

MLA	GMA LIFE 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 MARCH.1	MONDAY MARCH.2	TUESDAY MARCH.3	WEDNESDAY MARCH.4	THURSDAY MARCH.5	FRIDAY MARCH.6	SATURDAY MARCH.7					
12:00MN	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Bakit Di Mo Sabihin"	con't of PINOY MD (R) 11:15 - 12:15	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	RETURN TO PARADISE 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		BIYAHE NI DREW (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	9:00PM	8:00PM
5:00AM		PINAS SARAP (R) 2:45 - 3:30	RETURN TO PARADISE (R) 4:45 - 5:30					6:00AM	8:00AM	10:00AM	10:00PM	9:00PM
6:00AM	I BILIB (P) 4:45 - 5:15	BORN TO BE WILD (R) 3:30 - 4:15	BALITANGHALI (R) 5:30 - 6:30					7:00AM	9:00AM	11:00AM	11:00PM	10:00PM
7:00AM	DAMI MONG ALAM, KUYA KIM! (P) 5:15 - 5:45	WISH KO LANG (R.) 4:15 - 5:00	LUTONG BAHAY (R) 6:30 - 7:15					8:00AM	10:00AM	12:00NN	12:00MN	11:00PM
8:00AM	BORN TO BE WILD (R.) 5:45 - 6:15	I JUANDER (R) 6:15 - 7:00	MARS PA MORE (R) 7:15 - 8:00					9:00AM	11:00AM	1:00PM	1:00AM	12:00MN
9:00AM	DAIG KAYO NG LOLA KO (R) 6:15 - 7:00	I BILIB (R) 7:00 - 7:30	IDOL SA KUSINA (R) 8:00 - 8:45					10:00AM	12:00NN	2:00PM	2:00AM	1:00AM
10:00AM	SARAP 'DI BA? (R.) 7:00 - 7:30	TASTE BUDDIES (R) 7:30 - 8:00	DAY OFF (R) 8:45 - 9:30					11:00AM	1:00PM	3:00PM	3:00AM	2:00AM
11:00AM	KARELASYON (R) 7:30 - 8:15	FARM TO TABLE (R.) 8:00 - 8:45	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 (S26) (R) 9:30 - 10:15	12:00NN	2:00PM	4:00PM	4:00AM	3:00AM
12:00NN	BIYAHE NI DREW (R) 8:15 - 9:00	PINOY MD (R.) 9:30 - 10:15	BALITANGHALI (R) 10:15 - 11:15					1:00PM	3:00PM	5:00PM	5:00AM	4:00AM
1:00PM	I JUANDER (R) 9:00 - 9:45	POP TALK (R.) 10:15 - 11:00	IDOL SA KUSINA (R) 11:15 - 12:00					2:00PM	4:00PM	6:00PM	6:00AM	5:00AM
2:00PM	TASTE BUDDIES (R) 9:45 - 10:15	HOME BASE PLUS (R.) 11:00 - 11:30	MARS PA MORE (R) 12:00 - 12:45					3:00PM	5:00PM	7:00PM	7:00AM	6:00AM
3:00PM	SARAP 'DI BA? (R.) 10:15 - 10:45	TURBO ZONE (R) 11:30 - 12:00	DAY OFF (R.) 12:45 - 1:30					4:00PM	6:00PM	8:00PM	8:00AM	7:00AM
4:00PM	TUNAY NA BUHAY (R) 10:45 - 11:15	DAMI MONG ALAM, KUYA KIM! (R) 12:00 - 12:30	RETURN TO PARADISE (R) 1:30 - 2:15					5:00PM	7:00PM	9:00PM	9:00AM	8:00AM
5:00PM	DAIG KAYO NG LOLA KO (R) 11:15 - 12:00	DAIG KAYO NG LOLA KO (R) 12:30 - 1:15	BALITANGHALI (P) 2:15 - 3:15					6:00PM	8:00PM	10:00PM	10:00AM	9:00AM
6:00PM	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Bakit Di Mo Sabihin"	AHA! (R.) 1:15 - 1:45	WEEKEND GETAWAY (P) 2:15 - 3:15					7:00PM	9:00PM	11:00PM	11:00AM	10:00AM
7:00PM	WISH KO LANG (R.) 2:00 - 2:45	I BILIB (R) 1:45 - 2:15	TURBO ZONE (P.) 3:15 - 3:45					8:00PM	10:00PM	12:00MN	12:00NN	11:00AM
8:00PM	SARAP 'DI BA? (R.) 2:45 - 3:15	BALITANGHALI (P) 2:15 - 3:15					TURBO ZONE (P.) 3:15 - 3:45	9:00PM	11:00PM	1:00AM	1:00PM	12:00NN
