

MLA	GMA LIFE TV PROGRAMMING APRIL 1 - 4, 2026 GRID (MANILA)							JAPAN (MLA + 1)	AUSTRALIA (MLA + 3)	NEW ZEALAND (MLA + 5)	ITALY (MLA - 6)	UK (MLA - 7)			
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY APRIL 1	THURSDAY APRIL 2	FRIDAY APRIL 3	SATURDAY APRIL 4								
12:00MN	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Mindanao"	con't of PINOY MD (R) 11:15 - 12:45	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	RETURN TO PARADISE WEEKEND CATCH-UP (R.) 2:00 - 4:45	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		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	I BILIB (P) 4:45 - 5:15	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		DAMI MONG ALAM, KUYA KIMI (P) 5:15 - 5:45	RETURN TO PARADISE (R) 4:45 - 5:30					6:00AM	8:00AM	10:00AM	11:00PM	10:00PM			
6:00AM	BORN TO BE WILD (R.) 5:45 - 6:15	POP TALK (R.) 5:00 - 5:45	BALITANGHALI (R) 5:30 - 6:30			LUTONG PINASARAP (R) 5:30 - 6:30		7:00AM	9:00AM	11:00AM	12:00NN	11:00PM			
7:00AM	DAIG KAYO NG LOLA KO (R) 6:15 - 7:00	AHA! (R.) 5:45 - 6:15	LUTONG BAHAY (R) 6:30 - 7:15					8:00AM	10:00AM	12:00NN	1:00AM	12:00NN			
8:00AM	SARAP 'DI BA? (R.) 7:00 - 7:30	IJUANDER (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	POP TALK (R) 7:30 - 8:15	TASTE BUDDIES (R) 7:30 - 8:00	IDOL SA KUSINA (R) 8:00 - 8:45					10:00AM	12:00NN	2:00PM	3:00AM	2:00AM			
10:00AM	BIYAHE NI DREW (R) 8:15 - 9:00	FARM TO TABLE (R) 8:00 - 8:45	DAY OFF (R) 8:45 - 9:30					11:00AM	1:00PM	3:00PM	4:00AM	3:00AM			
11:00AM	IJUANDER (R) 9:00 - 9:45	PINASARAP (R.) 8:45 - 9:30	IJUANDER (R) 9:30 - 10:15	PINASARAP (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	TASTE BUDDIES (R) 9:45 - 10:15	POP TALK (R.) 10:15 - 11:00	BALITANGHALI (R) 10:15 - 11:15			LUTONG PINASARAP (R) 10:15 - 11:15		1:00PM	3:00PM	5:00PM	6:00AM	5:00AM			
1:00PM	SARAP 'DI BA? (R.) 10:15 - 10:45	HOME BASE PLUS (R.) 11:00 - 11:30	MARS PA MORE (R) 12:00 - 12:45					2:00PM	4:00PM	6:00PM	7:00AM	6:00AM			
2:00PM	TUNAY NA BUHAY (R) 10:45 - 11:15	TURBO ZONE (R) 11:30 - 12:00	DAY OFF (R.) 12:45 - 1:30					3:00PM	5:00PM	7:00PM	8:00AM	7:00AM			
3:00PM	DAIG KAYO NG LOLA KO (R) 11:15 - 12:00	DAMI MONG ALAM, KUYA KIMI (R) 12:00 - 12:30	RETURN TO PARADISE (R) 1:30 - 2:15					4:00PM	6:00PM	8:00PM	9:00AM	8:00AM			
4:00PM	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Mindanao"	DAIG KAYO NG LOLA KO (R) 12:30 - 1:15	BALITANGHALI (P) 2:15 - 3:15			LUTONG PINASARAP (P) 2:15 - 3:15		WEEKEND GETAWAY (P) 2:15 - 3:15		5:00PM	7:00PM	9:00PM	10:00AM	9:00AM	
5:00PM	WISH KO LANG (R.) 2:00 - 2:45	I BILIB (R) 1:45 - 2:15	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 KIMI (R) 3:15 - 4:00	TUNAY NA BUHAY (R) 3:15 - 4:00	TURBO ZONE (P) 3:15 - 3:45	SARAP 'DI BA? (P.) 3:45 - 4:15	6:00PM	8:00PM	10:00PM	11:00AM	10:00AM	
