

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												
1:00AM	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Lastikman"	con't of PINOY MD (R) 11:15 - 1:00AM I BILIB (R) 12:15 - 12:45 AHA! (R) 12:45 - 1:15			con't of LUTONG BAHAY (R) 11:30 - 12:30 MARS PA MORE (R) 12:30 - 1:15							
2:00AM		FARM TO TABLE (R) 1:15 - 2:00			IDOL SA KUSINA (R) 1:15 - 2:00							
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		POP TALK (R.) 2:45 - 3:30										
5:00AM	BIYAHENI DREW (R) 4:45 - 5:30	TELESINE (R.) 3:30 - 5:00	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	I BILIB (P) 5:30 - 6:00	TURBO ZONE (R) 5:00 - 5:45			ARABELLA (R) 4:45 - 5:30							
7:00AM	DAMI MONG ALAM, KUYA KIM! (P) 6:00 - 6:30	I JUANDER (R) 5:45 - 6:30			BALITANGHALI (R) 5:30 - 6:30							
8:00AM	AHA! (R.) 6:30 - 7:00 "AHappy Christmas!"	SARAP 'DI BA? (R) 7:00 - 7:30	PINAS SARAP (R) 6:30 - 7:15		LUTONG BAHAY (R) 6:30 - 7:15							
9:00AM	REGAL STUDIO PRESENTS (R) 7:30 - 8:15	POP TALK (R.) 8:15 - 8:45	I BILIB (R) 7:15 - 7:45		MARS PA MORE (R) 7:15 - 8:00							
10:00AM	I JUANDER (P) 8:45 - 9:30	TASTE BUDDIES (R) 9:30 - 10:00	PINOT MD (R.) 7:45 - 8:30		IDOL SA KUSINA (R) 8:00 - 8:45							
11:00AM	SARAP 'DI BA? (R) 10:30 - 11:00	TUNAY NA BUHAY (R) 10:00 - 10:30	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				
12:00NN	TELESINE (R.) 11:00 - 12:30	MAKE YOUR MARC (S2) (R) 10:30 - 11:15	TURBO ZONE (R) 11:15 - 12:00		IDOL SA KUSINA (R) 11:15 - 12:00							
1:00PM	REEL LIFE WEEKEND (R) 12:30 - 2:30 "Lastikman"	TUNAY NA BUHAY (R) 12:45 - 1:15	AHA! (R.) 1:15 - 1:45		MARS PA MORE (R) 12:00 - 12:45							
2:00PM		I BILIB (R) 1:45 - 2:15			DAY OFF (R) 12:45 - 1:30							
3:00PM	PINOY MD (P) 2:30 - 3:30				ARABELLA (R) 1:30 - 2:15							
4:00PM	I JUANDER (R) 3:30 - 4:15	BIYAHENI DREW (R) 4:15 - 5:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	REGAL STUDIO PRESENTS (S17) (R) 3:15 - 4:00	REEL LIFE "Wa-Packed Tuesdays" (P.) 4:00 - 6:00	KARELASYON (R) 3:15 - 4:00	DAMI MONG ALAM, KUYA KIM! (R) 3:15 - 4:00	WEEKEND GETAWAY (R) 3:15 - 4:00	WEEKEND GETAWAY (P) 2:15 - 3:15			
5:00PM	WEEKEND GETAWAY (R) 5:00 - 6:00								POP TALK (R) 3:15 - 3:45			
6:00PM	REGAL STUDIO PRESENTS (S17) (P) 6:00 - 6:45								SARAP 'DI BA? (P) 3:45 - 4:15			
7:00PM	TASTE BUDDIES (P.) 6:45 - 7:15								TELESINE (P) 4:15 - 5:45			
8:00PM	FARM TO TABLE (P) 7:15 - 8:00								REEL LIFE WEEKEND (P) 5:45 - 7:45 "Sol Searching"			
9:00PM	MAKE YOUR MARC (S2) (P) 8:00 - 8:30								WEEKEND GETAWAY (R) 7:45 - 8:45			