9:00PM	BIYAHE NI DREW (R) 3:15 - 4:00	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	SARAP 'DI BA? (P.) 3:45 - 4:15	10:00PM	12:00MN	2:00AM	2:00PM	1:00PM
10:00PM	WEEKEND GETAWAY (R) 4:00 - 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	BORN TO BE WILD (P) 4:15 - 5:00	11:00PM	1:00AM	3:00AM	3:00PM	2:00PM
11:00PM	PINOY MD (P) 5:00 - 6:00	RETURN TO PARADISE (P) 6:00 - 6:45					WISH KO LANG (P) 5:00 - 5:45	12:00MN	2:00AM	4:00AM	4:00PM	3:00PM
12:00MN	AHA! (P.) 6:00 - 6:30	LUTONG BAHAY (P) 6:45 - 7:30					REEL LIFE WEEKEND (P) 5:45 - 7:45 "#EwanKoSau Saranghaeyo"	1:00AM	3:00AM	5:00AM	5:00PM	4:00PM
1:00AM	REGAL STUDIO PRESENTS (P) 6:30 - 7:15	DAY OFF (P) 7:30 - 8:15					DAIG KAYO NG LOLA KO (P.) 7:45 - 8:30	2:00AM	4:00AM	6:00AM	6:00PM	5:00PM
2:00AM	TASTE BUDDIES (P.) 7:15 - 7:45	MARS PA MORE (P) 8:15 - 9:00					WISH KO LANG (R) 8:30 - 9:15	3:00AM	5:00AM	7:00AM	7:00PM	6:00PM
3:00AM	POP TALK (P) 7:45 - 8:30	IDOL SA KUSINA (P) 9:00 - 9:45					BIYAHE NI DREW (P.) 9:15 - 10:00	4:00AM	6:00AM	8:00AM	8:00PM	7:00PM
4:00AM	HOME BASE PLUS (P) 8:30 - 9:15	BALITANGHALI (R) 9:45 - 10:45					I JUANDER (P) 10:00 - 10:45	5:00AM	7:00AM	9:00AM	9:00PM	8:00PM
5:00AM	FARM TO TABLE (P) 9:15 - 10:00	BORN TO BE WILD (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	TUNAY NA BUHAY (P.) 10:45 - 11:15 "Hidilyn Diaz"	6:00AM	8:00AM	10:00AM	10:00PM	9:00AM
6:00AM	PINAS SARAP (P.) 10:00 - 10:45	LUTONG BAHAY (R) 11:30 - 12:30					KARELASYON (P) 11:15 - 12:00	7:00AM	9:00AM	11:00AM	11:00PM	10:00AM

MLA	GMA LIFE 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 MARCH.8	MONDAY MARCH.9	TUESDAY MARCH.10	WEDNESDAY MARCH.11	THURSDAY MARCH.12	FRIDAY MARCH.13	SATURDAY MARCH.14						
12:00MN	REEL LIFE WEEKEND (R) 12:00 - 2:00 "#EwanKoSau Saranghaeyo"	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	RETURN TO PARADISE 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		BIYAHE NI DREW (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	9:00PM	8:00PM	
5:00AM		WISH KO LANG (R.) 4:15 - 5:00	RETURN TO PARADISE (R) 4:45 - 5:30					6:00AM	8:00AM	10:00AM	10:00PM	9:00PM	
6:00AM	I BILIB (P) 4:45 - 5:15	DAMI MONG ALAM, KUYA KIM! (P) 5:15 - 5:45	BALITANGHALI (R) 5:30 - 6:30					7:00AM	9:00AM	11:00AM	11:00PM	10:00PM	
7:00AM	BORN TO BE WILD (R.) 5:45 - 6:15	AHA! (R.) 5:45 - 6:15	LUTONG BAHAY (R) 6:30 - 7:15					8:00AM	10:00AM	12:00NN	12:00MN	11:00PM	
8:00AM	DAIG KAYO NG LOLA KO (R) 6:15 - 7:00	I JUANDER (R) 6:15 - 7:00	MARS PA MORE (R) 7:15 - 8:00					9:00AM	11:00AM	1:00PM	1:00AM	12:00MN	
9:00AM	SARAP 'DI BA? (R.) 7:00 - 7:30	I BILIB (R) 7:00 - 7:30	IDOL SA KUSINA (R) 8:00 - 8:45					10:00AM	12:00NN	2:00PM	2:00AM	1:00AM	
10:00AM	KARELASYON (R) 7:30 - 8:15	TASTE BUDDIES (R) 7:30 - 8:00	DAY OFF (R) 8:45 - 9:30					11:00AM	1:00PM	3:00PM	3:00AM	2:00AM	
11:00AM	BIYAHE NI DREW (R) 8:15 - 9:00	FARM TO TABLE (R.) 8:00 - 8:45	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 (S26) (R) 9:30 - 10:15	12:00NN	2:00PM	4:00PM	4:00AM	3:00AM	