6:00PM	SARAP 'DI BA? (R.) 2:45 - 3:15	RETURN TO PARADISE (P) 6:00 - 6:45					REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00		REEL LIFE "Wa-Packed Tuesdays" (P.) 4:00 - 6:00		7:00PM	9:00PM	11:00PM	12:00NN	11:00AM
7:00PM	BIYAHE NI DREW (R) 3:15 - 4:00	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	WISH KO LANG (P) 5:00 - 5:45		8:00PM	10:00PM	12:00NN	1:00PM	12:00NN		
8:00PM	WEEKEND GETAWAY (R) 4:00 - 5:00	LUTONG BAHAY (P) 6:45 - 7:30					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Sakada"		9:00PM	11:00PM	1:00AM	2:00PM	1:00PM		
9:00PM	PINOY MD (P) 5:00 - 6:00	DAY OFF (P) 7:30 - 8:15					DAIG KAYO NG LOLA KO (P.) 7:45 - 8:30		10:00PM	12:00NN	2:00AM	3:00PM	2:00PM		
10:00PM	AHA! (P.) 6:00 - 6:30	MARS PA MORE (P) 8:15 - 9:00					WISH KO LANG (R) 8:30 - 9:15		11:00PM	1:00AM	3:00AM	4:00PM	3:00PM		
11:00PM	REGAL STUDIO PRESENTS (P) 6:30 - 7:15	IDOL SA KUSINA (P) 9:00 - 9:45					BIYAHE NI DREW (P.) 9:15 - 10:00		12:00NN	2:00AM	4:00AM	5:00PM	4:00PM		
12:00NN	TASTE BUDDIES (P.) 7:15 - 7:45	BALITANGHALI (R) 9:45 - 10:45			LUTONG PINASARAP (R) 9:45 - 10:45		IJUANDER (P) 10:00 - 10:45		1:00AM	3:00AM	5:00AM	6:00PM	5:00PM		
1:00AM	POP TALK (P) 7:45 - 8:30	DAY OFF (R) 11:30 - 12:30					KARELASYON (P) 11:15 - 12:00		2:00AM	4:00AM	6:00PM	7:00PM	6:00PM		
2:00AM	HOME BASE PLUS (P) 8:30 - 9:15	BORN TO BE WILD (R) 10:45 - 11:30	TASTE BUDDIES (R) 10:45 - 11:30	DAMI MONG ALAM, KUYA KIMI (R) 10:45 - 11:30	HOME BASE PLUS (S26) (R) 10:45 - 11:30	WEEKEND GETAWAY (R) 10:45 - 11:30	TUNAY NA BUHAY (P.) 10:45 - 11:15		3:00AM	5:00AM	7:00PM	8:00PM	7:00PM		
3:00AM	FARM TO TABLE (P) 9:15 - 10:00	LUTONG BAHAY (R) 11:30 - 12:30					KARELASYON (P) 11:15 - 12:00		4:00AM	6:00AM	8:00PM	9:00PM	8:00PM		

GMA LIFE TV PROGRAMMING APRIL 5 - 11, 2026 GRID (MANILA)								JAPAN (MLA + 1)	AU (MLA + 2)	NEW ZEALAND (MLA + 4)	ITALY (MLA - 6)	UK (MLA - 7)
MLA	SUNDAY APRIL 5	MONDAY APRIL 6	TUESDAY APRIL 7	WEDNESDAY APRIL 8	THURSDAY APRIL 9	FRIDAY APRIL 10	SATURDAY APRIL 11					
12:00MN	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Sakada"	con't of PINOY MD (R) 11:15 -	con't of LUTONG BAHAY (R) 11:30 - 12:30					1:00AM	2:00AM	4:00AM	6:00PM	5:00PM
1:00AM		I BILIB (R) 12:15 - 12:45	MARS PA MORE (R) 12:30 - 1:15					2:00AM	3:00AM	5:00AM	7:00PM	6:00PM
2:00AM		AHA! (R) 12:45 - 1:15	IDOL SA KUSINA (R) 1:15 - 2:00					3:00AM	4:00AM	6:00AM	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	5:00AM	7:00AM	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	6:00AM	8:00AM	10:00PM	9:00PM
5:00AM		WISH KO LANG (R.) 4:15 - 5:00	RETURN TO PARADISE (R) 4:45 - 5:30					6:00AM	7:00AM	9:00AM	11:00PM	10:00PM
6:00AM		I BILIB (P) 4:45 - 5:15	BALITANGHALI (R) 5:30 - 6:30					7:00AM	8:00AM	10:00AM	12:00MN	11:00PM
7:00AM		DAMI MONG ALAM, KUYA KIMI (P) 5:15 - 5:45	LUTONG BAHAY (R) 6:30 - 7:15					8:00AM	9:00AM	11:00AM	1:00AM	12:00MN
8:00AM		BORN TO BE WILD (R.) 5:45 - 6:15	MARS PA MORE (R) 7:15 - 8:00					9:00AM	10:00AM	12:00NN	2:00AM	1:00AM
