

MLA	GMA NEWS TV PROGRAMMING MARCH 1 - 7, 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							
	MARCH.1	MARCH.2	MARCH.3	MARCH.4	MARCH.5	MARCH.6	MARCH.7							
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	DOKUMENTARYO (I-WITNESS CLASSICS) MARATHON (P) 2:30 - 5:30	BALITANG BISDAK (P) 2:30 - 3:15						4:00AM	6:00AM	8:00AM	8:00PM	7:00PM	
4:00AM	AGRIPRENEUR (R) 3:30 - 4:00		ONE NORTH CENTRAL LUZON (P) 3:15 - 4:00							5:00AM	7:00AM	9:00AM	9:00PM	8:00PM
5:00AM	GOOD NEWS (R) 4:00 - 5:00		ONE MINDANAO (P) 4:00 - 4:45							6:00AM	8:00AM	10:00AM	10:00PM	9:00PM
6:00AM	BRIGADA (R) 5:00 - 6:00		ONE WESTERN VISAYAS (P) 4:45 - 5:30							7:00AM	9:00AM	11:00AM	11:00PM	10:00PM
7:00AM	CAYETANO IN ACTION WITH BOY ABUNDA (P) 6:00 - 7:00	FRONT ROW (R.) 5:30 - 6:15	STATE OF THE NATION (R) 5:30 - 6:15						8:00AM	10:00AM	12:00NN	12:00MN	11:00PM	
8:00AM	FRONT ROW (P) 7:00 - 7:30	AGRIPRENEUR (R.) 6:15 - 7:00	SAKSI (R) 6:15 - 6:45						9:00AM	11:00AM	1:00PM	1:00AM	12:00MN	
9:00AM	IMBESTIGADOR (P) 7:30 - 8:15	BORN IMPACT (R) 7:00 - 7:45	BALITANGHALI (R) 6:45 - 7:45						10:00AM	12:00NN	2:00PM	2:00AM	1:00AM	
10:00AM	ADULTING WITH ATOM ARAULLO (P) 8:15 - 8:30	GOOD NEWS (P) 7:45 - 8:30	PINOY CRIME STORIES (P) 7:45 - 8:30	PERA PARAAN (P) 7:45 - 8:30	INVESTIGATIVE DOCUMENTARIES (P) 7:45 - 8:30	BRIGADA (P) 7:45 - 8:30	BORN IMPACT (P) 7:45 - 8:30	DOBOL B TV 8:30 - 11:30						
11:00AM	BORN IMPACT (R) 8:30 - 9:15	DOBOL B TV (P) 8:30 - 12:00					IMBESTIGADOR (R.) 11:30 - 12:15							
12:00NN	AGRIPRENEUR (R) 9:15 - 10:00													
1:00PM	GOOD NEWS (R) 10:00 - 11:00	DOKUMENTARYO (I-WITNESS CLASSICS) (P.) 12:00 - 12:45					NCAA SEASON 101 SENIORS VOLLEYBALL (LIVE) 12:00 - 5:00 *if needed		1:00PM	3:00PM	5:00PM	5:00AM	4:00AM	
2:00PM	CAYETANO IN ACTION WITH BOY ABUNDA (R) 11:00 - 12:00	REEL TIME (P) 12:45 - 1:45				CAYETANO IN ACTION WITH BOY ABUNDA (R) 12:15 - 1:15			2:00PM	4:00PM	6:00PM	6:00AM	5:00AM	
3:00PM	NCAA SEASON 101 SENIORS VOLLEYBALL (LIVE) 12:00 - 5:00	GOOD NEWS (R) 1:45 - 2:45	IMBESTIGADOR (R.) 1:45 - 2:30	BORN IMPACT (R) 1:45 - 2:30	PERA PARAAN (R.) 1:45 - 2:45	FRONT ROW (R) 1:15 - 2:00			3:00PM	5:00PM	7:00PM	7:00AM	6:00AM	
4:00PM		PINOY CRIME STORIES (R.) 2:45 - 3:30	BRIGADA (R) 2:30 - 3:30	NCAA SEASON 101 SENIORS VOLLEYBALL (LIVE) 2:30 - 5:00	GOOD NEWS (R) 2:45 - 3:30	PINOY CRIME STORIES (R.) 2:00 - 2:45			4:00PM	6:00PM	8:00PM	8:00AM	7:00AM	
5:00PM		IMBESTIGADOR (R) 3:30 - 4:15	PERA PARAAN (R.) 3:30 - 4:15		FRONT ROW (R) 3:30 - 4:15	AGRIPRENEUR (R) 2:45 - 3:30			5:00PM	7:00PM	9:00PM	9:00AM	8:00AM	
6:00PM		DOKUMENTARYO (I-WITNESS CLASSICS) (R) 4:15 - 5:00	DOKUMENTARYO (I-WITNESS CLASSICS) (R) 4:15 - 5:00						INVESTIGATIVE DOCUMENTARIES (R) 4:00 - 5:00	6:00PM	8:00PM	10:00PM	10:00AM	9:00AM