12:00NN	I JUANDER (R) 9:00 - 9:45	PINAS SARAP (R.) 8:45 - 9:30	BALITANGHALI (R) 10:15 - 11:15					1:00PM	3:00PM	5:00PM	5:00AM	4:00AM	
1:00PM	TASTE BUDDIES (R) 9:45 - 10:15	PINOY MD (R.) 9:30 - 10:15	IDOL SA KUSINA (R) 11:15 - 12:00					2:00PM	4:00PM	6:00PM	6:00AM	5:00AM	
2:00PM	SARAP 'DI BA? (R.) 10:15 - 10:45	POP TALK (R.) 10:15 - 11:00	MARS PA MORE (R) 12:00 - 12:45					3:00PM	5:00PM	7:00PM	7:00AM	6:00AM	
3:00PM	TUNAY NA BUHAY (R) 10:45 - 11:15 "Hidilyn Diaz"	HOME BASE PLUS (R.) 11:00 - 11:30	DAY OFF (R.) 12:45 - 1:30					4:00PM	6:00PM	8:00PM	8:00AM	7:00AM	
4:00PM	DAIG KAYO NG LOLA KO (R) 11:15 - 12:00	TURBO ZONE (R) 11:30 - 12:00	RETURN TO PARADISE (R) 1:30 - 2:15					5:00PM	7:00PM	9:00PM	9:00AM	8:00AM	
5:00PM	REEL LIFE WEEKEND (R) 12:00 - 2:00 "#EwanKoSau Saranghaeyo"	DAMI MONG ALAM, KUYA KIM! (R) 12:00 - 12:30	BALITANGHALI (P) 2:15 - 3:15					6:00PM	8:00PM	10:00PM	10:00AM	9:00AM	
6:00PM		DAIG KAYO NG LOLA KO (R) 12:30 - 1:15	WEEKEND GETAWAY (P) 2:15 - 3:15					7:00PM	9:00PM	11:00PM	11:00AM	10:00AM	
7:00PM		AHA! (R.) 1:15 - 1:45	TURBO ZONE (P.) 3:15 - 3:45					8:00PM	10:00PM	12:00MN	12:00NN	11:00AM	
8:00PM	WISH KO LANG (R.) 2:00 - 2:45	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	TURBO ZONE (P.) 3:45 - 4:15	9:00PM	11:00PM	1:00AM	1:00PM	12:00NN	
9:00PM	SARAP 'DI BA? (R.) 2:45 - 3:15	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	10:00PM	12:00MN	2:00AM	2:00PM	1:00PM	
10:00PM	BIYAHE NI DREW (R) 3:15 - 4:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	RETURN TO PARADISE (P) 6:00 - 6:45					BORN TO BE WILD (P) 4:15 - 5:00	11:00PM	1:00AM	3:00AM	3:00PM	2:00PM
11:00PM	WEEKEND GETAWAY (R) 4:00 - 5:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	LUTONG BAHAY (P) 6:45 - 7:30					WISH KO LANG (P) 5:00 - 5:45	12:00MN	2:00AM	4:00AM	4:00PM	3:00PM
12:00MN	PINOY MD (P) 5:00 - 6:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	DAY OFF (P) 7:30 - 8:15					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Unforgettable"	1:00AM	3:00AM	5:00AM	5:00PM	4:00PM
1:00PM	AHA! (P.) 6:00 - 6:30	REGAL STUDIO PRESENTS (P) 6:30 - 7:15	MARS PA MORE (P) 8:15 - 9:00					DAIG KAYO NG LOLA KO (P.) 7:45 - 8:30	2:00AM	4:00AM	6:00AM	6:00PM	5:00PM
2:00PM	REGAL STUDIO PRESENTS (P) 6:30 - 7:15	TASTE BUDDIES (P.) 7:15 - 7:45	IDOL SA KUSINA (P) 9:00 - 9:45					WISH KO LANG (R) 8:30 - 9:15	3:00AM	5:00AM	7:00AM	7:00PM	6:00PM
3:00PM	TASTE BUDDIES (P.) 7:15 - 7:45	POP TALK (P) 7:45 - 8:30	BALITANGHALI (R) 9:45 - 10:45					BIYAHE NI DREW (P.) 9:15 - 10:00	4:00AM	6:00AM	8:00AM	8:00PM	7:00PM
4:00PM	POP TALK (P) 7:45 - 8:30	HOME BASE PLUS (P) 8:30 - 9:15	LUTONG BAHAY (R) 11:30 - 12:30					I JUANDER (P) 10:00 - 10:45	5:00AM	7:00AM	9:00AM	9:00PM	8:00PM
5:00PM	HOME BASE PLUS (P) 8:30 - 9:15	FARM TO TABLE (P) 9:15 - 10:00	KARELASYON (P) 11:15 - 12:00					TUNAY NA BUHAY (P.) 10:45 - 11:15 "Rachelle Ann Go"	6:00AM	8:00AM	10:00AM	10:00PM	9:00AM