9:00AM		DAIG KAYO NG LOLA KO (R) 6:15 - 7:00	IDOL SA KUSINA (R) 8:00 - 8:45					10:00AM	11:00AM	1:00PM	3:00AM	2:00AM
10:00AM		SARAP 'DI BA? (R) 7:00 - 7:30	DAY OFF (R) 8:45 - 9:30					11:00AM	12:00NN	2:00PM	4:00AM	3:00AM
11:00AM		POP TALK (R) 7:30 - 8:15	IJUANDER (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	1:00PM	3:00PM	5:00AM	4:00AM
12:00NN		BIYAHE NI DREW (R) 8:15 - 9:00	BALITANGHALI (R) 10:15 - 11:15					1:00PM	2:00PM	4:00PM	6:00AM	5:00AM
1:00PM		IJUANDER (R) 9:00 - 9:45	IDOL SA KUSINA (R) 11:15 - 12:00					2:00PM	3:00PM	5:00PM	7:00AM	6:00AM
2:00PM		TASTE BUDDIES (R) 9:45 - 10:15	MARS PA MORE (R) 12:00 - 12:45					3:00PM	4:00PM	6:00PM	8:00AM	7:00AM
3:00PM		SARAP 'DI BA? (R.) 10:15 - 10:45	DAY OFF (R.) 12:45 - 1:30					4:00PM	5:00PM	7:00PM	9:00AM	8:00AM
4:00PM		TUNAY NA BUHAY (R) 10:45 - 11:15	RETURN TO PARADISE (R) 1:30 - 2:15					5:00PM	6:00PM	8:00PM	10:00AM	9:00AM
5:00PM		DAIG KAYO NG LOLA KO (R) 11:15 - 12:00	BALITANGHALI (P) 2:15 - 3:15					6:00PM	7:00PM	9:00PM	11:00AM	10:00AM
6:00PM		REEL LIFE WEEKEND (R) 12:00 - 2:00 "Sakada"	WEEKEND GETAWAY (P) 2:15 - 3:15					7:00PM	8:00PM	10:00PM	12:00NN	11:00AM
7:00PM		WISH KO LANG (R.) 2:00 - 2:45	TURBO ZONE (P) 3:15 - 3:45					8:00PM	9:00PM	11:00PM	1:00PM	12:00NN
8:00PM		SARAP 'DI BA? (R.) 2:45 - 3:15	SARAP 'DI BA? (P.) 3:45 - 4:15					9:00PM	10:00PM	12:00NN	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 KIMI (R) 3:15 - 4:00	TUNAY NA BUHAY (R) 3:15 - 4:00	10:00PM	11:00PM	1:00AM	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	11:00PM	12:00MN	2:00AM	4:00PM	3:00PM
11:00PM		PINOY MD (P) 5:00 - 6:00	RETURN TO PARADISE (P) 6:00 - 6:45					12:00MN	1:00AM	3:00AM	5:00PM	4:00PM
12:00MN		AHA! (P.) 6:00 - 6:30	LUTONG BAHAY (P) 6:45 - 7:30					1:00AM	2:00AM	4:00AM	6:00PM	5:00PM
		REGAL STUDIO PRESENTS (P) 6:30 - 7:15	DAY OFF (P) 7:30 - 8:15					2:00AM	3:00AM	5:00AM	7:00PM	6:00PM
		TASTE BUDDIES (P.) 7:15 - 7:45	MARS PA MORE (P) 8:15 - 9:00					3:00AM	4:00AM	6:00AM	8:00PM	7:00PM
		POP TALK (P) 7:45 - 8:30	IDOL SA KUSINA (P) 9:00 - 9:45					4:00AM	5:00AM	7:00AM	9:00PM	8:00PM
		HOME BASE PLUS (P) 8:30 - 9:15	BALITANGHALI (R) 9:45 - 10:45					5:00AM	6:00AM	8:00AM	10:00PM	9:00PM
		FARM TO TABLE (P) 9:15 - 10:00	WEEKEND GETAWAY (R) 10:45 - 11:30					6:00AM	7:00AM	9:00AM	11:00PM	10:00PM
		PINAS SARAP (P.) 10:00 - 10:45	BORN TO BE WILD (R) 10:45 - 11:30	TASTE BUDDIES (R) 10:45 - 11:30	DAMI MONG ALAM, KUYA KIMI (R) 10:45 - 11:30	HOME BASE PLUS (S26) (R) 10:45 - 11:30	TUNAY NA BUHAY (P.) 10:45 - 11:15	7:00AM	8:00AM	10:00AM	12:00NN	11:00AM
		TURBO ZONE (R) 10:45 - 11:15	LUTONG BAHAY (R) 11:30 - 12:30					8:00AM	9:00AM	11:00AM	1:00PM	12:00NN
		PINOY MD (R) 11:15 - 12:15						9:00AM	10:00AM	12:00NN	2:00AM	1:00AM

GMA LIFE TV PROGRAMMING APRIL 12 - 18, 2026 GRID (MANILA)								JAPAN (MLA + 1)	AU (MLA + 2)	NEW ZEALAND (MLA + 4)	ITALY (MLA - 6)	UK (MLA - 7)	