7:00PM	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	
8:00PM	PERA PARAAN (R) 6:00 - 7:00	REEL TIME (R) 6:00 - 7:00				REEL TIME (P) 6:00 - 7:00		BRIGADA (R) 6:00 - 7:00		8:00PM	10:00PM	12:00MN	12:00NN	11:00AM
9:00PM	ADULTING WITH ATOM ARAULLO (R.) 7:00 - 7:15	PINOY CRIME STORIES (R) 7:00 - 8:00	BRIGADA (R) 7:00 - 8:00	INVESTIGATIVE DOCUMENTARIES (R) 7:00 - 8:00	BORN IMPACT (R) 7:00 - 7:30	PERA PARAAN (R) 7:00 - 8:00	CAYETANO IN ACTION WITH BOY ABUNDA (R) 7:00 - 8:00	9:00PM	11:00PM	1:00AM	1:00PM	12:00NN		
10:00PM	IMBESTIGADOR (R) 8:00 - 8:45	FRONT ROW (R) 8:00 - 8:45	BALITANG BISDAK (R) 8:00 - 8:45							10:00PM	12:00MN	2:00AM	2:00PM	1:00PM
11:00PM	PINOY CRIME STORIES (R.) 8:45 - 9:30	PERA PARAAN (R.) 8:45 - 9:30	ONE NORTH CENTRAL LUZON (R) 8:45 - 9:30							11:00PM	1:00AM	3:00AM	3:00PM	2:00PM
12:00MN	REEL TIME MARATHON (R) 9:30 - 2:30	ADULTING WITH ATOM ARAULLO (R.) 9:30 - 9:45	ONE MINDANAO (R) 9:30 - 10:00							12:00MN	2:00AM	4:00AM	4:00PM	3:00PM
		BRIGADA (R.) 9:45 - 10:45	ONE WESTERN VISAYAS (R) 10:00 - 10:45							1:00AM	3:00AM	5:00AM	5:00PM	4:00PM
		BALITANGHALI (R) 10:45 - 11:45					PINOY CRIME STORIES (R) 10:45 - 11:30		2:00AM	4:00AM	6:00AM	6:00PM	5:00PM	
	REEL TIME (R) 11:45 - 12:45				REEL TIME (R) 11:45 - 12:45		AGRIPRENEUR (P) 11:30 - 12:00		3:00AM	5:00AM	7:00AM	7:00PM	6:00PM	

MLA	GMA NEWS TV PROGRAMMING MARCH 8 - 14, 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										
	MARCH.8	MARCH.9	MARCH.10	MARCH.11	MARCH.12	MARCH.13	MARCH.14										
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 (P) 12:45 - 1:30 "Women's Month Special"		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	DOKUMENTARYO (I-WITNESS CLASSICS) MARATHON (P) 2:30 - 5:30	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		BALITANG BISDAK (P) 2:30 - 3:15					4:00AM	6:00AM	8:00AM	8:00PM	7:00PM					
4:00AM	AGRIPRENEUR (R) 3:30 - 4:00	DOKUMENTARYO (I-WITNESS CLASSICS) MARATHON (P) 2:30 - 5:30	ONE NORTH CENTRAL LUZON (P) 3:15 - 4:00					5:00AM	7:00AM	9:00AM	9:00PM	8:00PM					
5:00AM	GOOD NEWS (R) 4:00 - 5:00		ONE MINDANAO (P) 4:00 - 4:45					6:00AM	8:00AM	10:00AM	10:00PM	9:00PM					
6:00AM	BRIGADA (R) 5:00 - 6:00		ONE WESTERN VISAYAS (P) 4:45 - 5:30					7:00AM	9:00AM	11:00AM	11:00PM	10:00PM					
7:00AM	CAYETANO IN ACTION WITH BOY ABUNDA (P) 6:00 - 7:00	FRONT ROW (R.) 5:30 - 6:15	STATE OF THE NATION (R) 5:30 - 6:15					8:00AM	10:00AM	12:00NN	12:00MN	11:00PM					
8:00AM	FRONT ROW (P) 7:00 - 7:30	AGRIPRENEUR (R.) 6:15 - 7:00	SAKSI (R) 6:15 - 6:45					9:00AM	11:00AM	1:00PM	1:00AM	12:00MN					
