		GMA	LIFE TV PROGRAM	MING DECEMBER 1	- 6, 2025 GRID (MA	NILA)		JAPAN	AUSTRAL	NEW		
MLA	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	(MLA +	IA (MLA + 3)	ZEALAND (MLA + 5)	ITALY (MLA - 7)	UK (MLA - 8)
12:00MN		DECEMBER.1 con't of PINOY MD (R) 11:15 -	DECEMBER.2	DECEMBER.3	DECEMBER.4 LUTONG BAHAY (R) 11:3	DECEMBER.5	DECEMBER.6	1:00AM	3:00AM	5:00AM	5:00PM	4:00PM
	REEL LIFE WEEKEND	I BILIB (R) 12:15 - 12:45										
1:00AM	(R) 12:00 - 2:00	AHA! (R) 12:45 - 1:15		MARS PA MORE (R) 12:30 - 1:15						6:00AM	6:00PM	5:00PM
	"Kaluskos"	FARM TO TABLE (R.) 1:15		IDOL SA KUSINA (B) 1-15 - 2-00								
2:00AM		2:00 PINAS SARAP (R.) 2:00 -		IDOL SA KUSINA (R) 1:15 - 2:00						7:00AM	7:00PM	6:00PM
		2:45			DAY OFF (R.) 2:00 - 2:45							
3:00AM	ARABELLA WEEKEND	POP TALK (R.) 2:45 - 3:15						4:00AM	6:00AM	8:00AM	8:00PM	7:00PM
	CATCH-UP (R.) 2:00 -		REEL LIFE "I Heart	REEL LIFE "Wa-Packed	REEL LIFE "Once Upon a	REEL LIFE "Hilarious	REEL LIFE "Senti Flicks"					
4:00AM	4:45	TELESINE (R.) 3:15 -	Mondays" (R.) 2:45 - 4:45						7:00AM	9:00AM	9:00PM	8:00PM
		4:45										
5:00AM	BIYAHE NI DREW (R) 4:45	TURBO ZONE (R) 4:45 - 5:15		I	ADADELLA (D) 4.45 F.20	<u> </u>		6:00AM	8:00AM	10:00AM	10:00PM	9:00PM
	5:30	THE FINAL PITCH: CEBU EDITION (R.)			ARABELLA (R) 4:45 - 5:30)						
6:00AM	I BILIB (P) 5:30 - 6:00	5:15 - 5:45		D.A	LITANGHALI (R) 5:30 - 6:	-30		7:00AM	9:00AM	11:00AM	11:00PM	10:00PM
0.00AM	DAMI MONG ALAM, KUYA KIM! (P) 6:00 - 6:30	I JUANDER (R) 5:45 - 6:30		D _r	ELITANGITALI (N) 3.30 - 0.	.50		7.00/40	9.00441	11.00/44	11.00FM	10.00FM
7:00AM	AHA! (R.) 6:30 - 7:00	PINAS SARAP (R) 6:30 -		LU	TONG BAHAY (R) 6:30 - 7	':15		8:00AM	10:00AM	12:00NN	12:00MN	11:00PM
7:00AM	SARAP 'DI BA? (R.) 7:00 -	7:15			. ,			6.UUAM	10:00AM	12:00NN	12:00MN	11:00PM
8:00AM	7:45 THE FINAL PITCH: CEBU	I BILIB (R) 7:15 - 7:45		M	IARS PA MORE (R) 7:15 - 8:0	00						
8:00AM	EDITION (P) 7:45 - 8:15	PINOY MD (R.) 7:45 - 8:30		IC	OOL SA KUSINA (R) 8:00 - 8:	45		9:00AM	11:00AM	1:00PM	1:00AM	12:00MN
	POP TALK (R.) 8:15 - 8:45	BIYAHE NI DREW (R.)										
9:00AM	I JUANDER (P) 8:45 - 9:30	8:30 - 9:15 FARM TO TABLE (R.) 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	10:00	I JUANDER (R.) 9:30 -	PINAS SARAP (R.) 9:30 -	TURBO ZONE (R.) 9:30 -	FARM TO TABLE (R) 9:30 -	I JUANDER (P) 9:30 - 10:15 "Month of Overseas					
10:00AM	SARAP 'Di BA? (R.) 10:00 - 10:30	TASTE BUDDIES (R) 10:00 - 10:30	10:15	10:15	10:15	10:15	Filipinos"	11:00AM	1:00PM	3:00PM	3:00AM	2:00AM
ŀ	TUNAY NA BUHAY (R) 10:30 -	MAKE YOUR MARC (S2) (R.)		BAL	ITANGHALI (R) 10:15 - 1:	1:15						
11:00AM	11:00	10:30 - 11:15			. ,			12:00NN	2:00PM	4:00PM	4:00AM	3:00AM
	TELESINE (R.) 11:00 -	TURBO ZONE (R) 11:15 - 12:00		IDOL SA KUSINA (R) 11:15 - 12:00								
12:00NN	12:30	DAMI MONG ALAM, KUYA		MA	ARS PA MORE (R) 12:00 - 12	:45		1:00PM	3:00PM	5:00PM	M 5:00AM	4:00AM
ŀ		KIM! (R) 12:00 - 12:45										
1:00PM	REEL LIFE WEEKEND	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
	(R) 12:30 - 2:30 "Kaluskos"	AHA! (R.) 1:15 - 1:45				_						