6:00PM	FARM TO TABLE (P) 9:15 - 10:00	PINAS SARAP (P.) 10:00 - 10:45	LUTONG BAHAY (R) 11:30 - 12:30					KARELASYON (P) 11:15 - 12:00	7:00AM	9:00AM	11:00AM	11:00PM	10:00AM
7:00PM	PINAS SARAP (P.) 10:00 - 10:45	TURBO ZONE (R) 10:45 - 11:15	LUTONG BAHAY (R) 11:30 - 12:30						8:00AM	10:00AM	12:00MN	12:00NN	11:00AM
8:00PM	PINOY MD (R) 11:15 - 12:15	BORN TO BE WILD (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	TUNAY NA BUHAY (P.) 10:45 - 11:15 "Rachelle Ann Go"	9:00AM	11:00AM	1:00AM	1:00PM	12:00NN	
9:00PM								10:00AM	12:00MN	2:00AM	2:00PM	1:00PM	
10:00PM								11:00AM	1:00AM	3:00AM	3:00PM	2:00PM	
11:00PM								12:00MN	2:00AM	4:00AM	4:00PM	3:00PM	
12:00MN								1:00AM	3:00AM	5:00AM	5:00PM	4:00PM	

MLA	GMA LIFE 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 MARCH.15	MONDAY MARCH.16	TUESDAY MARCH.17	WEDNESDAY MARCH.18	THURSDAY MARCH.19	FRIDAY MARCH.20	SATURDAY MARCH.21						
12:00MN	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Unforgettable"	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	RETURN TO PARADISE 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		BIYAHE NI DREW (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	9:00PM	8:00PM	
5:00AM		PINAS SARAP (R) 2:45 - 3:30	RETURN TO PARADISE (R) 4:45 - 5:30					6:00AM	8:00AM	10:00AM	10:00PM	9:00PM	
6:00AM	I BILIB (P) 4:45 - 5:15	BORN TO BE WILD (R) 3:30 - 4:15	BALITANGHALI (R) 5:30 - 6:30					7:00AM	9:00AM	11:00AM	11:00PM	10:00PM	
7:00AM	DAMI MONG ALAM, KUYA KIM! (P) 5:15 - 5:45	WISH KO LANG (R.) 4:15 - 5:00	LUTONG BAHAY (R) 6:30 - 7:15					8:00AM	10:00AM	12:00NN	12:00MN	11:00PM	
8:00AM	BORN TO BE WILD (R.) 5:45 - 6:15	I JUANDER (R) 6:15 - 7:00	MARS PA MORE (R) 7:15 - 8:00					9:00AM	11:00AM	1:00PM	1:00AM	12:00MN	
9:00AM	DAIG KAYO NG LOLA KO (R) 6:15 - 7:00	I BILIB (R) 7:00 - 7:30	IDOL SA KUSINA (R) 8:00 - 8:45					10:00AM	12:00NN	2:00PM	2:00AM	1:00AM	
10:00AM	SARAP 'DI BA? (R.) 7:00 - 7:30	TASTE BUDDIES (R) 7:30 - 8:00	DAY OFF (R) 8:45 - 9:30					11:00AM	1:00PM	3:00PM	3:00AM	2:00AM	
11:00AM	KARELASYON (R) 7:30 - 8:15	FARM TO TABLE (R.) 8:00 - 8:45	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 (S26) (R) 9:30 - 10:15	12:00NN	2:00PM	4:00PM	4:00AM	3:00AM	
12:00NN	BIYAHE NI DREW (R) 8:15 - 9:00	PINOY MD (R.) 9:30 - 10:15	BALITANGHALI (R) 10:15 - 11:15					1:00PM	3:00PM	5:00PM	5:00AM	4:00AM	
1:00PM	I JUANDER (R) 9:00 - 9:45	HOME BASE PLUS (R.) 11:00 - 11:30	IDOL SA KUSINA (R) 11:15 - 12:00					2:00PM	4:00PM	6:00PM	6:00AM	5:00AM	
2:00PM	TASTE BUDDIES (R) 9:45 - 10:15	TURBO ZONE (R) 11:30 - 12:00	MARS PA MORE (R) 12:00 - 12:45					3:00PM	5:00PM	7:00PM	7:00AM	6:00AM	
3:00PM	SARAP 'DI BA? (R.) 10:15 - 10:45	DAMI MONG ALAM, KUYA KIM! (R) 12:00 - 12:30	DAY OFF (R.) 12:45 - 1:30					4:00PM	6:00PM	8:00PM	8:00AM	7:00AM	