10:00PM	AHA! (P.) 8:30 - 9:00								BIYAHENI DREW (P) 8:45 - 9:30			
11:00PM	POP TALK (P) 9:00 - 9:45								TURBO ZONE (P.) 9:30 - 10:00			
12:00MN	PINAS SARAP (P.) 9:45 - 10:30								TUNAY NA BUHAY (P.) 10:00 - 10:30			
	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 KIM! (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	KARELASYON (P) 11:15 - 12:00			
	PINOY MD (R) 11:15 - 12:15									1:00AM	3:00AM	5:00PM

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												
1:00AM	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Sol Searching"	con't of PINOY MD (R) 11:15 - I BILIB (R) 12:15 - 12:45 AHA! (R) 12:45 - 1:15 FARM TO TABLE (R) 1:15 - 2:00										
2:00AM												
3:00AM	ARABELLA WEEKEND CATCH-UP (R) 2:00 - 4:45	PINAS SARAP (R) 2:00 - 2:45	POP TALK (R) 2:45 - 3:30	TELESINE (R.) 3:30 - 5:00	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												
5:00AM	BIYAHENIDREW (R) 4:45 - 5:30	TURBO ZONE (R) 5:00 - 5:45										
6:00AM	DAMI MONG ALAM, KUYA KIM! (P) 6:00 - 6:30	I JUANDER (R) 5:45 - 6:30										
7:00AM	AHA! (R) 6:30 - 7:00	PINAS SARAP (R) 6:30 - 7:15										
8:00AM	I JUANDER NEW YEAR SPECIAL (R) 7:30 - 8:15	I BILIB (R) 7:15 - 7:45	PINOY MD (R.) 7:45 - 8:30									
9:00AM	POP TALK (R.) 8:15 - 8:45	BIYAHENIDREW (R.) 8:30 - 9:15										
10:00AM	TASTE BUDDIES (R) 10:00 - 10:30	TUNAY NA BUHAY (R) 10:00 - 10:30	HOME BASE PLUS (S26) (R) 10:30 - 11:15									
11:00AM												
12:00NN	TELESINE (R.) 11:00 - 12:30	TURBO ZONE (R) 11:15 - 12:00										
1:00PM	REEL LIFE WEEKEND (R) 12:30 - 2:30 "Sol Searching"	TUNAY NA BUHAY (R) 12:45 - 1:15										
2:00PM		AHA! (R.) 1:15 - 1:45	I BILIB (R) 1:45 - 2:15									
3:00PM	PINOY MD (P) 2:30 - 3:30											
4:00PM	I JUANDER (R) 3:30 - 4:15	PINOY MD (R) 3:15 - 4:00	REGAL STUDIO PRESENTS (S17) (R) 3:15 - 4:00	KARELASYON (R) 3:15 - 4:00	DAMI MONG ALAM, KUYA KIM! (R) 3:15 - 4:00	WEEKEND GETAWAY (R) 3:15 - 4:00		WEEKEND GETAWAY (P) 2:15 - 3:15				
5:00PM	BIYAHENIDREW (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		POP TALK (R) 3:15 - 3:45				
6:00PM	WEEKEND GETAWAY (R) 5:00 - 6:00							SARAP 'DI BA?' (P.) 3:45 - 4:15				
7:00PM	REGAL STUDIO PRESENTS (S17) (P) 6:00 - 6:45							TELESINE (P) 4:15 - 5:45				
7:30PM	TASTE BUDDIES (P.) 6:45 - 7:15							REEL LIFE WEEKEND (P) 5:45 - 7:45 "Single Bells"				
8:00PM	FARM TO TABLE (P) 7:15 - 8:00								8:00PM 10:00PM 12:00MN 12:00NN 11:00AM			
8:30PM	HOME BASE PLUS (S26) (P) 8:00 - 8:30											
9:00PM	AHA! (P.) 8:30 - 9:00							WEEKEND GETAWAY (R) 7:45 - 8:45				