2:00PM	Kaluskos	I BILIB (R) 1:45 - 2:15			ARABELLA (R) 1:30 - 2:15			3:00PM	5:00PM	7:00PM	7:00AM	6:00AM
F			BAI	ITANGHALI (P) 2:15 - 3	2-15		WEEKEND GETAWAY (P)					
3:00PM	PINOY MD (P) 2:30 - 3:30		DAL	ITANGHALI (I) 2.15	5.15		2:15 - 3:15	4:00PM	6:00PM	8:00PM	8:00AM	7:00AM
_		PINOY MD (R) 3:15 - 4:00	REGAL STUDIO PRESENTS	KARELASYON (R) 3:15 - 4:00	DAMI MONG ALAM, KUYA	WEEKEND GETAWAY (R)	POP TALK (R) 3:15 - 3:45					
4:00PM	I JUANDER (R) 3:30 - 4:15		(R) 3:15 - 4:00		KIM! (R) 3:15 - 4:00	3:15 - 4:00	SARAP 'DI BA? (P.) 3:45 -	5:00PM	7:00PM	9:00PM	9:00AM	8:00AM
	BIYAHE NI DREW (R) 4:15	REEL LIFE "I Heart		REEL LIFE "Once Upon a	REEL LIFE "Hilarious		4:15					
5:00PM	5:00	Mondays" (P.) 4:00 -	REEL LIFE "Wa-Packed Tuesdays" (P.) 4:00 - 6:00	Wednesdays" (P.) 4:00 -	Huwebes" (P.) 4:00 -	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00	TELESINE (P) 4:15 - 5:45	6:00PM	8:00PM	10:00PM	10:00AM	9:00AM
	WEEKEND GETAWAY (R) 5:00 - 6:00	6:00	14034475 (1.) 1.00 0.00	6:00	6:00	(1.) 4.00 0.00	5.45					
6:00PM	REGAL STUDIO PRESENTS						-	7:00PM	9:00PM	11:00PM	11:00AM	10:00AM
	(P) 6:00 - 6:45			ARABELLA (P) 6:00 - 6:45	5		REEL LIFE WEEKEND (P) 5:45 - 7:45 "Hello,					
7:00PM	7:15 TASTE BUDDIES (P.) 6:45 -		LU	TONG BAHAY (P) 6:45 - 7	7:30		Universe!"	8:00PM	10:00PM	12:00MN	12:00NN	11:00AM
	FARM TO TABLE (P) 7:15 -											
8:00PM	made room made (32) (1)						WEEKEND GETAWAY (R)	9:00PM	11:00PM	1:00AM	1:00PM	12:00NN
-	8:00 - 8:30		N	1ARS PA MORE (P) 8:15 - 9:	00		7:45 - 8:45					
9:00PM	AHA! (P.) 8:30 - 9:00		BIYAHE NI DREW (P.) 8:45 - 1						12:00MN	2:00AM	2:00PM	1:00PM
	POP TALK (P) 9:00 - 9:45		IC	OOL SA KUSINA (P) 9:00 - 9:	45		9:30 TURBO ZONE (P.) 9:30 -	1				
10:00PM	PINAS SARAP (P.) 9:45 -		P.411	ITANCHALL (D) 0:45 4	0.45		10:00	11:00PM	1:00AM	3:00AM	3:00PM	2:00PM
	10:30		BALI	ITANGHALI (R) 9:45 - 1	.0.43		TUNAY NA BUHAY (P.) 10:00 - 10:30					
11:00PM	KARELASYON (R.) 10:30 - 11:15		TASTE BUDDIES (R) 10:45 -		MAKE YOUR MARC (S2) (R)	REGAL STUDIO PRESENTS	I JUANDER (R) 10:30 - 11:15 "Month of Overseas	12:00MN	2:00AM	4:00AM	4:00PM	3:00PM
ŀ	PINOY MD (R) 11:15 -	- 11:30	11:30	KIM! (R) 10:45 - 11:30	10:45 - 11:30	(R) 10:45 - 11:30	Filipinos" KARELASYON (P) 11:15 -	-				
12:00MN	12:15		LUTO	ONG BAHAY (R) 11:30 - 1	2:30		12:00	1:00AM	3:00AM	5:00AM	5:00PM	4:00PM

		GMA	LIFE TV PROGRAMN	ING DECEMBER 7	- 13, 2025 GRID (MA	ANILA)		JAPAN	AUSTRAL	NEW		UK (MLA -
MLA	SUNDAY DECEMBER.7	MONDAY DECEMBER.8	TUESDAY DECEMBER.9	WEDNESDAY DECEMBER.10	THURSDAY DECEMBER.11	FRIDAY DECEMBER.12	SATURDAY DECEMBER.13	(MLA + 1)	IA (MLA + 3)	ZEALAND (MLA + 5)	ITALY (MLA - 7)	8)
12:00MN	DECEMBERTY	con't of PINOY MD (R) 11:15 -	DECEMBERIS	•	LUTONG BAHAY (R) 11:3	•	DECEMBERIES	1:00AM	3:00AM	5:00AM	5:00PM	4:00PM
1:00AM	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Hello, Universe!"	I BILIB (R) 12:15 - 12:45 AHA! (R) 12:45 - 1:15 "AHAPanalo"		M	ARS PA MORE (R) 12:30 - 1:	15		2:00AM	4:00AM	6:00AM	6:00PM	5:00PM
2:00AM	Olliverse:	FARM TO TABLE (R.) 1:15 - 2:00		IC	OL SA KUSINA (R) 1:15 - 2:0	00		3:00AM	5:00AM	7:00AM	7:00PM	6:00PM