MLA	SUNDAY APRIL 12	MONDAY APRIL 13	TUESDAY APRIL 14	WEDNESDAY APRIL 15	THURSDAY APRIL 16	FRIDAY APRIL 17	SATURDAY APRIL 18						
12:00MN	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Nagalit ang Buwan sa Haba ng Gabi"	con't of PINOY MD (R) 11:15 - 12:45	con't of LUTONG BAHAY (R) 11:30 - 12:30					1:00AM	2:00AM	4:00AM	6:00PM	5:00PM	
1:00AM		I BILIB (R) 12:15 - 12:45	MARS PA MORE (R) 12:30 - 1:15					2:00AM	3:00AM	5:00AM	7:00PM	6:00PM	
2:00AM		AHA! (R) 12:45 - 1:15	IDOL SA KUSINA (R) 1:15 - 2:00					3:00AM	4:00AM	6:00AM	8:00PM	7:00PM	
3:00AM		FARM TO TABLE (R.) 1:15 - 2:00	DAY OFF (R.) 2:00 - 2:45					4:00AM	5:00AM	7:00AM	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	6:00AM	8:00AM	10:00PM	9:00PM	
5:00AM		RETURN TO PARADISE WEEKEND CATCH-UP (R.) 2:00 - 4:45	PINAS SARAP (R) 2:45 - 3:30	RETURN TO PARADISE (R) 4:45 - 5:30					6:00AM	7:00AM	9:00AM	11:00PM	10:00PM
6:00AM		BORN TO BE WILD (R.) 3:30 - 4:15	BORN TO BE WILD (R.) 3:30 - 4:15	BALITANGHALI (R) 5:30 - 6:30					7:00AM	8:00AM	10:00AM	12:00MN	11:00PM
7:00AM		WISH KO LANG (R.) 4:15 - 5:00	IJUANDER (R) 6:15 - 7:00	LUTONG BAHAY (R) 6:30 - 7:15					8:00AM	9:00AM	11:00AM	1:00AM	12:00MN
8:00AM		I BILIB (P) 4:45 - 5:15	SARAP 'DI BA? (R.) 7:00 - 7:30	MARS PA MORE (R) 7:15 - 8:00					9:00AM	10:00AM	12:00NN	2:00AM	1:00AM
9:00AM		DAMI MONG ALAM, KUYA KIMI (P) 5:15 - 5:45	POP TALK (R) 7:30 - 8:15	IDOL SA KUSINA (R) 8:00 - 8:45					10:00AM	11:00AM	1:00PM	3:00AM	2:00AM
10:00AM	BORN TO BE WILD (R.) 5:45 - 6:15	IJUANDER (R) 7:00 - 7:30	DAY OFF (R) 8:45 - 9:30					11:00AM	12:00NN	2:00PM	4:00AM	3:00AM	
11:00AM	DAIG KAYO NG LOLA KO (R) 6:15 - 7:00	TASTE BUDDIES (R) 9:30 - 10:15	IJUANDER (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	1:00PM	3:00PM	5:00AM	4:00AM	
12:00NN	SARAP 'DI BA? (R.) 10:15 - 10:45	POP TALK (R.) 10:15 - 11:00	BALITANGHALI (R) 10:15 - 11:15					1:00PM	2:00PM	4:00PM	6:00AM	5:00AM	
1:00PM	TUNAY NA BUHAY (R) 10:45 - 11:15	HOME BASE PLUS (R.) 11:00 - 11:30	IDOL SA KUSINA (R) 11:15 - 12:00					2:00PM	3:00PM	5:00PM	7:00AM	6:00AM	
2:00PM	DAIG KAYO NG LOLA KO (R) 11:15 - 12:00	TURBO ZONE (R) 11:30 - 12:00	MARS PA MORE (R) 12:00 - 12:45					3:00PM	4:00PM	6:00PM	8:00AM	7:00AM	
3:00PM	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Nagalit ang Buwan sa Haba ng Gabi"	DAMI MONG ALAM, KUYA KIMI (R) 12:00 - 12:30	DAY OFF (R.) 12:45 - 1:30					4:00PM	5:00PM	7:00PM	9:00AM	8:00AM	
4:00PM	WISH KO LANG (R.) 2:00 - 2:45	DAIG KAYO NG LOLA KO (R) 12:30 - 1:15	RETURN TO PARADISE (R) 1:30 - 2:15					5:00PM	6:00PM	8:00PM	10:00AM	9:00AM	
5:00PM	SARAP 'DI BA? (R.) 2:45 - 3:15	AHA! (R.) 1:15 - 1:45	BALITANGHALI (P) 2:15 - 3:15					6:00PM	7:00PM	9:00PM	11:00AM	10:00AM	
6:00PM	BIYAHE NI DREW (R) 3:15 - 4:00	I BILIB (R) 1:45 - 2:15	WEEKEND GETAWAY (P) 2:15 - 3:15					7:00PM	8:00PM	10:00PM	12:00NN	11:00AM	