9:30PM	POP TALK (P) 9:00 - 9:45											
10:00PM	PINAS SARAP (P.) 9:45 - 10:30											
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 KIM! (R) 10:45 - 11:30	HOME BASE PLUS (S26) (R) 10:45 - 11:30	REGAL STUDIO PRESENTS (S17) (R) 10:45 - 11:30						
12:00MN	PINOY MD (R) 11:15 - 12:15							KARELASYON (P) 11:15 - 12:00				

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												
1:00AM	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Single Bells"	con't of PINOY MD (R) 11:15 - 1:15 I BILIB (R) 12:15 - 12:45 AHA! (R) 12:45 - 1:15			con't of LUTONG BAHAY (R) 11:30 - 12:30 MARS PA MORE (R) 12:30 - 1:15							
2:00AM		FARM TO TABLE (R.) 1:15 - 2:00			IDOL SA KUSINA (R) 1:15 - 2:00							
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		POP TALK (R.) 2:45 - 3:30										
5:00AM	BIYAHENIDREW (R) 4:45 - 5:30	TELESINE (R.) 3:30 - 5:00	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	I BILIB (P) 5:30 - 6:00	TURBO ZONE (R) 5:00 - 5:45			ARABELLA (R) 4:45 - 5:30							
6:30AM	DAMI MONG ALAM, KUYA KIM! (P) 6:00 - 6:30	I JUANDER (R) 5:45 - 6:30			BALITANGHALI (R) 5:30 - 6:30							
7:00AM	AHA! (R) 6:30 - 7:00	PINAS SARAP (R) 6:30 - 7:15			LUTONG BAHAY (R) 6:30 - 7:15							
7:30AM	SARAP 'DI BA? (R) 7:00 - 7:30	I BILIB (R) 7:15 - 7:45			MARS PA MORE (R) 7:15 - 8:00							
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							
8:30AM	POP TALK (R.) 8:15 - 8:45	BIYAHENIDREW (R.) 8:30 - 9:15			DAY OFF (R) 8:45 - 9:30							
9:00AM	I JUANDER (P) 8:45 - 9:30	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	HOME BASE PLUS (S26) (R) 9:30 - 10:15					
10:00AM	TUNAY NA BUHAY (R) 10:00 - 10:30	TASTE BUDDIES (R) 10:00 - 10:30										
11:00AM	SARAP 'DI BA? (R) 10:30 - 11:00	HOME BASE PLUS (S26) (R.) 10:30 - 11:15			BALITANGHALI (R) 10:15 - 11:15							
12:00NN	TELESINE (R.) 11:00 - 12:30	TURBO ZONE (R) 11:15 - 12:00			IDOL SA KUSINA (R) 11:15 - 12:00							
1:00PM	REEL LIFE WEEKEND (R) 12:30 - 2:30 "Single Bells"	DAMI MONG ALAM, KUYA KIM! (R) 12:00 - 12:45			MARS PA MORE (R) 12:00 - 12:45							
2:00PM		TUNAY NA BUHAY (R) 12:45 - 1:15			DAY OFF (R) 12:45 - 1:30							
3:00PM	PINOY MD (P) 2:30 - 3:30	AHA! (R) 1:15 - 1:45			ARABELLA (R) 1:30 - 2:15							
4:00PM	I JUANDER (R) 3:30 - 4:15				BALITANGHALI (P) 2:15 - 3:15		WEEKEND GETAWAY (P) 2:15 - 3:15					
5:00PM	BIYAHENIDREW (R) 4:15 - 5:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	REGAL STUDIO PRESENTS (S17) (R) 3:15 - 4:00	KARELASYON (R) 3:15 - 4:00	DAMI MONG ALAM, KUYA KIM! (R) 3:15 - 4:00	WEEKEND GETAWAY (R) 3:15 - 4:00	POP TALK (R) 3:15 - 3:45					