2.00Am		PINAS SARAP (R.) 2:00 - 2:45			DAY OFF (R.) 2:00 - 2:45		,	3.00/48	5.00444	7.00AW	7.00FM	6.00FW
3:00AM	ARABELLA WEEKEND CATCH-UP (R.) 2:00 - 4:45	POP TALK (R.) 2:45 - 3:30	REEL LIFE "I Heart	REEL LIFE "Wa-Packed	REEL LIFE "Once Upon a Wednesdays" (R.) 2:45 -	REEL LIFE "Hilarious	REEL LIFE "Senti Flicks"	4:00AM	6:00AM	8:00AM	8:00PM	7:00PM
4:00AM		TELESINE (R.) 3:30 - 5:00	Mondays" (R.) 2:45 - 4:45	Tuesdays" (R.) 2:45 - 4:45	4:45	Huwebes" (R.) 2:45 - 4:45	(R.) 2:45 - 4:45	5:00AM	7:00AM	9:00AM	9:00PM	8:00PM
5:00AM	5:30 S 20 6 20	TURBO ZONE (R) 5:00 - 5:45			ARABELLA (R) 4:45 - 5:30)		6:00AM	8:00AM	10:00AM	10:00PM	9:00PM
6:00AM	I BILIB (P) 5:30 - 6:00 DAMI MONG ALAM, KUYA KIM! (P) 6:00 - 6:30	I JUANDER (R) 5:45 - 6:30		BALITANGHALI (R) 5:30 - 6:30						11:00AM	11:00PM	10:00PM
7:00AM	AHA! (R.) 6:30 - 7:00 SARAP 'DI BA? (R.) 7:00 - 7:30	PINAS SARAP (R) 6:30 - 7:15		LU	FONG BAHAY (R) 6:30 - 7	':15		8:00AM	10:00AM	12:00NN	12:00MN	11:00PM
8:00AM	REGAL STUDIO PRESENTS (R) 7:30 - 8:15	I BILIB (R) 7:15 - 7:45 PINOY MD (R.) 7:45 - 8:30			IARS PA MORE (R) 7:15 - 8:0			9:00AM	11:00AM	1:00PM	1:00AM	12:00MN
9:00AM	POP TALK (R.) 8:15 - 8:45 I JUANDER (P) 8:45 - 9:30	BIYAHE NI DREW (R.) 8:30 - 9:15 FARM TO TABLE (R.) 9:15 -			DAY OFF (R) 8:45 - 9:30			10:00AM	12:00NN	2:00PM	2:00AM	1:00AM
10:00AM	TASTE BUDDIES (R) 9:30 - 10:00 TUNAY NA BUHAY (R) 10:00 - 10:30	10:00 TASTE BUDDIES (R) 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
11:00AM	SARAP 'Di BA? (R.) 10:30 - 11:00	MAKE YOUR MARC (S2) (R.) 10:30 - 11:15		BALITANGHALI (R) 10:15 - 11:15						4:00PM	4:00AM	3:00AM
	TELESINE (R.) 11:00 - 12:30	TURBO ZONE (R) 11:15 - 12:00		IDO	DL SA KUSINA (R) 11:15 - 12	::00						
12:00NN	12:30	DAMI MONG ALAM, KUYA KIM! (R) 12:00 - 12:45		MA	ARS 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 "Hello,	TUNAY NA BUHAY (R) 12:45 - 1:15 AHA! (R.) 1:15 - 1:45 "AHAPanalo"			DAY OFF (R.) 12:45 - 1:30			2:00PM	4:00PM	6:00PM	6:00AM	5:00AM
2:00PM	Universe!"	I BILIB (R) 1:45 - 2:15			ARABELLA (R) 1:30 - 2:15	5	T	3:00PM	5:00PM	7:00PM	7:00AM	6:00AM
3:00PM	PINOY MD (P) 2:30 - 3:30		Γ	ITANGHALI (P) 2:15 - 3	I		WEEKEND GETAWAY (P) 2:15 - 3:15	4:00PM	6:00PM	8:00PM	8:00AM	7:00AM
4:00PM	I JUANDER (R) 3:30 - 4:15	PINOY MD (R) 3:15 - 4:00	REGAL STUDIO PRESENTS (R) 3:15 - 4:00	KARELASYON (R) 3:15 - 4:00	DAMI MONG ALAM, KUYA KIM! (R) 3:15 - 4:00	WEEKEND GETAWAY (R) 3:15 - 4:00	POP TALK (R) 3:15 - 3:45 SARAP 'DI BA? (P.) 3:45 - 4:15	5:00PM	7:00PM	9:00PM	9:00AM	8:00AM
5:00PM	BIYAHE NI DREW (R) 4:15 - 5:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	REEL LIFE "Wa-Packed Tuesdays" (P.) 4:00 - 6:00	REEL LIFE "Once Upon a Wednesdays" (P.) 4:00 - 6:00	REEL LIFE "Hilarious Huwebes" (P.) 4:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00	TELESINE (P) 4:15 - 5:45	6:00PM	8:00PM	10:00PM	10:00AM	9:00AM
6:00PM	WEEKEND GETAWAY (R) 5:00 - 6:00 REGAL STUDIO PRESENTS	0.00		0.00	0.00			7:00PM	9:00PM	11:00PM	11:00AM	10:00AM