7:00PM	WEEKEND GETAWAY (R) 4:00 - 5:00	REGAL STUDIO PRESENTS (S17) (R) 3:15 - 4:00	KARELASYON (R) 3:15 - 4:00	DAMI MONG ALAM, KUYA KIMI (R) 3:15 - 4:00	TUNAY NA BUHAY (R) 3:15 - 4:00	TURBO ZONE (P) 3:15 - 3:45	8:00PM	9:00PM	11:00PM	1:00PM	12:00NN		
8:00PM	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	9:00PM	10:00PM	12:00NN	2:00PM	1:00PM		
9:00PM	AHA! (P.) 6:00 - 6:30	REGAL STUDIO PRESENTS (P) 6:30 - 7:15	RETURN TO PARADISE (P) 6:00 - 6:45					10:00PM	11:00PM	1:00AM	3:00PM	2:00PM	
10:00PM	TASTE BUDDIES (P.) 7:15 - 7:45	TASTE BUDDIES (P.) 7:15 - 7:45	LUTONG BAHAY (P) 6:45 - 7:30					11:00PM	12:00MN	2:00AM	4:00PM	3:00PM	
11:00PM	POP TALK (P) 7:45 - 8:30	POP TALK (P) 7:45 - 8:30	DAY OFF (P) 7:30 - 8:15					12:00MN	1:00AM	3:00AM	5:00PM	4:00PM	
12:00MN	HOME BASE PLUS (P) 8:30 - 9:15	HOME BASE PLUS (P) 8:30 - 9:15	MARS PA MORE (P) 8:15 - 9:00					1:00AM	2:00AM	4:00AM	6:00PM	5:00PM	
	FARM TO TABLE (P) 9:15 - 10:00	FARM TO TABLE (P) 9:15 - 10:00	IDOL SA KUSINA (P) 9:00 - 9:45					2:00AM	3:00AM	5:00AM	7:00PM	6:00PM	
	PINAS SARAP (P.) 10:00 - 10:45	PINAS SARAP (P.) 10:00 - 10:45	BALITANGHALI (R) 9:45 - 10:45					3:00AM	4:00AM	6:00AM	8:00PM	7:00PM	
	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 KIMI (R) 10:45 - 11:30	HOME BASE PLUS (S26) (R) 10:45 - 11:30	WEEKEND GETAWAY (R) 10:45 - 11:30	4:00PM	5:00PM	7:00PM	9:00PM	8:00PM		
	PINOY MD (R) 11:15 - 12:15	PINOY MD (R) 11:15 - 12:15	LUTONG BAHAY (R) 11:30 - 12:30					5:00PM	6:00PM	8:00PM	10:00PM	9:00PM	
			KARELASYON (P) 11:15 - 12:00					6:00PM	7:00PM	9:00PM	11:00PM	10:00PM	

GMA LIFE TV PROGRAMMING APRIL 19 - 25, 2026 GRID (MANILA)								JAPAN (MLA + 1)	AU (MLA + 2)	NEW ZEALAND (MLA + 4)	ITALY (MLA - 6)	UK (MLA - 7)	
MLA	SUNDAY APRIL 19	MONDAY APRIL 20	TUESDAY APRIL 21	WEDNESDAY APRIL 22	THURSDAY APRIL 23	FRIDAY APRIL 24	SATURDAY APRIL 25						
12:00MN	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Kapag Iginuhit ang Hatol ng Puso"	con't of PINOY MD (R) 11:15 - 12:45	con't of LUTONG BAHAY (R) 11:30 - 12:30					1:00AM	2:00AM	4:00AM	6:00PM	5:00PM	
1:00AM		I BILIB (R) 12:15 - 12:45	MARS PA MORE (R) 12:30 - 1:15					2:00AM	3:00AM	5:00AM	7:00PM	6:00PM	
2:00AM		AHA! (R) 12:45 - 1:15	IDOL SA KUSINA (R) 1:15 - 2:00					3:00AM	4:00AM	6:00AM	8:00PM	7:00PM	
3:00AM		FARM TO TABLE (R.) 1:15 - 2:00	DAY OFF (R.) 2:00 - 2:45					4:00AM	5:00AM	7:00AM	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	6:00AM	8:00AM	10:00PM	9:00PM	
5:00AM		RETURN TO PARADISE WEEKEND CATCH-UP (R.) 2:00 - 4:45	PINAS SARAP (R) 2:45 - 3:30	RETURN TO PARADISE (R) 4:45 - 5:30					6:00AM	7:00AM	9:00AM	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	8:00AM	10:00AM	12:00NN	11:00PM
7:00AM		DAMI MONG ALAM, KUYA KIMI! (P) 5:15 - 5:45	WISH KO LANG (R.) 4:15 - 5:00	LUTONG BAHAY (R) 6:30 - 7:15					8:00AM	9:00AM	11:00AM	1:00AM	12:00MN
8:00AM		BORN TO BE WILD (R.) 5:45 - 6:15	SARAP 'DI BA? (R.) 7:00 - 7:30	MARS PA MORE (R) 7:15 - 8:00					9:00AM	10:00AM	12:00NN	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	11:00AM	1:00PM	3:00AM	2:00AM