4:00PM	TUNAY NA BUHAY (R) 10:45 - 11:15 "Rachelle Ann Go"	DAIG KAYO NG LOLA KO (R) 11:15 - 12:00	RETURN TO PARADISE (R) 1:30 - 2:15					5:00PM	7:00PM	9:00PM	9:00AM	8:00AM	
5:00PM	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Unforgettable"	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	WEEKEND GETAWAY (P) 2:15 - 3:15		6:00PM	8:00PM	10:00PM	10:00AM	9:00AM
6:00PM	WISH KO LANG (R.) 2:00 - 2:45	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	BALITANGHALI (P) 2:15 - 3:15		7:00PM	9:00PM	11:00PM	11:00AM	10:00AM
7:00PM	SARAP 'DI BA? (R.) 2:45 - 3:15	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	WEEKEND GETAWAY (P) 2:15 - 3:15		8:00PM	10:00PM	12:00MN	12:00NN	11:00AM
8:00PM	BIYAHE NI DREW (R) 3:15 - 4:00	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	TURBO ZONE (P.) 3:15 - 3:45		9:00PM	11:00PM	1:00AM	1:00PM	12:00NN
9:00PM	WEEKEND GETAWAY (R) 4:00 - 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	12:00MN	2:00AM	2:00PM	1:00PM
10:00PM	PINOY MD (P) 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	BORN TO BE WILD (P) 4:15 - 5:00		11:00PM	1:00AM	3:00AM	3:00PM	2:00PM
11:00PM	AHA! (P.) 6:00 - 6:30	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	WISH KO LANG (P) 5:00 - 5:45		12:00MN	2:00AM	4:00AM	4:00PM	3:00PM
12:00MN	REGAL STUDIO PRESENTS (P) 6:30 - 7:15	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	REEL LIFE WEEKEND (P) 5:45 - 7:45 "Greed"		1:00AM	3:00AM	5:00AM	5:00PM	4:00PM
	TASTE BUDDIES (P.) 7:15 - 7:45	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	DAIG KAYO NG LOLA KO (P.) 7:45 - 8:30		2:00AM	4:00AM	6:00AM	6:00PM	5:00PM
	POP TALK (P) 7:45 - 8:30	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	MARS PA MORE (P) 8:15 - 9:00		3:00AM	5:00AM	7:00AM	7:00PM	6:00PM
	HOME BASE PLUS (P) 8:30 - 9:15	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	IDOL SA KUSINA (P) 9:00 - 9:45		4:00AM	6:00AM	8:00AM	8:00PM	7:00PM
	FARM TO TABLE (P) 9:15 - 10:00	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	BALITANGHALI (R) 9:45 - 10:45		5:00AM	7:00AM	9:00AM	9:00PM	8:00PM
	PINAS SARAP (P.) 10:00 - 10:45	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	I JUANDER (P) 10:00 - 10:45		6:00AM	8:00AM	10:00AM	10:00PM	9:00AM
	TURBO ZONE (R) 10:45 - 11:15	BORN TO BE WILD (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	TUNAY NA BUHAY (P.) 10:45 - 11:15 "Rhea Santos (Part 1)"		7:00AM	9:00AM	11:00AM	11:00PM	10:00AM
	PINOY MD (R) 11:15 - 12:15	BORN TO BE WILD (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		8:00PM	10:00PM	12:00MN	12:00NN	11:00AM
		LUTONG BAHAY (R) 11:30 - 12:30							9:00PM	11:00PM	1:00AM	1:00PM	12:00NN

MLA	GMA LIFE 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	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Greed"	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	RETURN TO PARADISE 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		BIYAHE NI DREW (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		PINAS SARAP (R) 2:45 - 3:30	RETURN TO PARADISE (R) 4:45 - 5:30									
