" (R.) 2:45 - 4:45	REEL LIFE "Wa-Packed Tuesdays" (R.) 2:45 - 4:45	REEL LIFE "Once Upon a Wednesdays" (R.) 2:45 - 4:45	REEL LIFE "Hilarious Huwebes" (R.) 2:45 - 4:45	REEL LIFE "Senti Flicks" (R.) 2:45 - 4:45	5:00AM	7:00AM	9:00AM	9:00PM	8:00PM	
5:00AM		TELESINE (R.) 3:30 - 5:00						ARABELLA (R) 4:45 - 5:30					
6:00AM	BIYAHE NI DREW (R) 4:45 - 5:30	TURBO ZONE (R) 5:00 - 5:45	BALITANGHALI (R) 5:30 - 6:30						7:00AM	9:00AM	11:00AM	11:00PM	10:00PM
6:00AM	I BILIB (P) 5:30 - 6:00	I JUANDER (R) 5:45 - 6:30	LUTONG BAHAY (R) 6:30 - 7:15						8:00AM	10:00AM	12:00NN	12:00NN	11:00PM
7:00AM	DAMI MONG ALAM, KUYA KIMI! (P) 6:00 - 6:30		MARS PA MORE (R) 7:15 - 8:00						9:00AM	11:00AM	1:00PM	1:00AM	12:00MN
7:00AM	AHA! (R.) 6:30 - 7:00	PINAS SARAP (R) 6:30 - 7:15	IDOL SA KUSINA (R) 8:00 - 8:45						10:00AM	12:00NN	2:00PM	2:00AM	1:00AM
8:00AM	SARAP "DI BA? (R.) 7:00 - 7:30	I BILIB (R) 7:15 - 7:45	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 (\$26) (R) 9:30 - 10:15	11:00AM	1:00PM	3:00PM	3:00AM	2:00AM	
8:00AM	REGAL STUDIO PRESENTS (R) 7:30 - 8:15	PINOY MD (R.) 7:45 - 8:30						BALITANGHALI (R) 10:15 - 11:15					
9:00AM	POP TALK (R) 8:15 - 8:45	BIYAHE NI DREW (R.) 8:30 - 9:15	IDOL SA KUSINA (R) 11:15 - 12:00						1:00PM	3:00PM	5:00PM	5:00AM	4:00AM
9:00AM	I JUANDER (P) 8:45 - 9:30	FARM TO TABLE (R.) 9:15 - 10:00	MARS PA MORE (R) 12:00 - 12:45						2:00PM	4:00PM	6:00PM	6:00AM	5:00AM
10:00AM	TASTE BUDDIES (R) 9:30 - 10:00	TASTE BUDDIES (R) 10:00 - 10:30	DAY OFF (R.) 12:45 - 1:30						3:00PM	5:00PM	7:00PM	7:00AM	6:00AM
10:00AM	TUNAY NA BUHAY (R) 10:00 - 10:30	HOME BASE PLUS (\$26) (R.) 10:30 - 11:15	ARABELLA (R) 1:30 - 2:15						4:00PM	6:00PM	8:00PM	8:00AM	7:00AM
11:00AM	SARAP "DI BA? (R.) 10:30 - 11:00	TURBO ZONE (R) 11:15 - 12:00	WEEKEND GETAWAY (P) 2:15 - 3:15						5:00PM	7:00PM	9:00PM	9:00AM	8:00AM
11:00AM	TELESINE (R.) 11:00 - 12:30	DAMI MONG ALAM, KUYA KIMI! (R) 12:00 - 12:45	POP TALK (R) 3:15 - 3:45						6:00PM	8:00PM	10:00PM	10:00AM	9:00AM
12:00NN	REEL LIFE WEEKEND (R) 12:30 - 2:30 "Revirginized"	TUNAY NA BUHAY (R) 12:45 - 1:15	SARAP "DI BA? (P.) 3:45 - 4:15						7:00PM	9:00PM	11:00PM	11:00AM	10:00AM
1:00PM		AHA! (R.) 1:15 - 1:45	TELESINE (P) 4:15 - 5:45						8:00PM	10:00PM	12:00MN	12:00NN	11:00AM
2:00PM		I BILIB (R) 1:45 - 2:15	WEEKEND GETAWAY (R) 7:45 - 8:45						9:00PM	11:00PM	1:00AM	1:00PM	12:00NN
3:00PM	PINOY MD (P) 2:30 - 3:30	PINOY MD (R) 3:15 - 4:00	REGAL STUDIO PRESENTS (\$17) (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	BIYAHE NI DREW (P.) 8:45 - 9:30	10:00PM	12:00NN	2:00AM	2:00PM	1:00PM	
4:00PM	I JUANDER (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	TURBO ZONE (P.) 9:30 - 10:00	11:00PM	1:00AM	3:00AM	3:00PM	2:00PM	
5:00PM	BIYAHE NI DREW (R) 4:15 - 5:00						ARABELLA (P) 6:00 - 6:45						12:00MN
5:00PM	WEEKEND GETAWAY (R) 5:00 - 6:00	LUTONG BAHAY (P) 6:45 - 7:30						1:00AM	3:00AM	5:00AM	5:00PM	4:00PM	
6:00PM	REGAL STUDIO PRESENTS (\$17) (P) 6:00 - 6:45	DAY OFF (P) 7:30 - 8:15						2:00AM	4:00AM	6:00AM	6:00PM	5:00PM	
7:00PM	TASTE BUDDIES (P.) 6:45 - 7:15	MARS PA MORE (P) 8:15 - 9:00						3:00AM	5:00AM	7:00AM	7:00PM	6:00PM	
7:00PM	FARM TO TABLE (P) 7:15 - 8:00	IDOL SA KUSINA (P) 9:00 - 9:45						4:00AM	6:00AM	8:00AM	8:00PM	7:00PM	
8:00PM	HOME BASE PLUS (\$26) (P) 8:00 - 8:30	BALITANGHALI (R) 9:45 - 10:45						5:00AM	7:00AM	9:00AM	9:00PM	8:00PM	
9:00PM	AHA! (P.) 8:30 - 9:00	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	HOME BASE PLUS (\$26) (R) 10:45 - 11:30	REGAL STUDIO PRESENTS (\$17) (R) 10:45 - 11:30	SARAP "DI BA? (R) 10:30 - 11:15	6:00AM	8:00AM	10:00AM	10:00PM	9:00PM	
10:00PM	PINAS SARAP (P.) 9:45 - 10:30	LUTONG BAHAY (R) 11:30 - 12:30						7:00AM	9:00AM	11:00AM	11:00PM	10:00PM	
11:00PM	KARELASYON (R.) 10:30 - 11:15							8:00AM	10:00AM	12:00NN	12:00NN	11:00AM	
12:00MN	PINOY MD (R) 11:15 - 12:15							9:00AM	11:00AM	1:00AM	1:00PM	12:00NN	