9:00AM	IMBESTIGADOR (P) 7:30 - 8:15	BORN IMPACT (R) 7:00 - 7:45	BALITANGHALI (R) 6:45 - 7:45					10:00AM	12:00NN	2:00PM	2:00AM	1:00AM					
10:00AM	ADULTING WITH ATOM ARAULLO (P) 8:15 - 8:30	GOOD NEWS (P) 7:45 - 8:30	PINOY CRIME STORIES (P) 7:45 - 8:30	PERA PARAAN (P) 7:45 - 8:30	INVESTIGATIVE DOCUMENTARIES (P) 7:45 - 8:30	BRIGADA (P) 7:45 - 8:30	BORN IMPACT (P) 7:45 - 8:30	DOBOL B TV (P) 8:30 - 12:00									
11:00AM	BORN IMPACT (R) 8:30 - 9:15						IMBESTIGADOR (R.) 11:30 - 12:15						1:00PM	3:00PM	5:00PM	5:00AM	4:00AM
12:00NN	AGRIPRENEUR (R) 9:15 - 10:00						CAYETANO IN ACTION WITH BOY ABUNDA (R) 12:15 - 1:15						2:00PM	4:00PM	6:00PM	6:00AM	5:00AM
1:00PM	GOOD NEWS (R) 10:00 - 11:00						FRONT ROW (R) 1:15 - 2:00	3:00PM	5:00PM	7:00PM	7:00AM	6:00AM					
2:00PM	CAYETANO IN ACTION WITH BOY ABUNDA (R) 11:00 - 12:00						PINOY CRIME STORIES (R.) 2:00 - 2:45	4:00PM	6:00PM	8:00PM	8:00AM	7:00AM					
3:00PM	NCAA SEASON 101 SENIORS VOLLEYBALL (LIVE) 12:00 - 5:00	DOKUMENTARYO (I-WITNESS CLASSICS) (P.) 12:00 - 12:45				NCAA SEASON 101 SENIORS VOLLEYBALL (LIVE) 12:00 - 5:00		AGRIPRENEUR (R) 2:45 - 3:30	5:00PM	7:00PM	9:00PM	9:00AM	8:00AM				
4:00PM		REEL TIME (P) 12:45 - 1:45						BORN IMPACT (R) 3:30 - 4:00	6:00PM	8:00PM	10:00PM	10:00AM	9:00AM				
5:00PM		GOOD NEWS (R) 1:45 - 2:45	IMBESTIGADOR (R.) 1:45 - 2:30	BORN IMPACT (R) 1:45 - 2:30	PERA PARAAN (R.) 1:45 - 2:30			INVESTIGATIVE DOCUMENTARIES (R) 4:00 - 5:00	7:00PM	9:00PM	11:00PM	11:00AM	10:00AM				
6:00PM		PINOY CRIME STORIES (R.) 2:45 - 3:30	BRIGADA (R) 2:30 - 3:30	NCAA SEASON 101 SENIORS VOLLEYBALL (LIVE) 2:30 - 5:00 *if needed				GOOD NEWS (R) 5:00 - 6:00	8:00PM	10:00PM	12:00MN	12:00NN	11:00AM				
7:00PM		IMBESTIGADOR (R) 3:30 - 4:15	PERA PARAAN (R.) 3:30 - 4:15					BALITANGHALI (P) 5:15 - 6:15	9:00PM	11:00PM	1:00AM	1:00PM	12:00NN				
8:00PM	DOKUMENTARYO (I-WITNESS CLASSICS) (R) 4:15 - 5:00	DOKUMENTARYO (I-WITNESS CLASSICS) (P) 4:15 - 5:00			BALITANGHALI (P) 5:00 - 6:00	10:00PM	12:00MN	2:00AM	2:00PM	1:00PM							
9:00PM	CAYETANO IN ACTION WITH BOY ABUNDA (R) 5:00 - 6:00	BALITANGHALI (P) 5:00 - 6:00				BALITANGHALI (P) 5:00 - 6:00	GOOD NEWS (R) 5:00 - 6:00	11:00PM	1:00AM	3:00AM	3:00PM	2:00PM					
10:00PM	PERA PARAAN (R) 6:00 - 7:00	REEL TIME (R) 6:00 - 7:00				REEL TIME (R) 6:15 - 7:00	BRIGADA (R) 6:00 - 7:00	12:00MN	2:00AM	4:00AM	4:00PM	3:00PM					
11:00PM	ADULTING WITH ATOM ARAULLO (R.) 7:00 - 7:15	PINOY CRIME STORIES (R) 7:00 - 8:00	BRIGADA (R) 7:00 - 8:00	INVESTIGATIVE DOCUMENTARIES (R) 7:00 - 8:00	BORN IMPACT (R) 7:00 - 7:30	PERA PARAAN (R) 7:00 - 8:00	CAYETANO IN ACTION WITH BOY ABUNDA (R) 7:00 - 8:00	1:00AM	3:00AM	5:00AM	5:00PM	4:00PM					
12:00MN	AGRIPRENEUR (R) 7:15 - 8:00	FRONT ROW (R) 8:00 - 8:45				BALITANGHALI (P) 10:45 - 11:45		2:00AM	4:00AM	6:00AM	6:00PM	5:00PM					