7:00PM	(P) 6:00 - 6:45 TASTE BUDDIES (P.) 6:45 -			ARABELLA (P) 6:00 - 6:45 REEL LIFE WEEKEND (P) 5:45 - 7:45 (P) 5:45 - 7:45					10:00PM	12:00MN	12:00NN	11:00AM
	7:15 FARM TO TABLE (P) 7:15 - 8:00			LUTONG BAHAY (P) 6:45 - 7:30 "Pepeng Agimat"								
8:00PM	MAKE YOUR MARC (S2) (P) 8:00 - 8:30 AHA! (P.) 8:30 - 9:00		DAY OFF (P) 7:30 - 8:15 WEEKEND GETAWAY (R) 7:45 - 8:45 MARS PA MORE (P) 8:15 - 9:00					9:00PM	11:00PM	1:00AM	1:00PM	12:00NN
9:00PM	"AHAPanalo" POP TALK (P) 9:00 - 9:45			OL SA KUSINA (P) 9:00 - 9:			BIYAHE NI DREW (P.) 8:45 - 9:30	10:00PM	12:00MN	2:00AM	2:00PM	1:00PM
10:00PM	PINAS SARAP (P.) 9:45 - 10:30			TANGHALI (R) 9:45 - 1			TURBO ZONE (P.) 9:30 - 10:00 TUNAY NA BUHAY (P.) 10:00 - 10:30	11:00PM	1:00AM	3:00AM	3:00PM	2:00PM
11:00PM	KARELASYON (R.) 10:30 - 11:15	TUNAY NA BUHAY (R) 10:45 - 11:30	TASTE BUDDIES (R) 10:45 - 11:30	DAMI MONG ALAM, KUYA KIM! (R) 10:45 - 11:30	MAKE YOUR MARC (S2) (R) 10:45 - 11:30	REGAL STUDIO PRESENTS (R) 10:45 - 11:30	SARAP 'DI BA? (R) 10:30 - 11:15	12:00MN	2:00AM	4:00AM	4:00PM	3:00PM
12:00MN	PINOY MD (R) 11:15 - 12:15		LUTO	ONG BAHAY (R) 11:30 - 1	2:30	I	KARELASYON (P) 11:15 - 12:00	1:00AM	3:00AM	5:00AM	5:00PM	4:00PM

March Marc			GMA L	IFE TV PROGRAMM	IING DECEMBER 14	- 20, 2025 GRID (M	ANILA)		JAPAN	AUSTRAL	NEW		T
March Marc	MLA								(MLA +	IA (MLA	(MLA +	ITALY (MLA - 7)	UK (MLA - 8)
March Marc	12:00MN	DECEMBER.14	con't of PINOY MD (R) 11:15 -	FARM TO TABLE CHRISTMAS SPECIALS	PINAS SARAP CHRISTMAS SPECIALS (R)	FARM TO TABLE CHRISTMAS SPECIALS	PINAS SARAP CHRISTMAS SPECIALS (R)	FARM TO TABLE CHRISTMAS SPECIALS	1:00AM	3:00AM	5:00AM	5:00PM	4:00PM
1200 12	1:00AM	(R) 12:00 - 2:00	AHA! (R) 12:45 - 1:15 "AHAdvance Merry	(N) 11:50 · 12:50		.,		(N) 1130-1230	2:00AM	4:00AM	6:00AM	6:00PM	5:00PM
AAABELIA WEEKENDO	2:00AM		2:00		IC	OOL SA KUSINA (R) 1:15 - 2:	00		3:00AM	5:00AM	7:00AM	7:00PM	6:00PM
Part						DAY OFF (R.) 2:00 - 2:45							
Part	3:00AM	CATCH-UP (R.) 2:00 -	POP TALK (R.) 2:45 - 3:30	REEL LIFE "I Heart	REEL LIFE "Wa-Packed		REEL LIFE "Hilarious	REEL LIFE "Senti Flicks"	4:00AM	6:00AM	8:00AM	8:00PM	7:00PM
1.000 1.00	4:00AM			Mondays" (R.) 2:45 - 4:45	Tuesdays" (R.) 2:45 - 4:45		Huwebes" (R.) 2:45 - 4:45	(R.) 2:45 - 4:45	5:00AM	7:00AM	### STOOPM 10:00PM 10	9:00PM	8:00PM
MAIN MAN PART MAIN PART	5:00AM	5:30	TURBO ZONE (R) 5:00 - 5:45		ARABELLA (R) 4:45 - 5:30							10:00PM	9:00PM
MARIE 1	6:00AM	DAMI MONG ALAM, KUYA	I JUANDER (R) 5:45 - 6:30		BALITANGHALI (R) 5:30 - 6:30						11:00AM	11:00PM	10:00PM
MARK PAMMER (R) 7.15 - 8.00 PRIOR MO (R) 2.75 - 8.00 PRIOR MORE (R) 2.15 - 8.00	7:00AM	AHA! (R.) 6:30 - 7:00 "AHAPanalo"	7:15	CHRISTMAS SPECIALS (R)		CHRISTMAS SPECIALS (R)		CHRISTMAS SPECIALS (R)	8:00AM	10:00AM	12:00NN	12:00MN	11:00PM
BYANK FOLIST NOTE DAY OFF (R) 8.45 - 930 1000	8:00AM								9:00AM	11:00AM	1:00PM	1:00AM	12:00MN
MAN TO TABLE (P) 3-15 100 100 101 100 101 100 101 100 101	9:00AM				IL		45		10:00AM	12:00NN	2:00PM	2:00AM	1:00AM
Mark	-		FARM TO TABLE (R.) 9:15 -	LILIANDER (R.) 9:30 -	PINAS SARAP (R.) 9:30 -	T	FARM TO TABLE (R) 9:30 -	MAKE YOUR MARC (S2) (R)					