6:00AM	BORN TO BE WILD (R) 3:30 - 4:15	I JUANDER (R) 6:15 - 7:00	BALITANGHALI (R) 5:30 - 6:30					7:00AM	9:00AM	11:00AM	11:00PM	10:00PM
7:00AM	WISH KO LANG (R.) 4:15 - 5:00	I BILIB (R) 7:00 - 7:30	LUTONG BAHAY (R) 6:30 - 7:15					8:00AM	10:00AM	12:00NN	12:00MN	11:00PM
8:00AM	I BILIB (P) 4:45 - 5:15	TASTE BUDDIES (R) 7:30 - 8:00	MARS PA MORE (R) 7:15 - 8:00					9:00AM	11:00AM	1:00PM	1:00AM	12:00MN
9:00AM	DAMI MONG ALAM, KUYA KIM! (P) 5:15 - 5:45	FARM TO TABLE (R.) 8:00 - 8:45	IDOL SA KUSINA (R) 8:00 - 8:45					10:00AM	12:00NN	2:00PM	2:00AM	1:00AM
10:00AM	BORN TO BE WILD (R.) 5:45 - 6:15	PINAS SARAP (R.) 8:45 - 9:30	DAY OFF (R) 8:45 - 9:30					11:00AM	1:00PM	3:00PM	3:00AM	2:00AM
11:00AM	DAIG KAYO NG LOLA KO (R) 6:15 - 7:00	PINOY MD (R.) 9:30 - 10:15	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
12:00NN	SARAP 'DI BA? (R.) 7:00 - 7:30	POP TALK (R.) 10:15 - 11:00	BALITANGHALI (R) 10:15 - 11:15					1:00PM	3:00PM	5:00PM	5:00AM	4:00AM
1:00PM	KARELASYON (R) 7:30 - 8:15	HOME BASE PLUS (R.) 11:00 - 11:30	IDOL SA KUSINA (R) 11:15 - 12:00					2:00PM	4:00PM	6:00PM	6:00AM	5:00AM
2:00PM	BIYAHE NI DREW (R) 8:15 - 9:00	TURBO ZONE (R) 11:30 - 12:00	MARS PA MORE (R) 12:00 - 12:45					3:00PM	5:00PM	7:00PM	7:00AM	6:00AM
3:00PM	I JUANDER (R) 9:00 - 9:45	DAMI MONG ALAM, KUYA KIM! (R) 12:00 - 12:30	DAY OFF (R.) 12:45 - 1:30					4:00PM	6:00PM	8:00PM	8:00AM	7:00AM
4:00PM	TASTE BUDDIES (R) 9:45 - 10:15	DAIG KAYO NG LOLA KO (R) 12:30 - 1:15	RETURN TO PARADISE (R) 1:30 - 2:15					5:00PM	7:00PM	9:00PM	9:00AM	8:00AM
5:00PM	SARAP 'DI BA? (R.) 10:15 - 10:45	AHA! (R.) 1:15 - 1:45	BALITANGHALI (P) 2:15 - 3:15					6:00PM	8:00PM	10:00PM	10:00AM	9:00AM
6:00PM	TUNAY NA BUHAY (R) 10:45 - 11:15 "Rhea Santos (Part 1)"	I BILIB (R) 1:45 - 2:15	WEEKEND GETAWAY (P) 2:15 - 3:15					7:00PM	9:00PM	11:00PM	11:00AM	10:00AM
7:00PM	DAIG KAYO NG LOLA KO (R) 11:15 - 12:00	TURBO ZONE (P.) 3:15 - 3:45					8:00PM	10:00PM	12:00MN	12:00NN	11:00AM	
8:00PM	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Greed"	REGAL STUDIO PRESENTS (S17) (R) 3:15 - 4:00					9:00PM	11:00PM	1:00AM	1:00PM	12:00NN	
9:00PM		KARELASYON (R) 3:15 - 4:00					10:00PM	12:00MN	2:00AM	2:00PM	1:00PM	
10:00PM		DAMI MONG ALAM, KUYA KIM! (R) 3:15 - 4:00					11:00PM	1:00AM	3:00AM	3:00PM	2:00PM	
11:00PM	WISH KO LANG (R.) 2:00 - 2:45	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00					12:00MN	2:00AM	4:00AM	4:00PM	3:00PM	
12:00MN	SARAP 'DI BA? (R.) 2:45 - 3:15	REEL LIFE "Wa-Packed Tuesdays" (P.) 4:00 - 6:00					1:00AM	3:00AM	5:00AM	5:00PM	4:00PM	
1:00PM	BIYAHE NI DREW (R) 3:15 - 4:00	REEL LIFE "Once Upon a Wednesdays" (P.) 4:00 - 6:00					2:00PM	4:00PM	6:00PM	6:00AM	5:00AM	