10:00AM	SARAP 'DI BA? (R.) 7:30 - 8:15	POP TALK (R.) 5:00 - 5:45	DAY OFF (R) 8:45 - 9:30					11:00AM	12:00NN	2:00PM	4:00AM	3:00AM	
11:00AM	POP TALK (R) 7:30 - 8:15	POP TALK (R.) 10:15 - 11:00	IJUANDER (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	1:00PM	3:00PM	5:00AM	4:00AM	
12:00NN	BIYAHE NI DREW (R) 8:15 - 9:00	HOME BASE PLUS (R.) 11:00 - 11:30	BALITANGHALI (R) 10:15 - 11:15					1:00PM	2:00PM	4:00PM	6:00AM	5:00AM	
1:00PM	IJUANDER (R) 9:00 - 9:45	TURBO ZONE (R) 11:30 - 12:00	MARS PA MORE (R) 12:00 - 12:45					2:00PM	3:00PM	5:00PM	7:00AM	6:00AM	
2:00PM	TASTE BUDDIES (R) 9:45 - 10:15	DAMI MONG ALAM, KUYA KIMI! (R) 12:00 - 12:30	DAY OFF (R.) 12:45 - 1:30					3:00PM	4:00PM	6:00PM	8:00AM	7:00AM	
3:00PM	SARAP 'DI BA? (R.) 10:15 - 10:45	DAIG KAYO NG LOLA KO (R) 12:30 - 1:15	RETURN TO PARADISE (R) 1:30 - 2:15					4:00PM	5:00PM	7:00PM	9:00AM	8:00AM	
4:00PM	TUNAY NA BUHAY (R) 10:45 - 11:15	AHA! (R.) 1:15 - 1:45	BALITANGHALI (P) 2:15 - 3:15					5:00PM	6:00PM	8:00PM	10:00AM	9:00AM	
5:00PM	DAIG KAYO NG LOLA KO (R) 11:15 - 12:00	I BILIB (R) 1:45 - 2:15	WEEKEND GETAWAY (P) 2:15 - 3:15					6:00PM	7:00PM	9:00PM	11:00AM	10:00AM	
6:00PM	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Kapag Iginuhit ang Hatol ng Puso"	BIYAHE NI DREW (R) 3:15 - 4:00	REGAL STUDIO PRESENTS (S17) (R) 3:15 - 4:00	KARELASYON (R) 3:15 - 4:00	DAMI MONG ALAM, KUYA KIMI! (R) 3:15 - 4:00	TUNAY NA BUHAY (R) 3:15 - 4:00	TURBO ZONE (P) 3:15 - 3:45	7:00PM	8:00PM	10:00PM	12:00NN	11:00AM	
7:00PM	WISH KO LANG (R.) 2:00 - 2:45	PINOY MD (R) 3:15 - 4:00	RETURN TO PARADISE (P) 6:00 - 6:45					8:00PM	9:00PM	11:00PM	1:00PM	12:00NN	
8:00PM	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	BORN TO BE WILD (P) 4:15 - 5:00	9:00PM	10:00PM	12:00NN	2:00PM	1:00PM	
9:00PM	BIYAHE NI DREW (R) 3:15 - 4:00	WISH KO LANG (P) 5:00 - 5:45	LUTONG BAHAY (P) 6:45 - 7:30					10:00PM	11:00PM	1:00AM	3:00PM	2:00PM	
10:00PM	WEEKEND GETAWAY (R) 4:00 - 5:00	AHA! (P.) 6:00 - 6:30	DAY OFF (P) 7:30 - 8:15					11:00PM	12:00MN	2:00AM	4:00PM	3:00PM	
11:00PM	PINOY MD (P) 5:00 - 6:00	REGAL STUDIO PRESENTS (P) 6:30 - 7:15	MARS PA MORE (P) 8:15 - 9:00					12:00MN	1:00AM	3:00AM	5:00PM	4:00PM	
12:00MN	WISH KO LANG (R) 8:30 - 9:15	TASTE BUDDIES (R) 7:15 - 7:45	IDOL SA KUSINA (P) 9:00 - 9:45					1:00AM	2:00AM	4:00AM	6:00PM	5:00PM	
	POP TALK (P) 7:45 - 8:30	POP TALK (P) 7:45 - 8:30	BALITANGHALI (R) 9:45 - 10:45					2:00AM	3:00AM	5:00AM	7:00PM	6:00PM	
	HOME BASE PLUS (P) 8:30 - 9:15	POP TALK (P) 7:45 - 8:30	LUTONG BAHAY (R) 11:30 - 12:30					3:00AM	4:00AM	6:00AM	8:00PM	7:00PM	
	FARM TO TABLE (P) 9:15 - 10:00	POP TALK (P) 7:45 - 8:30						4:00AM	5:00AM	7:00AM	9:00PM	8:00PM	
	PINAS SARAP (P.) 10:00 - 10:45	POP TALK (P) 7:45 - 8:30						5:00AM	6:00AM	8:00AM	10:00PM	9:00PM	