	IMBESTIGADOR (R) 8:00 - 8:45	BALITANG BISDAK (R) 8:00 - 8:45						3:00AM	5:00AM	7:00AM	7:00PM	6:00PM					
	PINOY CRIME STORIES (R.) 8:45 - 9:30	PERA PARAAN (R.) 8:45 - 9:30 "Women's Month Special"				ONE NORTH CENTRAL LUZON (R) 8:45 - 9:30		4:00AM	6:00AM	8:00AM	8:00PM	7:00PM					
	REEL TIME MARATHON (R) 9:30 - 2:30	ADULTING WITH ATOM ARAULLO (R.) 9:30 - 9:45				ONE MINDANAO (R) 9:30 - 10:00		5:00AM	7:00AM	9:00AM	9:00PM	8:00PM					
		BRIGADA (R.) 9:45 - 10:45				ONE WESTERN VISAYAS (R) 10:00 - 10:45		6:00AM	8:00AM	10:00AM	10:00PM	9:00PM					
		BALITANGHALI (R) 10:45 - 11:45				PINOY CRIME STORIES (R) 10:45 - 11:30		7:00AM	9:00AM	11:00AM	11:00PM	10:00PM					
	REEL TIME (R) 11:45 - 12:45				REEL TIME (R) 11:45 - 12:45		AGRIPRENEUR (P) 11:30 - 12:00	8:00AM	10:00AM	12:00NN	12:00MN	11:00PM					

MLA	GMA NEWS TV PROGRAMMING MARCH 15 - 21, 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											
	MARCH.15	MARCH.16	MARCH.17	MARCH.18	MARCH.19	MARCH.20	MARCH.21											
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	DOKUMENTARYO (I-WITNESS CLASSICS) MARATHON (P) 2:30 - 5:30	BALITANG BISDAK (P) 2:30 - 3:15						4:00AM	6:00AM	8:00AM	8:00PM	7:00PM					
4:00AM	AGRIPRENEUR (R) 3:30 - 4:00		ONE NORTH CENTRAL LUZON (P) 3:15 - 4:00						5:00AM	7:00AM	9:00AM	9:00PM	8:00PM					
5:00AM	GOOD NEWS (R) 4:00 - 5:00		ONE MINDANAO (P) 4:00 - 4:45						6:00AM	8:00AM	10:00AM	10:00PM	9:00PM					
6:00AM	BRIGADA (R) 5:00 - 6:00		ONE WESTERN VISAYAS (P) 4:45 - 5:30						7:00AM	9:00AM	11:00AM	11:00PM	10:00PM					
7:00AM	CAYETANO IN ACTION WITH BOY ABUNDA (P) 6:00 - 7:00	FRONT ROW (R.) 5:30 - 6:15	STATE OF THE NATION (R) 5:30 - 6:15						8:00AM	10:00AM	12:00NN	12:00MN	11:00PM					
8:00AM	FRONT ROW (P) 7:00 - 7:30	AGRIPRENEUR (R.) 6:15 - 7:00	SAKSI (R) 6:15 - 6:45						9:00AM	11:00AM	1:00PM	1:00AM	12:00MN					
9:00AM	IMBESTIGADOR (P) 7:30 - 8:15	BORN IMPACT (R) 7:00 - 7:45	BALITANGHALI (R) 6:45 - 7:45						10:00AM	12:00NN	2:00PM	2:00AM	1:00AM					
10:00AM	ADULTING WITH ATOM ARAULLO (P) 8:15 - 8:30	GOOD NEWS (P) 7:45 - 8:30	PINOY CRIME STORIES (P) 7:45 - 8:30	PERA PARAAN (P) 7:45 - 8:30	INVESTIGATIVE DOCUMENTARIES (P) 7:45 - 8:30	BRIGADA (P) 7:45 - 8:30	BORN IMPACT (P) 7:45 - 8:30	DOBOL B TV (P) 8:30 - 12:00										
11:00AM	BORN IMPACT (R) 8:30 - 9:15						IMBESTIGADOR (R.) 11:30 - 12:15						1:00PM	3:00PM	5:00PM	5:00AM	4:00AM	
12:00NN	AGRIPRENEUR (R) 9:15 - 10:00						CAYETANO IN ACTION WITH BOY ABUNDA (R) 12:15 - 1:15						2:00PM	4:00PM	6:00PM	6:00AM	5:00AM	
1:00PM	GOOD NEWS (R) 10:00 - 11:00						FRONT ROW (R) 1:15 - 2:00		3:00PM	5:00PM	7:00PM	7:00AM	6:00AM					