6:00PM	WEEKEND GETAWAY (R) 5:00 - 6:00						SARAP 'DI BA? (P.) 3:45 - 4:15					
7:00PM	REGAL STUDIO PRESENTS (S17) (P) 6:00 - 6:45				ARABELLA (P) 6:00 - 6:45		TELESINE (P) 4:15 - 5:45					
7:30PM	TASTE BUDDIES (P.) 6:45 - 7:15				LUTONG BAHAY (P) 6:45 - 7:30		REEL LIFE WEEKEND (P) 4:45 - 7:45 "Working Boys 2: Choose Your Papa"					
8:00PM	FARM TO TABLE (P) 7:15 - 8:00				DAY OFF (P) 7:30 - 8:15		WEEKEND GETAWAY (R) 7:45 - 8:45					
8:30PM	HOME BASE PLUS (S26) (P) 8:00 - 8:30						BIYAHENIDREW (P) 8:45 - 9:30					
9:00PM	AHA! (P) 8:30 - 9:00				MARS PA MORE (P) 8:15 - 9:00		TURBO ZONE (P.) 9:30 - 10:00					
9:30PM	POP TALK (P) 9:00 - 9:45				IDOL SA KUSINA (P) 9:00 - 9:45		TUNAY NA BUHAY (P.) 10:00 - 10:30					
10:00PM	PINAS SARAP (P.) 9:45 - 10:30				BALITANGHALI (R) 9:45 - 10:45		SARAP 'DI BA? (R) 10:30 - 11:15					
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 KIM! (R) 10:45 - 11:30	HOME BASE PLUS (S26) (R) 10:45 - 11:30	REGAL STUDIO PRESENTS (S17) (R) 10:45 - 11:30	KARELASYON (P) 11:15 - 12:00					
12:00MN	PINOY MD (R) 11:15 - 12:15				LUTONG BAHAY (R) 11:30 - 12:30							

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												
1:00AM	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Working Boys 2: Choose Your Papa"	con't of PINOY MD (R) 11:15 - I BILIB (R) 12:15 - 12:45 AHA! (R) 12:45 - 1:15 FARM TO TABLE (R.) 1:15 - 2:00				con't of LUTONG BAHAY (R) 11:30 - 12:30 MARS PA MORE (R) 12:30 - 1:15						
2:00AM		PINAS SARAP (R.) 2:00 - 2:45				IDOL SA KUSINA (R) 1:15 - 2:00						
3:00AM	ARABELLA WEEKEND CATCH-UP (R.) 2:00 - 4:45	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	TELESINE (R.) 3:30 - 5:00											
5:00AM	BIYAHENIDREW (R) 4:45 5:30	TURBO ZONE (R) 5:00 - 5:45				ARABELLA (R) 4:45 - 5:30						
6:00AM	I BILIB (P) 5:30 - 6:00	I JUANDER (R) 5:45 - 6:30				BALITANGHALI (R) 5:30 - 6:30						
7:00AM	DAMI MONG ALAM, KUYA KIM! (P) 6:00 - 6:30	AHAI (R) 6:30 - 7:00	PINAS SARAP (R) 6:30 - 7:15			LUTONG BAHAY (R) 6:30 - 7:15						
8:00AM	SARAP 'DI BA? (R) 7:00 - 7:30	REGAL STUDIO PRESENTS (R) 7:30 - 8:15	I BILIB (R) 7:15 - 7:45			MARS PA MORE (R) 7:15 - 8:00						
9:00AM	POPTALK (R.) 8:15 - 8:45	BIYAHENIDREW (R.) 8:30 - 9:15	PINOY MD (R.) 7:45 - 8:30			IDOL SA KUSINA (R) 8:00 - 8:45						
10:00AM	I JUANDER (P) 8:45 - 9:30	FARM TO TABLE (R.) 9:15 10:00				DAY OFF (R) 8:45 - 9:30						