	TURBO ZONE (R) 10:45 - 11:15	POP TALK (P) 7:45 - 8:30						6:00AM	7:00AM	9:00AM	11:00PM	10:00PM	
	PINOY MD (R) 11:15 - 12:15	POP TALK (P) 7:45 - 8:30						7:00AM	8:00AM	10:00AM	12:00NN	11:00AM	
		POP TALK (P) 7:45 - 8:30						8:00AM	9:00AM	11:00AM	1:00PM	12:00NN	
		POP TALK (P) 7:45 - 8:30						9:00AM	10:00AM	12:00NN	2:00PM	1:00PM	
		POP TALK (P) 7:45 - 8:30						10:00AM	11:00AM	1:00AM	3:00PM	2:00PM	
		POP TALK (P) 7:45 - 8:30						11:00AM	12:00MN	2:00AM	4:00PM	3:00PM	
		POP TALK (P) 7:45 - 8:30						12:00MN	1:00AM	3:00AM	5:00PM	4:00PM	
		POP TALK (P) 7:45 - 8:30						1:00AM	2:00AM	4:00AM	6:00PM	5:00PM	

GMA LIFE TV PROGRAMMING APRIL 26 - 30, 2026 GRID (MANILA)								JAPAN (MLA + 1)	AU (MLA + 2)	NEW ZEALAND (MLA + 4)	ITALY (MLA - 6)	UK (MLA - 7)	
MLA	SUNDAY APRIL 26	MONDAY APRIL 27	TUESDAY APRIL 28	WEDNESDAY APRIL 29	THURSDAY APRIL 30	FRIDAY	SATURDAY						
12:00MN	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Naglalayag"	con't of PINOY MD (R) 11:15 - 12:45	con't of LUTONG BAHAY (R) 11:30 - 12:30					1:00AM	2:00AM	4:00AM	6:00PM	5:00PM	
1:00AM		I BILIB (R) 12:15 - 12:45	MARS PA MORE (R) 12:30 - 1:15					2:00AM	3:00AM	5:00AM	7:00PM	6:00PM	
2:00AM		AHA! (R) 12:45 - 1:15	IDOL SA KUSINA (R) 1:15 - 2:00					3:00AM	4:00AM	6:00AM	8:00PM	7:00PM	
3:00AM		FARM TO TABLE (R.) 1:15 - 2:00	DAY OFF (R.) 2:00 - 2:45					4:00AM	5:00AM	7:00AM	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	6:00AM	8:00AM	10:00PM	9:00PM	
5:00AM		RETURN TO PARADISE WEEKEND CATCH-UP (R.) 2:00 - 4:45	PINAS SARAP (R) 2:45 - 3:30	RETURN TO PARADISE (R) 4:45 - 5:30					6:00AM	7:00AM	9:00AM	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	8:00AM	10:00AM	12:00MN	11:00PM
7:00AM		DAMI MONG ALAM, KUYA KIMI (P) 5:15 - 5:45	WISH KO LANG (R.) 4:15 - 5:00	LUTONG BAHAY (R) 6:30 - 7:15					8:00AM	9:00AM	11:00AM	1:00AM	12:00MN
8:00AM		BORN TO BE WILD (R.) 5:45 - 6:15	SARAP 'DI BA? (R.) 7:00 - 7:30	MARS PA MORE (R) 7:15 - 8:00					9:00AM	10:00AM	12:00NN	2:00AM	1:00AM
9:00AM		DAIG KAYO NG LOLA KO (R) 6:15 - 7:00	POP TALK (R) 7:30 - 8:15	IDOL SA KUSINA (R) 8:00 - 8:45					10:00AM	11:00AM	1:00PM	3:00AM	2:00AM
10:00AM	SARAP 'DI BA? (R.) 7:00 - 7:30	I JUANDER (R) 9:00 - 9:45	DAY OFF (R) 8:45 - 9:30					11:00AM	12:00NN	2:00PM	4:00AM	3:00AM	
11:00AM	POP TALK (R) 7:30 - 8:15	TASTE BUDDIES (R) 9:45 - 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	1:00PM	3:00PM	5:00AM	4:00AM	
12:00NN	BIYAHE NI DREW (R) 8:15 - 9:00	POP TALK (R.) 10:15 - 11:00	BALITANGHALI (R) 10:15 - 11:15					1:00PM	2:00PM	4:00PM	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	3:00PM	5:00PM	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	4:00PM	6:00PM	8:00AM	7:00AM	
3:00PM	SARAP 'DI BA? (R.) 10:15 - 10:45	DAMI MONG ALAM, KUYA KIMI (R) 12:00 - 12:30	DAY OFF (R.) 12:45 - 1:30					4:00PM	5:00PM	7:00PM	9:00AM	8:00AM	
4:00PM	TUNAY NA BUHAY (R) 10:45 - 11:15	AHA! (R.) 1:15 - 1:45	RETURN TO PARADISE (R) 1:30 - 2:15					5:00PM	6:00PM	8:00PM	10:00AM	9:00AM	