2:00PM	CAYETANO IN ACTION WITH BOY ABUNDA (R) 11:00 - 12:00						PINOY CRIME STORIES (R.) 2:00 - 2:45		4:00PM	6:00PM	8:00PM	8:00AM	7:00AM					
3:00PM	NCAA SEASON 101 SENIORS VOLLEYBALL (LIVE) 12:00 - 5:00	DOKUMENTARYO (I-WITNESS CLASSICS) (P.) 12:00 - 12:45				NCAA SEASON 101 SENIORS VOLLEYBALL (LIVE) 12:00 - 5:00 *if needed		AGRIPRENEUR (R) 2:45 - 3:30		5:00PM	7:00PM	9:00PM	9:00AM	8:00AM				
4:00PM		REEL TIME (P) 12:45 - 1:45						BORN IMPACT (R) 3:30 - 4:00		BORN IMPACT (R) 3:30 - 4:00		6:00PM	8:00PM	10:00PM	10:00AM	9:00AM		
5:00PM		GOOD NEWS (R) 1:45 - 2:45	IMBESTIGADOR (R.) 1:45 - 2:30	BORN IMPACT (R) 1:45 - 2:30	PERA PARAAN (R.) 1:45 - 2:45			INVESTIGATIVE DOCUMENTARIES (R) 4:00 - 5:00		INVESTIGATIVE DOCUMENTARIES (R) 4:00 - 5:00		7:00PM	9:00PM	11:00PM	11:00AM	10:00AM		
6:00PM		PINOY CRIME STORIES (R.) 2:45 - 3:30	NCAA SEASON 101 SENIORS VOLLEYBALL (LIVE) 2:30 - 5:00	NCAA SEASON 101 SENIORS VOLLEYBALL (LIVE) 2:30 - 5:00 *if needed	GOOD NEWS (R) 2:45 - 3:30			FRONT ROW (R) 3:30 - 4:15		FRONT ROW (R) 3:30 - 4:15		8:00PM	10:00PM	12:00MN	12:00NN	11:00AM		
7:00PM	IMBESTIGADOR (R) 3:30 - 4:15	BALITANGHALI (P) 5:00 - 6:00				GOOD NEWS (R) 5:00 - 6:00		9:00PM	11:00PM	1:00AM	1:00PM	12:00NN						
8:00PM	DOKUMENTARYO (I-WITNESS CLASSICS) (R) 4:15 - 5:00	REEL TIME (R) 6:00 - 7:00				REEL TIME (P) 6:00 - 7:00		BRIGADA (R) 6:00 - 7:00		10:00PM	12:00MN	2:00AM	2:00PM	1:00PM				
9:00PM	CAYETANO IN ACTION WITH BOY ABUNDA (R) 5:00 - 6:00	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	CAYETANO IN ACTION WITH BOY ABUNDA (R) 7:00 - 8:00	DOBOL B TV (P) 8:30 - 12:00										
10:00PM	PERA PARAAN (R) 6:00 - 7:00	BALITANG BISDAK (R) 8:00 - 8:45											11:00PM	1:00AM	3:00AM	3:00PM	2:00PM	
11:00PM	ADULTING WITH ATOM ARAULLO (R.) 7:00 - 7:15	ONE NORTH CENTRAL LUZON (R) 8:45 - 9:30											12:00MN	2:00AM	4:00AM	4:00PM	3:00PM	
12:00MN	AGRIPRENEUR (R) 7:15 - 8:00	ONE MINDANAO (R) 9:30 - 10:00						1:00AM	3:00AM	5:00AM	5:00PM	4:00PM						
	IMBESTIGADOR (R) 8:00 - 8:45	FRONT ROW (R) 8:00 - 8:45	ONE WESTERN VISAYAS (R) 10:00 - 10:45						2:00AM	4:00AM	6:00AM	6:00PM	5:00PM					
	PINOY CRIME STORIES (R.) 8:45 - 9:30	PERA PARAAN (R.) 8:45 - 9:30	BALITANGHALI (R) 10:45 - 11:45				PINOY CRIME STORIES (R) 10:45 - 11:30		3:00AM	5:00AM	7:00AM	7:00PM	6:00PM					
	REEL TIME MARATHON (R) 9:30 - 2:30	ADULTING WITH ATOM ARAULLO (R.) 9:30 - 9:45	REEL TIME (R) 11:45 - 12:45				REEL TIME (R) 11:45 - 12:45		4:00AM	6:00AM	8:00AM	8:00PM	7:00PM					
		BRIGADA (R.) 9:45 - 10:45					AGRIPRENEUR (P) 11:30 - 12:00		5:00AM	7:00AM	9:00AM	9:00PM	8:00PM					

MLA	GMA NEWS TV PROGRAMMING MARCH 22 - 28, 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								