2:00PM	WEEKEND GETAWAY (R) 4:00 - 5:00	REEL LIFE "Hilarious Huwebes" (P.) 4:00 - 6:00					3:00PM	5:00PM	7:00PM	7:00AM	6:00AM	
3:00PM	PINOY MD (P) 5:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					4:00PM	6:00PM	8:00PM	8:00AM	7:00AM	
4:00PM	AHA! (P.) 6:00 - 6:30	RETURN TO PARADISE (P) 6:00 - 6:45					5:00PM	7:00PM	9:00PM	9:00AM	8:00AM	
5:00PM	REGAL STUDIO PRESENTS (Season 18) (P) 6:30 - 7:15	LUTONG BAHAY (P) 6:45 - 7:30					6:00PM	8:00PM	10:00PM	10:00AM	9:00AM	
6:00PM	TASTE BUDDIES (P.) 7:15 - 7:45	DAY OFF (P) 7:30 - 8:15					7:00PM	9:00PM	11:00PM	11:00AM	10:00AM	
7:00PM	POP TALK (P) 7:45 - 8:30	MARS PA MORE (P) 8:15 - 9:00					8:00PM	10:00PM	12:00MN	12:00NN	11:00AM	
8:00PM	HOME BASE PLUS (P) 8:30 - 9:15	IDOL SA KUSINA (P) 9:00 - 9:45					9:00PM	11:00PM	1:00AM	1:00PM	12:00NN	
9:00PM	FARM TO TABLE (P) 9:15 - 10:00	BALITANGHALI (R) 9:45 - 10:45					10:00PM	12:00MN	2:00AM	2:00PM	1:00PM	
10:00PM	PINAS SARAP (P.) 10:00 - 10:45	I JUANDER (P) 10:00 - 10:45					11:00PM	1:00AM	3:00AM	3:00PM	2:00PM	
11:00PM	TURBO ZONE (R) 10:45 - 11:15	REGAL STUDIO PRESENTS (S17) (R) 10:45 - 11:30					12:00MN	2:00AM	4:00AM	4:00PM	3:00PM	
12:00MN	PINOY MD (R) 11:15 - 12:15	LUTONG BAHAY (R) 11:30 - 12:30					1:00AM	3:00AM	5:00AM	5:00PM	4:00PM	

MLA	GMA LIFE TV PROGRAMMING MARCH 29 - 31, 2026 GRID (MANILA/HONG KONG/SINGAPORE)							JAPAN (MLA + 1)	AUSTRALIA (MLA + 3)	NEW ZEALAND (MLA + 5)	ITALY (MLA - 6)	UK (MLA - 7)
	SUNDAY MARCH.29	MONDAY MARCH.30	TUESDAY MARCH.31	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY					
12:00MN	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Mindanao"	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		AHA! (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	RETURN TO PARADISE 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	9:00PM	8:00PM
4:00AM		BIYAHE NI DREW (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		PINAS SARAP (R) 2:45 - 3:30	RETURN TO PARADISE (R) 4:45 - 5:30					6:00AM	8:00AM	10:00AM	11:00PM	10:00PM
6:00AM	I BILIB (P) 4:45 - 5:15	BORN TO BE WILD (R) 3:30 - 4:15	BALITANGHALI (R) 5:30 - 6:30					7:00AM	9:00AM	11:00AM	12:00MN	11:00PM
7:00AM	DAMI MONG ALAM, KUYA KIM! (P) 5:15 - 5:45	WISH KO LANG (R.) 4:15 - 5:00	LUTONG BAHAY (R) 6:30 - 7:15					8:00AM	10:00AM	12:00NN	1:00AM	12:00MN
8:00AM	BORN TO BE WILD (R.) 5:45 - 6:15	I JUANDER (R) 6:15 - 7:00	MARS PA MORE (R) 7:15 - 8:00					9:00AM	11:00AM	1:00PM	2:00AM	1:00AM
9:00AM	DAIG KAYO NG LOLA KO (R) 6:15 - 7:00	I BILIB (R) 7:00 - 7:30	IDOL SA KUSINA (R) 8:00 - 8:45					10:00AM	12:00NN	2:00PM	3:00AM	2:00AM
10:00AM	SARAP 'DI BA? (R.) 7:00 - 7:30	TASTE BUDDIES (R) 7:30 - 8:00	DAY OFF (R) 8:45 - 9:30					11:00AM	1:00PM	3:00PM	4:00AM	3:00AM
11:00AM	KARELASYON (R) 7:30 - 8:15	FARM TO TABLE (R.) 8:00 - 8:45	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 (S26) (R) 9:30 - 10:15	12:00NN	2:00PM	4:00PM	5:00AM	4:00AM