T1000 T100	10:00AM		TASTE BUDDIES (R) 10:00 -						11:00AM	1:00PM	3:00PM	3:00AM	2:00AM
TELESINE (R), 1100 1200	11:00AM		10:30 - 11:15		BAL	ITANGHALI (R) 10:15 - 1:	1:15		12:00NN	2:00PM	4:00PM	4:00AM	3:00AM
DAMI MONG ALAM, KUTA MARS PA MORE (R) 12:00 - 12:45	12:00NN		12:00		IDOL SA KUSINA (R) 11:15 - 12:00						5:00PM	5:00AM	4:00AM
REEL LIFE WEEKEND (R) 12-30 - 2-30 "Pepeng Agimat" BILURO (R) 3.30 - 3.30 PINOY MD (R) 3.15 - 4.00 BILURO (R) 3.30 - 4.15 BILURO (R) 3.15 - 4.00 BILURO (R) 3.1	-			2:45 MARS PA MORE (R) 12:00 - 12:45									
PROPING ARIMAN TOURN TOU	1:00PM		1:15 AHA! (R.) 1:15 - 1:45			DAY OFF (R.) 12:45 - 1:30			2:00PM	4:00PM	6:00PM	6:00AM	5:00AM
PINOY MD (P) 2:30 - 3:30 PINOY MD (P) 2:30 - 3:30 PINOY MD (R) 3:15 - 4:00 REGAL STUDIO PRESENTS (R) 4:00 - 6:00 REG	2:00PM	"Pepeng Agimat"				ARABELLA (R) 1:30 - 2:15	5		3:00PM	5:00PM	7:00PM	7:00AM	6:00AM
TATE BUDIES (P) 1-4-00 TATE BUDIES (P) 1-4-05 TASTE BUDIES (P) 1-4-5-09 TASTE	3:00PM	PINOY MD (P) 2:30 - 3:30		BAL	ITANGHALI (P) 2:15 - 3	3:15			4:00PM	6:00PM	8:00PM	8:00AM	7:00AM
BIVAHE NI DREW (R) 4:15 S:00	4:00PM	I JUANDER (R) 3:30 - 4:15	PINOY MD (R) 3:15 - 4:00		KARELASYON (R) 3:15 - 4:00			SARAP 'DI BA? (P.) 3:45 -	5:00PM	7:00PM	9:00PM	9:00AM	8:00AM
WEEKEND GETAWAY (R) S.00		5:00	Mondays" (P.) 4:00 -		Wednesdays" (P.) 4:00 -	Huwebes" (P.) 4:00 -		TELESINE (P) 4:15 -	6:00PM	8:00PM	10:00PM	10:00AM	9:00AM
ARABELLA (P) 6:00 - 6:45	6:00PM	5:00 - 6:00	6:00		6:00	6:00	(1.1) 1.130 0.00	5.45	7:00PM	9:00PM	11:00PM	11:00AM	10:00AM
TASTE BUDDIES (P.) 6:45 - 7:30 PINAS SARAP CHRISTMAS SPECIALS (P) 6:45 - 7:30 C						5							
MAKE YOUR MARC (\$2) (P) 8:00 - 8:30 MAKE YOUR MARC (\$2) (P) 8:00 - 8:30 MAKE YOUR MAKE (\$2) (R) 8:00 - 8:30 MAKE YOUR MAKE YOUR MAKE (\$2) (R) 8:00 - 8:30 MAKE YOUR MAKE		7:15 FARM TO TABLE (P) 7:15 -	CHRISTMAS SPECIALS (P)	PINAS SARAP CHRISTMAS SPECIALS (P) 6:45 - 7:30 CHRISTMAS SPECIALS (P) PINAS SARAP CHRISTMAS SPECIALS (P) 6:45 - 7:30 CHRISTMAS SPECIALS (P) Kepweng Returns"					8:00PM	10:00PM	12:00MN	12:00NN	11:00AM
Merry Christmas* BIYAHE NI DREW (P.) 8:45 9:30 1:00PM 1:	8:00PM	MAKE YOUR MARC (S2) (P)		WEEREND GETAV						11:00PM	1:00AM	1:00PM	12:00NN
PINAS SARAP (P,) 9:45 10:00PM PINAS SARAP (P,) 9:45 10:00PM 10:0	9:00PM	Merry Christmas"		MARS PA MORE (P) 8:15 - 9:00 BIYAHE NI DREW (P.) 8:45						12:00MN	2:00AM	2:00PM	1:00PM
11:00PM KARELASYON (R.) 10:30 - 11:00PM 11:15 - 11:30 11:3	10:00PM	PINAS SARAP (P.) 9:45 -						10:00	11:00PM	1:00AM	3:00AM	3:00PM	2:00PM
PINOY MD (R) 11:15 - 12:15	11:00PM	KARELASYON (R.) 10:30 -		TASTE BUDDIES (R) 10:45 -	DAMI MONG ALAM, KUYA	MAKE YOUR MARC (S2) (R)		10:00 - 10:30 SARAP 'DI BA? (R) 10:30 -	12:00MN	2:00AM	4:00AM	4:00PM	3:00PM
	12:00MN		FARM TO TABLE CHRISTMAS SPECIALS	PINAS SARAP CHRISTMAS SPECIALS (R)	FARM TO TABLE CHRISTMAS SPECIALS	PINAS SARAP CHRISTMAS SPECIALS (R)	FARM TO TABLE CHRISTMAS SPECIALS		1:00444	2-00444	5:00AM	g-gona/	4:00PM