11:00AM	TUNAYNA BUHAY (R) 10:00 - 10:30	SARAP 'DI BA? (R) 10:30 - 11:00	HOME BASE PLUS (S26) (R.) 10:30 - 11:15	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	TELESINE (R.) 11:00 - 12:30		TURBO ZONE (R) 11:15 - 12:00			IDOL SA KUSINA (R) 11:15 - 12:00						
1:00PM	REEL LIFE WEEKEND (R) 12:30 - 2:30 "Working Boys 2: Choose Your Papa"	TUNAYNA BUHAY (R) 12:45 - 1:15	AHA! (R) 1:15 - 1:45			DAY OFF (R) 12:45 - 1:30						
2:00PM	I BILIB (R) 1:45 - 2:15					ARABELLA (R) 1:30 - 2:15						
3:00PM	PINOY MD (P) 2:30 - 3:30					BALITANGHALI (P) 2:15 - 3:15		WEEKEND GETAWAY (P) 2:15 - 3:15				
4:00PM	I JUANDER (R) 3:30 - 4:15	PINOY MD (R) 3:15 - 4:00	REGAL STUDIO PRESENTS (S17) (R) 3:15 - 4:00	KARELASYON (R) 3:15 - 4:00	DAMI MONG ALAM, KUYA KIM! (R) 3:15 - 4:00	WEEKEND GETAWAY (R) 3:15 - 4:00	POP TALK (R) 3:15 - 3:45					
5:00PM	BIYAHENIDREW (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					
6:00PM	WEEKEND GETAWAY (R) 5:00 - 6:00						TELESINE (P) 4:15 - 5:45					
7:00PM	REGAL STUDIO PRESENTS (S17) (P) 6:00 - 6:45					ARABELLA (P) 6:00 - 6:45		REEL LIFE WEEKEND (P) 5:45 - 7:45 "Revirginized"				
8:00PM	TASTE BUDDIES (P.) 6:45 - 7:15					LUTONG BAHAY (P) 6:45 - 7:30						
8:00PM	FARM TO TABLE (P) 7:15 - 8:00					DAY OFF (P) 7:30 - 8:15						
9:00PM	HOME BASE PLUS (S26) (P) 8:00 - 8:30					MARS PA MORE (P) 8:15 - 9:00		WEEKEND GETAWAY (R) 7:45 - 8:45				
9:00PM	AHA! (P) 8:30 - 9:00					IDOL SA KUSINA (P) 9:00 - 9:45		BIYAHENIDREW (P) 8:45 - 9:30				
10:00PM	POPTALK (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		TUNAYNA BUHAY (P.) 10:00 - 10:30				
11:00PM	KARELASYON (R.) 10:30 - 11:15	TUNAYNA BUHAY (R) 10:45 - 11:30	TASTE BUDDIES (R) 10:45 - 11:30	DAMI MONG ALAM, KUYA KIM! (R) 10:45 - 11:30	HOME BASE PLUS (S26) (R) 10:45 - 11:30	REGAL STUDIO PRESENTS (S17) (R) 10:45 - 11:30	SARAP 'DI BA? (R) 10:30 - 11:15					
12:00MN	PINOY MD (R) 11:15 - 12:15					LUTONG BAHAY (R) 11:30 - 12:30		KARELASYON (P) 11:15 - 12:00				

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												
1:00AM	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Revirginized"	can't of PINOY MD (R) 11:15 - I BILIB (R) 12:15 - 12:45 AHA! (R) 12:45 - 1:15			con't of LUTONG BAHAY (R) 11:30 - 12:30 MARS PA MORE (R) 12:30 - 1:15							
2:00AM		FARM TO TABLE (R) 1:15 - 2:00			IDOL SA KUSINA (R) 1:15 - 2:00							
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		POP TALK (R.) 2:45 - 3:30										
5:00AM	BIYAHENI DREW (R) 4:45 - 5:30	TELESINE (R.) 3:30 - 5:00	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	I BILIB (P) 5:30 - 6:00	TURBO ZONE (R) 5:00 - 5:45			ARABELLA (R) 4:45 - 5:30							