	MARCH.22	MARCH.23	MARCH.24	MARCH.25	MARCH.26	MARCH.27	MARCH.28								
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	DOKUMENTARYO (I-WITNESS CLASSICS) MARATHON (P) 2:30 - 5:30	BALITANG BISDAK (P) 2:30 - 3:15						4:00AM	6:00AM	8:00AM	8:00PM	7:00PM		
4:00AM	AGRIPRENEUR (R) 3:30 - 4:00		ONE NORTH CENTRAL LUZON (P) 3:15 - 4:00					5:00AM	7:00AM	9:00AM	9:00PM	8:00PM			
5:00AM	GOOD NEWS (R) 4:00 - 5:00		ONE MINDANAO (P) 4:00 - 4:45					6:00AM	8:00AM	10:00AM	10:00PM	9:00PM			
6:00AM	BRIGADA (R) 5:00 - 6:00		ONE WESTERN VISAYAS (P) 4:45 - 5:30					7:00AM	9:00AM	11:00AM	11:00PM	10:00PM			
7:00AM	CAYETANO IN ACTION WITH BOY ABUNDA (P) 6:00 - 7:00		FRONT ROW (R.) 5:30 - 6:15	STATE OF THE NATION (R) 5:30 - 6:15				8:00AM	10:00AM	12:00NN	12:00MN	11:00PM			
8:00AM	FRONT ROW (P) 7:00 - 7:30	AGRIPRENEUR (R.) 6:15 - 7:00	SAKSI (R) 6:15 - 6:45				9:00AM	11:00AM	1:00PM	1:00AM	12:00MN				
9:00AM	IMBESTIGADOR (P) 7:30 - 8:15	BORN IMPACT (R) 7:00 - 7:45	BALITANGHALI (R) 6:45 - 7:45				10:00AM	12:00NN	2:00PM	2:00AM	1:00AM				
10:00AM	ADULTING WITH ATOM ARAULLO (P) 8:15 - 8:30	GOOD NEWS (P) 7:45 - 8:30	PINOY CRIME STORIES (P) 7:45 - 8:30	PERA PARAAN (P) 7:45 - 8:30	INVESTIGATIVE DOCUMENTARIES (P) 7:45 - 8:30	BRIGADA (P) 7:45 - 8:30	BORN IMPACT (P) 7:45 - 8:30		11:00AM	1:00PM	3:00PM	3:00AM	2:00AM		
11:00AM	BORN IMPACT (R) 8:30 - 9:15	DOBOL B TV (P) 8:30 - 12:00					DOBOL B TV 8:30 - 11:30		12:00NN	2:00PM	4:00PM	4:00AM	3:00AM		
12:00NN	AGRIPRENEUR (R) 9:15 - 10:00								IMBESTIGADOR (R.) 11:30 - 12:15	1:00PM	3:00PM	5:00PM	5:00AM	4:00AM	
1:00PM	GOOD NEWS (R) 10:00 - 11:00								CAYETANO IN ACTION WITH BOY ABUNDA (R) 11:00 - 12:00	CAYETANO IN ACTION WITH BOY ABUNDA (R) 12:15 - 1:15	2:00PM	4:00PM	6:00PM	6:00AM	5:00AM
2:00PM	NCAA SEASON 101 SENIORS VOLLEYBALL (LIVE) 12:00 - 5:00	DOKUMENTARYO (I-WITNESS CLASSICS) (P.) 12:00 - 12:45				NCAA SEASON 101 SENIORS VOLLEYBALL (LIVE) 12:00 - 5:00		FRONT ROW (R) 1:15 - 1:45	PINOY CRIME STORIES (R.) 1:45 - 2:30	3:00PM	5:00PM	7:00PM	7:00AM	6:00AM	
3:00PM		REEL TIME (P) 12:45 - 1:45						GOOD NEWS (R) 1:45 - 2:45	BORN IMPACT (R) 1:45 - 2:30	PERA PARAAN (R.) 1:45 - 2:45	4:00PM	6:00PM	8:00PM	8:00AM	7:00AM
4:00PM		PINOY CRIME STORIES (R.) 2:45 - 3:30	NCAA SEASON 101 SENIORS VOLLEYBALL (LIVE) 2:30 - 5:00	NCAA SEASON 101 SENIORS VOLLEYBALL (LIVE) 2:30 - 5:00	GOOD NEWS (R) 2:45 - 3:30			FRONT ROW (R) 3:30 - 4:15	NCAA SEASON 101 SENIORS VOLLEYBALL (LIVE) 2:30 - 5:00 *if needed	5:00PM	7:00PM	9:00PM	9:00AM	8:00AM	
5:00PM		IMBESTIGADOR (R) 3:30 - 4:15			DOKUMENTARYO (I-WITNESS CLASSICS) (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