5:00PM	DAIG KAYO NG LOLA KO (R) 11:15 - 12:00	I BILIB (R) 1:45 - 2:15	BALITANGHALI (P) 2:15 - 3:15					6:00PM	7:00PM	9:00PM	11:00AM	10:00AM	
6:00PM	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Naglalayag"	WEEKEND GETAWAY (P) 2:15 - 3:15					7:00PM	8:00PM	10:00PM	12:00NN	11:00AM		
7:00PM	WISH KO LANG (R.) 2:00 - 2:45	BIYAHE NI DREW (R) 3:15 - 4:00	REGAL STUDIO PRESENTS (S17) (R) 3:15 - 4:00	KARELASYON (R) 3:15 - 4:00	DAMI MONG ALAM, KUYA KIMI (R) 3:15 - 4:00	TUNAY NA BUHAY (R) 3:15 - 4:00	TURBO ZONE (P) 3:15 - 3:45	8:00PM	9:00PM	11:00PM	1:00PM	12:00NN	
8:00PM	SARAP 'DI BA? (R.) 2:45 - 3:15	PINOY MD (R) 3:15 - 4:00	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	9:00PM	10:00PM	12:00NN	2:00PM	1:00PM	
9:00PM	BIYAHE NI DREW (R) 3:15 - 4:00	WEEKEND GETAWAY (R) 4:00 - 5:00	RETURN TO PARADISE (P) 6:00 - 6:45					10:00PM	11:00PM	1:00AM	3:00PM	2:00PM	
10:00PM	PINOY MD (P) 5:00 - 6:00	REEL LIFE "I Heart Mondays" (P.) 6:00 - 6:00	REGAL STUDIO PRESENTS (P) 6:30 - 7:15	LUTONG BAHAY (P) 6:45 - 7:30					11:00PM	12:00MN	2:00AM	4:00PM	3:00PM
11:00PM	AHA! (P.) 6:00 - 6:30	REEL LIFE "I Heart Mondays" (P.) 6:00 - 6:00	TASTE BUDDIES (R) 10:45 - 11:30	DAMI MONG ALAM, KUYA KIMI (R) 10:45 - 11:30	HOME BASE PLUS (S26) (R) 10:45 - 11:30	WEEKEND GETAWAY (R) 10:45 - 11:30	TUNAY NA BUHAY (P.) 10:45 - 11:15	12:00MN	1:00AM	3:00AM	5:00PM	4:00PM	
12:00MN	REGAL STUDIO PRESENTS (P) 6:30 - 7:15	REEL LIFE "I Heart Mondays" (P.) 6:00 - 6:00	DAY OFF (P) 7:30 - 8:15					1:00AM	2:00AM	4:00AM	6:00PM	5:00PM	
	TASTE BUDDIES (P.) 7:15 - 7:45	REEL LIFE "I Heart Mondays" (P.) 6:00 - 6:00	MARS PA MORE (P) 8:15 - 9:00					2:00AM	3:00AM	5:00AM	7:00PM	6:00PM	
	POP TALK (P) 7:45 - 8:30	REEL LIFE "I Heart Mondays" (P.) 6:00 - 6:00	IDOL SA KUSINA (P) 9:00 - 9:45					3:00AM	4:00AM	6:00AM	8:00PM	7:00PM	
	HOME BASE PLUS (P) 8:30 - 9:15	REEL LIFE "I Heart Mondays" (P.) 6:00 - 6:00	BALITANGHALI (R) 9:45 - 10:45					4:00AM	5:00AM	7:00AM	9:00PM	8:00PM	
	FARM TO TABLE (P) 9:15 - 10:00	REEL LIFE "I Heart Mondays" (P.) 6:00 - 6:00	LUTONG BAHAY (R) 11:30 - 12:30					5:00AM	6:00AM	8:00AM	10:00PM	9:00PM	
	PINAS SARAP (P.) 10:00 - 10:45	REEL LIFE "I Heart Mondays" (P.) 6:00 - 6:00						6:00AM	7:00AM	9:00AM	11:00PM	10:00PM	
	TURBO ZONE (R) 10:45 - 11:15	BORN TO BE WILD (R) 10:45 - 11:30						7:00AM	8:00AM	10:00AM	12:00NN	11:00AM	
	PINOY MD (R) 11:15 - 12:15	TASTE BUDDIES (R) 10:45 - 11:30						8:00AM	9:00AM	11:00AM	1:00PM	12:00NN	
		DAMI MONG ALAM, KUYA KIMI (R) 10:45 - 11:30						9:00AM	10:00AM	12:00NN	2:00PM	1:00PM	
		HOME BASE PLUS (S26) (R) 10:45 - 11:30						10:00AM	11:00AM	1:00AM	3:00PM	2:00PM	
		WEEKEND GETAWAY (R) 10:45 - 11:30						11:00AM	12:00MN	2:00AM	4:00PM	3:00PM	
		TUNAY NA BUHAY (P.) 10:45 - 11:15						12:00MN	1:00AM	3:00AM	5:00PM	4:00PM	
		KARELASYON (P) 11:15 - 12:00						1:00AM	2:00AM	4:00AM	6:00PM	5:00PM	