7:00AM	DAMI MONG ALAM, KUYA KIM! (P) 6:00 - 6:30	I JUANDER (R) 5:45 - 6:30			BALITANGHALI (R) 5:30 - 6:30							
8:00AM	AHAI (R.) 6:30 - 7:00	PINAS SARAP (R) 6:30 - 7:15			LUTONG BAHAY (R) 6:30 - 7:15							
9:00AM	SARAP 'DI BA? (R.) 7:00 - 7:30	I BILIB (R) 7:15 - 7:45			MARS PA MORE (R) 7:15 - 8:00							
10:00AM	REGAL STUDIO PRESENTS (R) 7:30 - 8:15	PINOY MD (R.) 7:45 - 8:30			IDOL SA KUSINA (R) 8:00 - 8:45							
11:00AM	POP TALK (R.) 8:15 - 8:45	BIYAHENI DREW (R.) 8:30 - 9:15			DAY OFF (R) 8:45 - 9:30							
12:00NN	I JUANDER (P) 8:45 - 9:30	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	HOME BASE PLUS (S26) (R) 9:30 - 10:15					
1:00PM	TUNAY NA BUHAY (R) 10:00 - 10:30	TASTE BUDDIES (R) 10:00 - 10:30										
2:00PM	SARAP 'DI BA? (R.) 10:30 - 11:00	HOME BASE PLUS (S26) (R.) 10:30 - 11:15			BALITANGHALI (R) 10:15 - 11:15							
3:00PM	TELESINE (R.) 11:00 - 12:30	TURBO ZONE (R) 11:15 - 12:00			IDOL SA KUSINA (R) 11:15 - 12:00							
4:00PM	DAMI MONG ALAM, KUYA KIM! (R) 12:00 - 12:45				MARS PA MORE (R) 12:00 - 12:45							
5:00PM	REEL LIFE WEEKEND (R) 12:30 - 2:30 "Revirginized"	TUNAY NA BUHAY (R) 12:45 - 1:15			DAY OFF (R) 12:45 - 1:30							
6:00PM	AHA! (R.) 1:15 - 1:45	I BILIB (R) 1:45 - 2:15			ARABELLA (R) 1:30 - 2:15							
7:00PM	PINOY MD (P) 2:30 - 3:30				BALITANGHALI (P) 2:15 - 3:15			WEEKEND GETAWAY (P) 2:15 - 3:15				
8:00PM	I JUANDER (R) 3:30 - 4:15	PINOY MD (R) 3:15 - 4:00	REGAL STUDIO PRESENTS (S17) (R) 3:15 - 4:00	KARELASYON (R) 3:15 - 4:00	DAMI MONG ALAM, KUYA KIM! (R) 3:15 - 4:00	WEEKEND GETAWAY (R) 3:15 - 4:00	POP TALK (R) 3:15 - 3:45					
9:00PM	BIYAHENI 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					
10:00PM	WEEKEND GETAWAY (R) 5:00 - 6:00						TELESINE (P) 4:15 - 5:45					
11:00PM	REGAL STUDIO PRESENTS (S17) (P) 6:00 - 6:45						REEL LIFE WEEKEND (P) 5:45 - 7:45					
12:00MN	TASTE BUDDIES (P.) 6:45 - 7:15				LUTONG BAHAY (P) 6:45 - 7:30							
	FARM TO TABLE (P) 7:15 - 8:00				DAY OFF (P) 7:30 - 8:15							
	HOME BASE PLUS (S26) (P) 8:00 - 8:30						WEEKEND GETAWAY (R) 7:45 - 8:45					
	AHA! (P.) 8:30 - 9:00				MARS PA MORE (P) 8:15 - 9:00							
	POP TALK (P) 9:00 - 9:45				IDOL SA KUSINA (P) 9:00 - 9:45							
	PINAS SARAP (P.) 9:45 - 10:30				BALITANGHALI (R) 9:45 - 10:45							
	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 KIM! (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					
	PINOY MD (R) 11:15 - 12:15				LUTONG BAHAY (R) 11:30 - 12:30			KARELASYON (P) 11:15 - 12:00				