7:00PM	PERA PARAAN (R) 6:00 - 7:00	REEL TIME (R) 6:00 - 7:00				REEL TIME (P) 6:00 - 7:00		BRIGADA (R) 6:00 - 7:00		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	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	IMBESTIGADOR (R) 8:00 - 8:45	FRONT ROW (R) 8:00 - 8:45	BALITANG BISDAK (R) 8:00 - 8:45					10:00PM	12:00MN	2:00AM	2:00PM	1:00PM			
10:00PM	PINOY CRIME STORIES (R.) 8:45 - 9:30	PERA PARAAN (R.) 8:45 - 9:30	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	ADULTING WITH ATOM ARAULLO (R.) 9:30 - 9:45	ONE MINDANAO (R) 9:30 - 10:00					12:00MN	2:00AM	4:00AM	4:00PM	3:00PM			
12:00MN		BRIGADA (R.) 9:45 - 10:45	ONE WESTERN VISAYAS (R) 10:00 - 10:45					PINOY CRIME STORIES (R) 10:45 - 11:30		1:00AM	3:00AM	5:00AM	5:00PM	4:00PM	
		BALITANGHALI (R) 10:45 - 11:45				REEL TIME (R) 11:45 - 12:45		AGRIPRENEUR (P) 11:30 - 12:00							

MLA	GMA NEWS TV PROGRAMMING MARCH 29 - 31, 2026 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														
	MARCH.29	MARCH.30	MARCH.31																		
12:00MN	GOOD NEWS (R.) 12:00 - 12:45	REEL TIME MARATHON (R) 9:30 - 2:30	REEL TIME (R) 11:45 - 12:45				REEL TIME (R) 11:45 - 12:45	1:00AM	3:00AM	5:00AM	6:00PM	5:00PM									
1:00AM	PERA PARAAN (R.) 12:45 - 1:30		STATE OF THE NATION (P) 12:45 - 1:15					2:00AM	4:00AM	6:00AM	7:00PM	6:00PM									
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	8:00PM	7:00PM									
3:00AM	INVESTIGATIVE DOCUMENTARIES (R) 2:30 - 3:30	DOKUMENTARYO (I-WITNESS CLASSICS) MARATHON (P) 2:30 - 5:30	BALITANG BISDAK (P) 2:30 - 3:15					4:00AM	6:00AM	8:00AM	9:00PM	8:00PM									
4:00AM	AGRIPRENEUR (R) 3:30 - 4:00		ONE NORTH CENTRAL LUZON (P) 3:15 - 4:00					5:00AM	7:00AM	9:00AM	10:00PM	9:00PM									
5:00AM	GOOD NEWS (R) 4:00 - 5:00		ONE MINDANAO (P) 4:00 - 4:45					6:00AM	8:00AM	10:00AM	11:00PM	10:00PM									
6:00AM	BRIGADA (R) 5:00 - 6:00		ONE WESTERN VISAYAS (P) 4:45 - 5:30					7:00AM	9:00AM	11:00AM	12:00MN	11:00PM									
7:00AM	CAYETANO IN ACTION WITH BOY ABUNDA (P) 6:00 - 7:00		FRONT ROW (R.) 5:30 - 6:15	STATE OF THE NATION (R) 5:30 - 6:15					8:00AM	10:00AM	12:00NN	1:00AM	12:00MN								
8:00AM	FRONT ROW (P) 7:00 - 7:30	AGRIPRENEUR (R.) 6:15 - 7:00	SAKSI (R) 6:15 - 6:45					9:00AM	11:00AM	1:00PM	2:00AM	1:00AM									
9:00AM	IMBESTIGADOR (P) 7:30 - 8:15	BORN IMPACT (R) 7:00 - 7:45	BALITANGHALI (R) 6:45 - 7:45					10:00AM	12:00NN	2:00PM	3:00AM	2:00AM									
10:00AM	ADULTING WITH ATOM ARAULLO (P) 8:15 - 8:30	GOOD NEWS (P) 7:45 - 8:30	PINOY CRIME STORIES (P) 7:45 - 8:30	PERA PARAAN (P) 7:45 - 8:30	INVESTIGATIVE DOCUMENTARIES (P) 7:45 - 8:30	BRIGADA (P) 7:45 - 8:30	BORN IMPACT (P) 7:45 - 8:30	11:00AM	1:00PM	3:00PM	4:00AM	3:00AM									