12:00NN	BIYAHE NI DREW (R) 8:15 - 9:00	PINOY MD (R.) 9:30 - 10:15	BALITANGHALI (R) 10:15 - 11:15					1:00PM	3:00PM	5:00PM	6:00AM	5:00AM
1:00PM	I JUANDER (R) 9:00 - 9:45	HOME BASE PLUS (R.) 11:00 - 11:30	IDOL SA KUSINA (R) 11:15 - 12:00					2:00PM	4:00PM	6:00PM	7:00AM	6:00AM
2:00PM	TASTE BUDDIES (R) 9:45 - 10:15	TURBO ZONE (R) 11:30 - 12:00	MARS PA MORE (R) 12:00 - 12:45					3:00PM	5:00PM	7:00PM	8:00AM	7:00AM
3:00PM	SARAP 'DI BA? (R.) 10:15 - 10:45	DAMI MONG ALAM, KUYA KIM! (R) 12:00 - 12:30	DAY OFF (R.) 12:45 - 1:30					4:00PM	6:00PM	8:00PM	9:00AM	8:00AM
4:00PM	TUNAY NA BUHAY (R) 10:45 - 11:15 "Rhea Santos (Part 2)"	DAIG KAYO NG LOLA KO (R) 12:30 - 1:15	RETURN TO PARADISE (R) 1:30 - 2:15					5:00PM	7:00PM	9:00PM	10:00AM	9:00AM
5:00PM	DAIG KAYO NG LOLA KO (R) 11:15 - 12:00	AHA! (R.) 1:15 - 1:45	BALITANGHALI (P) 2:15 - 3:15					6:00PM	8:00PM	10:00PM	11:00AM	10:00AM
6:00PM	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Mindanao"	I BILIB (R) 1:45 - 2:15	WEEKEND GETAWAY (P) 2:15 - 3:15					7:00PM	9:00PM	11:00PM	12:00NN	11:00AM
7:00PM		WISH KO LANG (R.) 2:00 - 2:45	TURBO ZONE (P.) 3:15 - 3:45					8:00PM	10:00PM	12:00MN	1:00PM	12:00NN
8:00PM		SARAP 'DI BA? (R.) 2:45 - 3:15	SARAP 'DI BA? (P.) 3:45 - 4:15					9:00PM	11:00PM	1:00AM	2:00PM	1:00PM
9:00PM	BIYAHE NI DREW (R) 3:15 - 4:00	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	TURBO ZONE (P.) 4:15 - 5:00	10:00PM	12:00MN	2:00AM	3:00PM	2:00PM
10:00PM	WEEKEND GETAWAY (R) 4:00 - 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	BORN TO BE WILD (P) 5:00 - 5:45	11:00PM	1:00AM	3:00AM	4:00PM	3:00PM
11:00PM	PINOY MD (P) 5:00 - 6:00	RETURN TO PARADISE (P) 6:00 - 6:45					REEL LIFE WEEKEND (P) 5:45 - 7:45	7:00PM	9:00PM	11:00PM	12:00NN	11:00AM
12:00MN	AHA! (P.) 6:00 - 6:30	LUTONG BAHAY (P) 6:45 - 7:30						8:00PM	10:00PM	12:00MN	1:00PM	12:00NN
1:00AM	REGAL STUDIO PRESENTS (P) 6:30 - 7:15	DAY OFF (P) 7:30 - 8:15						9:00PM	11:00PM	1:00AM	2:00PM	1:00PM
2:00AM	TASTE BUDDIES (P.) 7:15 - 7:45	MARS PA MORE (P) 8:15 - 9:00					10:00PM	12:00MN	2:00AM	3:00PM	2:00PM	
3:00AM	POP TALK (P) 7:45 - 8:30	IDOL SA KUSINA (P) 9:00 - 9:45					11:00PM	1:00AM	3:00AM	4:00PM	3:00PM	
4:00AM	HOME BASE PLUS (P) 8:30 - 9:15	BALITANGHALI (R) 9:45 - 10:45					12:00MN	2:00AM	4:00AM	5:00PM	4:00PM	
5:00AM	FARM TO TABLE (P) 9:15 - 10:00	BORN TO BE WILD (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	WISH KO LANG (R) 8:30 - 9:15	1:00AM	3:00AM	5:00AM	6:00PM	5:00PM
6:00AM	PINAS SARAP (P.) 10:00 - 10:45	LUTONG BAHAY (R) 11:30 - 12:30					2:00AM	4:00AM	6:00AM	7:00PM	6:00PM	
7:00AM	TURBO ZONE (R) 10:45 - 11:15						3:00AM	5:00AM	7:00AM	8:00PM	7:00PM	
8:00AM	PINOY MD (R) 11:15 - 12:15						4:00AM	6:00AM	8:00AM	9:00PM	8:00PM	
9:00AM							5:00AM	7:00AM	9:00AM	10:00PM	9:00PM	
10:00AM							6:00AM	8:00AM	10:00AM	11:00PM	10:00PM	
11:00AM							7:00AM	9:00AM	11:00AM	12:00MN	11:00PM	
12:00MN							8:00AM	10:00AM	12:00NN	1:00AM	12:00MN	