		GMA L	IFE TV PROGRAMN	IING DECEMBER 21	- 27, 2025 GRID (M.	ANILA)		JAPAN	AUSTRAL	NEW		Ī
MLA	SUNDAY DECEMBER.21	MONDAY DECEMBER.22	TUESDAY DECEMBER.23	WEDNESDAY DECEMBER.24	THURSDAY DECEMBER.25	FRIDAY DECEMBER.26	SATURDAY DECEMBER.27	(MLA + 1)	IA (MLA + 3)	ZEALAND (MLA + 5)	ITALY (MLA - 7)	UK (MLA -) 8)
12:00MN	REEL LIFE WEEKEND	con't of PINOY MD (R) 11:15 - I BILIB (R) 12:15 - 12:45		I JUANDER C	HRISTMAS SPECIALS (R)	11:30 - 12:30		1:00AM	3:00AM	5:00AM	5:00PM	4:00PM
1:00AM	(R) 12:00 - 2:00 "Mang Kepweng Returns"	AHA! (R) 12:45 - 1:15 "AHAppy Christmas!" FARM TO TABLE (R.) 1:15			ARS PA MORE (R) 12:30 - 1:			2:00AM	4:00AM	6:00AM	6:00PM	5:00PM
2:00AM		2:00 PINAS SARAP (R.) 2:00 -		IL	OL SA KUSINA (R) 1:15 - 2:0	00		3:00AM	5:00AM	7:00AM	7:00PM	6:00PM
		2:45			DAY OFF (R.) 2:00 - 2:45							
3:00AM	ARABELLA WEEKEND CATCH-UP (R.) 2:00 - 4:45	POP TALK (R.) 2:45 - 3:30	REEL LIFE "I Heart	REEL LIFE "Wa-Packed	REEL LIFE "Once Upon a Wednesdays" (R.) 2:45 -	REEL LIFE "Hilarious	REEL LIFE "Senti Flicks"	4:00AM	6:00AM	8:00AM	8:00PM	7:00PM
4:00AM		TELESINE (R.) 3:30 - 5:00	Mondays" (R.) 2:45 - 4:45	Tuesdays" (R.) 2:45 - 4:45	4:45	Huwebes" (R.) 2:45 - 4:45	(R.) 2:45 - 4:45	5:00AM	7:00AM	9:00AM	9:00PM	8:00PM
5:00AM	BIYAHE NI DREW (R) 4:45 - 5:30 I BILIB (P) 5:30 - 6:00	TURBO ZONE (R) 5:00 - 5:45			ARABELLA (R) 4:45 - 5:30)		6:00AM	8:00AM	10:00AM	10:00PM	9:00PM
6:00AM	DAMI MONG ALAM, KUYA KIM! (P) 6:00 - 6:30	I JUANDER (R) 5:45 - 6:30		BALITANGHALI (R) 5:30 - 6:30						11:00AM	11:00PM	10:00PM
7:00AM	AHA! (R.) 6:30 - 7:00 "AHAdvance Merry SARAP 'DI BA? (R.) 7:00 - 7:30	PINAS SARAP (R) 6:30 - 7:15		I JUANDER (CHRISTMAS SPECIALS (R) 6:30 - 7:15		8:00AM	10:00AM	12:00NN	12:00MN	11:00PM
8:00AM	REGAL STUDIO PRESENTS (R) 7:30 - 8:15	I BILIB (R) 7:15 - 7:45 PINOY MD (R.) 7:45 - 8:30			OL SA KUSINA (R) 8:00 - 8:0			9:00AM	11:00AM	1:00PM	1:00AM	12:00MN
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
10:00AM	TASTE BUDDIES (R) 9:30 - 10:00 TUNAY NA BUHAY (R) 10:00 - 10:30	FARM TO TABLE (R.) 9:15 - 10:00 TASTE BUDDIES (R) 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
11:00AM	SARAP 'Di BA? (R.) 10:30 - 11:00	10:30 MAKE YOUR MARC (S2) (R.) 10:30 - 11:15		BAL	ITANGHALI (R) 10:15 - 1:	1:15		12:00NN	2:00PM	4:00PM	4:00AM	3:00AM
	TELESINE (R.) 11:00 -	TURBO ZONE (R) 11:15 - 12:00		IDO	DL SA KUSINA (R) 11:15 - 12	::00						
12:00NN	12:30	DAMI MONG ALAM, KUYA KIM! (R) 12:00 - 12:45		MA	RS 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 "Mang	TUNAY NA BUHAY (R) 12:45 - 1:15 AHA! (R.) 1:15 - 1:45 "AHAppy Christmas!"			DAY OFF (R.) 12:45 - 1:30			2:00PM	4:00PM	6:00PM	6:00AM	5:00AM
2:00PM	Kepweng Returns"	I BILIB (R) 1:45 - 2:15			ARABELLA (R) 1:30 - 2:15	5		3:00PM	5:00PM	7:00PM	7:00AM	6:00AM
3:00PM	PINOY MD (P) 2:30 - 3:30		T	.ITANGHALI (P) 2:15 - 3	Γ		WEEKEND GETAWAY (P) 2:15 - 3:15	4:00PM	6:00PM	8:00PM	8:00AM	7:00AM
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 SARAP 'DI BA? (P.) 3:45 - 4:15	5:00PM	7:00PM	9:00PM	9:00AM	8:00AM