11:00AM	BORN IMPACT (R) 8:30 - 9:15	DOBOL B TV (P) 8:30 - 12:00					DOBOL B TV 8:30 - 11:30														
12:00NN	AGRIPRENEUR (R) 9:15 - 10:00											DOKUMENTARYO (I-WITNESS CLASSICS) (P.) 12:00 - 12:45					IMBESTIGADOR (R.) 11:30 - 12:15				
1:00PM	GOOD NEWS (R) 10:00 - 11:00											REEL TIME (P) 12:45 - 1:45					CAYETANO IN ACTION WITH BOY ABUNDA (R) 12:15 - 1:15				
2:00PM	CAYETANO IN ACTION WITH BOY ABUNDA (R) 11:00 - 12:00	NCAA SEASON 101 SENIORS VOLLEYBALL (LIVE) 2:30 - 5:00 *if needed					NCAA SEASON 101 SENIORS VOLLEYBALL (LIVE) 12:00 - 5:00 *if needed														
3:00PM												GOOD NEWS (R) 1:45 - 2:45					FRONT ROW (R) 1:15 - 2:00				
4:00PM												GOOD NEWS (R) 1:45 - 2:45	IMBESTIGADOR (R.) 1:45 - 2:30	BORN IMPACT (R) 1:45 - 2:30	PERA PARAAN (R.) 1:45 - 2:45		2:00PM	4:00PM	6:00PM	7:00AM	6:00AM
5:00PM												PINOY CRIME STORIES (R.) 2:45 - 3:30	BRIGADA (R) 2:30 - 3:30		GOOD NEWS (R) 2:45 - 3:30		3:00PM	5:00PM	7:00PM	8:00AM	7:00AM
6:00PM												IMBESTIGADOR (R) 3:30 - 4:15	PERA PARAAN (R.) 3:30 - 4:15		FRONT ROW (R) 3:30 - 4:15		4:00PM	6:00PM	8:00PM	9:00AM	8:00AM
7:00PM		DOKUMENTARYO (I-WITNESS CLASSICS) (R) 4:15 - 5:00			DOKUMENTARYO (I-WITNESS CLASSICS) (P) 4:15 - 5:00		5:00PM	7:00PM	9:00PM	10:00AM	9:00AM										
8:00PM	CAYETANO IN ACTION WITH BOY ABUNDA (R) 5:00 - 6:00	BALITANGHALI (P) 5:00 - 6:00					GOOD NEWS (R) 5:00 - 6:00														
9:00PM	PERA PARAAN (R) 6:00 - 7:00	REEL TIME (R) 6:00 - 7:00				REEL TIME (P) 6:00 - 7:00	BRIGADA (R) 6:00 - 7:00	6:00PM	8:00PM	10:00PM	11:00AM	10:00AM									
10:00PM	ADULTING WITH ATOM ARAULLO (R.) 7:00 - 7:15	PINOY CRIME STORIES (R) 7:00 - 8:00	BRIGADA (R) 7:00 - 8:00	INVESTIGATIVE DOCUMENTARIES (R) 7:00 - 8:00	BORN IMPACT (R) 7:00 - 7:30	PERA PARAAN (R) 7:00 - 8:00	CAYETANO IN ACTION WITH BOY ABUNDA (R) 7:00 - 8:00	7:00PM	9:00PM	11:00PM	12:00NN	1:00PM									
11:00PM	AGRIPRENEUR (R) 7:15 - 8:00	BALITANG BISDAK (R) 8:00 - 8:45						8:00PM	10:00PM	12:00MN	1:00PM	12:00NN									
12:00MN	IMBESTIGADOR (R) 8:00 - 8:45	ONE NORTH CENTRAL LUZON (R) 8:45 - 9:30						9:00PM	11:00PM	1:00AM	2:00PM	1:00PM									
	PINOY CRIME STORIES (R.) 8:45 - 9:30	PERA PARAAN (R.) 8:45 - 9:30	ONE MINDANAO (R) 9:30 - 10:00					10:00PM	12:00MN	2:00AM	3:00PM	2:00PM									
		ADULTING WITH ATOM ARAULLO (R.) 9:30 - 9:45	ONE WESTERN VISAYAS (R) 10:00 - 10:45					11:00PM	1:00AM	3:00AM	4:00PM	3:00PM									
	REEL TIME MARATHON (R) 9:30 - 2:30	BRIGADA (R.) 9:45 - 10:45	BALITANGHALI (R) 10:45 - 11:45				PINOY CRIME STORIES (R) 10:45 - 11:30	12:00MN	2:00AM	4:00AM	5:00PM	4:00PM									
		REEL TIME (R) 11:45 - 12:45				REEL TIME (R) 11:45 - 12:45	AGRIPRENEUR (P) 11:30 - 12:00	1:00AM	3:00AM	5:00AM	6:00PM	5:00PM									