5:00PM	BIYAHE NI DREW (R) 4:15 - 5:00	REEL LIFE "I Heart Mondays" (P.) 4:00 -	REEL LIFE "Wa-Packed Tuesdays" (P.) 4:00 - 6:00	REEL LIFE "Once Upon a Wednesdays" (P.) 4:00 -	REEL LIFE "Hilarious Huwebes" (P.) 4:00 -	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00	TELESINE (P) 4:15 - 5:45	6:00PM	8:00PM	10:00PM	10:00AM	9:00AM
6:00PM	WEEKEND GETAWAY (R) 5:00 - 6:00 REGAL STUDIO PRESENTS	6:00	, , ,	6:00	6:00	. ,		7:00PM	9:00PM	11:00PM	11:00AM	10:00AM
7:00PM	(S17) (P) 6:00 - 6:45 TASTE BUDDIES (P.) 6:45 -			ARABELLA (P) 6:00 - 6:45 LILIANDER CHRISTMAS SPECIALS (P) 6:45 - 7:30 "L					10:00PM	12:00MN	12:00NN	11:00AM
	7:15 FARM TO TABLE (P) 7:15 - 8:00		TJOANDER	I JUANDER CHRISTMAS SPECIALS (P) 6:45 - 7:30 DAY OFF (P) 7:30 - 8:15					11:00PM	1:00AM	1:00PM	12:00NN
-	MAKE YOUR MARC (S2) (P) 8:00 - 8:30 AHA! (P.) 8:30 - 9:00 "AHAppy Christmas!"		M	WEEKEND GETAWAY (R) 7:45 - 8:45 BIYAHE NI DREW (P.) 8:45 -	9:00PM							
9:00PM	POP TALK (P) 9:00 - 9:45		IC	IDOL SA KUSINA (P) 9:00 - 9:45					12:00MN	2:00AM	2:00PM	1:00PM
10:00PM	PINAS SARAP (P.) 9:45 - 10:30		BALI	TANGHALI (R) 9:45 - 1	0:45		TURBO ZONE (P.) 9:30 - 10:00 TUNAY NA BUHAY (P.) 10:00 - 10:30	11:00PM	1:00AM	3:00AM	3:00PM	2:00PM
11:00PM	KARELASYON (R.) 10:30 - 11:15	TUNAY NA BUHAY (R) 10:45 - 11:30	TASTE BUDDIES (R) 10:45 - 11:30	DAMI MONG ALAM, KUYA KIM! (R) 10:45 - 11:30	MAKE YOUR MARC (S2) (R) 10:45 - 11:30	REGAL STUDIO PRESENTS (S17) (R) 10:45 - 11:30	SARAP 'DI BA? (R) 10:30 - 11:15	12:00MN	2:00AM	4:00AM	4:00PM	3:00PM
12:00MN	PINOY MD (R) 11:15 - 12:15		I JUANDER C	HRISTMAS SPECIALS (R)	11:30 - 12:30	ı	KARELASYON (P) 11:15 - 12:00	1:00AM	3:00AM	5:00AM	5:00PM	4:00PM

		GMA L	GMA LIFE TV PROGRAMMING DECEMBER 28 - 31, 2025 GRID (MANILA)							NEW		
MLA	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	(MLA +	AUSTRAL IA (MLA + 3)	ZEALAND (MLA + 5)	ITALY (MLA - 7)	UK (MLA - 8)
12:00MN	DECEMBER.28	DECEMBER.29 con't of PINOY MD (R) 11:15 -	DECEMBER.30	DECEMBER.31				1:00AM	3:00AM	5:00AM	5:00PM	4:00PM
	REEL LIFE WEEKEND (R) 12:00 - 2:00	I BILIB (R) 12:15 - 12:45			LUTONG BAHAY (R) 11:3 ARS PA MORE (R) 12:30 - 1:							
1:00AM	"Lastikman"	AHA! (R) 12:45 - 1:15 FARM TO TABLE (R.) 1:15 -		IV.	ANS FA WORL (N) 12.30 - 1.	13		2:00AM	4:00AM	6:00AM	6:00PM	5:00PM
2:00AM		2:00		IC	OL SA KUSINA (R) 1:15 - 2:	00		3:00AM	5:00AM	7:00AM	7:00PM	6:00PM
		PINAS SARAP (R.) 2:00 - 2:45			DAY OFF (R.) 2:00 - 2:45							
3:00AM	ARABELLA WEEKEND CATCH-UP (R.) 2:00 - 4:45	POP TALK (R.) 2:45 - 3:30	REEL LIFE "I Heart	REEL LIFE "Wa-Packed	REEL LIFE "Once Upon a	REEL LIFE "Hilarious	REEL LIFE "Senti Flicks"	4:00AM	6:00AM	8:00AM	8:00PM	7:00PM
4:00AM	4.43	TELESINE (R.) 3:30 - 5:00	Mondays" (R.) 2:45 - 4:45		Wednesdays" (R.) 2:45 - 4:45	Huwebes" (R.) 2:45 - 4:45		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		I.	ARABELLA (R) 4:45 - 5:30)	I	6:00AM	8:00AM	10:00AM	10:00PM	9:00PM
6:00AM	I BILIB (P) 5:30 - 6:00 DAMI MONG ALAM, KUYA KIM! (P) 6:00 - 6:30	I JUANDER (R) 5:45 - 6:30		BA	LITANGHALI (R) 5:30 - 6	30		7:00AM	9:00AM	11:00AM	11:00PM	10:00PM
7:00AM	AHA! (R.) 6:30 - 7:00 "AHAppy Christmas!" SARAP 'DI BA? (R.) 7:00 - 7:30	PINAS SARAP (R) 6:30 - 7:15		LU	ГОNG BAHAY (R) 6:30 - 7	:15		8:00AM	10:00AM	12:00NN	12:00MN	11:00PM
8:00AM	REGAL STUDIO PRESENTS (R) 7:30 - 8:15	I BILIB (R) 7:15 - 7:45 PINOY MD (R.) 7:45 - 8:30			ARS PA MORE (R) 7:15 - 8:0			9:00AM	11:00AM	1:00PM	1:00AM	12:00MN
9:00AM	POP TALK (R.) 8:15 - 8:45	BIYAHE NI DREW (R.) 8:30 - 9:15		IC	DAY OFF (R) 8:45 - 9:30	45		10:00AM	12:00NN	2:00PM	2:00AM	1:00AM
10:00AM	TASTE BUDDIES (R) 9:30 - 10:00 TUNAY NA BUHAY (R) 10:00 -	FARM TO TABLE (R.) 9:15 - 10:00 TASTE BUDDIES (R) 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
11:00AM	10:30 SARAP 'Di BA? (R.) 10:30 - 11:00	10:30 MAKE YOUR MARC (S2) (R.) 10:30 - 11:15		BAL	ITANGHALI (R) 10:15 - 1	1:15		12:00NN	2:00PM	4:00PM	4:00AM	3:00AM
	TELESINE (R.) 11:00 -	TURBO ZONE (R) 11:15 - 12:00		IDOL SA KUSINA (R) 11:15 - 12:00								
12:00NN	12:30	DAMI MONG ALAM, KUYA KIM! (R) 12:00 - 12:45		MA	ARS 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	TUNAY NA BUHAY (R) 12:45 - 1:15 AHA! (R.) 1:15 - 1:45			DAY OFF (R.) 12:45 - 1:30			2:00PM	4:00PM	6:00PM	6:00AM	5:00AM
2:00PM	"Lastikman"	I BILIB (R) 1:45 - 2:15			ARABELLA (R) 1:30 - 2:15	5	ı	3:00PM	5:00PM	7:00PM	7:00AM	6:00AM
3:00PM	PINOY MD (P) 2:30 - 3:30		BAL	ITANGHALI (P) 2:15 - 3	3:15		WEEKEND GETAWAY (P) 2:15 - 3:15	4:00PM	6:00PM	8:00PM	8:00AM	7:00AM
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 SARAP 'DI BA? (P.) 3:45 -	5:00PM	7:00PM	9:00PM	9:00AM	8:00AM
5:00PM	BIYAHE NI DREW (R) 4:15 - 5:00	REEL LIFE "I Heart	REEL LIFE "Wa-Packed	REEL LIFE "Once Upon a	REEL LIFE "Hilarious	REEL LIFE "Senti Friday"	4:15 TELESINE (P) 4:15 -	6:00PM	8:00PM	10:00PM	10:00AM	9:00AM
	WEEKEND GETAWAY (R) 5:00 - 6:00	Mondays" (P.) 4:00 - 6:00	Tuesdays" (P.) 4:00 - 6:00	Wednesdays" (P.) 4:00 - 6:00	Huwebes" (P.) 4:00 - 6:00	(P.) 4:00 - 6:00	5:45					
6:00PM	REGAL STUDIO PRESENTS (S17) (P) 6:00 - 6:45			 ARABELLA (P) 6:00 - 6:45	5		REEL LIFE WEEKEND	7:00PM	9:00PM	11:00PM	11:00AM	10:00AM
7:00PM	TASTE BUDDIES (P.) 6:45 - 7:15 FARM TO TABLE (P) 7:15 -		LU	LUTONG BAHAY (P) 6:45 - 7:30 (P) 5:45 - 7:45						12:00MN	12:00NN	11:00AM
8:00PM	8:00 MAKE YOUR MARC (S2) (P) 8:00 - 8:30		DAY OFF (P) 7:30 - 8:15 WEEKEND GETAWA 7:45 - 8:45						11:00PM	1:00AM	1:00PM	12:00NN
9:00PM	AHA! (P.) 8:30 - 9:00			IARS PA MORE (P) 8:15 - 9:			BIYAHE NI DREW (P.) 8:45 - 9:30	10:00PM	12:00MN	2:00AM	2:00PM	1:00PM
10:00PM	POP TALK (P) 9:00 - 9:45 PINAS SARAP (P.) 9:45 -			OOL SA KUSINA (P) 9:00 - 9:			TURBO ZONE (P.) 9:30 - 10:00	11:00PM	1:00AM	2:00PM		
-	10:30 KARELASYON (R.) 10:30 -			TANGHALI (R) 9:45 - 1	Г		TUNAY NA BUHAY (P.) 10:00 - 10:30					
11:00PM	11:15 PINOY MD (R) 11:15 -	TUNAY NA BUHAY (R) 10:45 - 11:30	11:30	KIM! (R) 10:45 - 11:30	MAKE YOUR MARC (S2) (R) 10:45 - 11:30	REGAL STUDIO PRESENTS (S17) (R) 10:45 - 11:30	SARAP 'DI BA? (R) 10:30 - 11:15 KARELASYON (P) 11:15 -	12:00MN	2:00AM	4:00AM	4:00PM	3:00PM
12:00MN	12:15		LUTO	ONG BAHAY (R) 11:30 - 1	.2:30		12:00	1:00AM	3:00AM	5:00AM	5:00PM	4:00PM