

MLA	GMA LIFE TV PROGRAMMING NOVEMBER 1, 2025 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 NOVEMBER 1						
12:00MN	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Lola Magdalena"	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		I HEART PH (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		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	UNDERAGE WEEKEND CATCH-UP (R.) 2:00 - 4:45	PINAS SARAP (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		POP TALK (R.) 2:45 - 3:15						6:00AM	8:00AM	10:00AM	10:00PM	9:00PM	
6:00AM	BIYAHE NI DREW (R) 4:45 - 5:30	TURBO ZONE (R) 4:45 - 5:15	UNDERAGE (R) 4:45 - 5:30						7:00AM	9:00AM	11:00AM	11:00PM	10:00PM
7:00AM	I BILIB (P) 5:30 - 6:00	THE FINAL PITCH: CEBU EDITION (R.) 5:15 - 5:45	BALITANGHALI (R) 5:30 - 6:30						8:00AM	10:00AM	12:00NN	12:00NN	11:00PM
8:00AM	DAMI MONG ALAM, KUYA KIMI! (P) 6:00 - 6:30	I JUANDER (R) 5:45 - 6:30	LUTONG BAHAY (R) 6:30 - 7:15						9:00AM	11:00AM	1:00PM	1:00AM	12:00MN
9:00AM	AHA! (R.) 6:30 - 7:00	PINAS SARAP (R) 6:30 - 7:15	MARS PA MORE (R) 7:15 - 8:00						10:00AM	12:00NN	2:00PM	2:00AM	1:00AM
10:00AM	SARAP 'DI BA? (R.) 7:00 - 7:45	I BILIB (R) 7:15 - 7:45	IDOL SA KUSINA (R) 8:00 - 8:45						11:00AM	1:00PM	3:00PM	3:00AM	2:00AM
11:00AM	THE FINAL PITCH: CEBU EDITION (P) 7:45 - 8:15	PINOY MD (R.) 7:45 - 8:30	DAY OFF (R) 8:45 - 9:30						12:00NN	2:00PM	4:00PM	4:00AM	3:00AM
12:00NN	POP TALK (R.) 8:15 - 8:45	BIYAHE NI DREW (R.) 8:30 - 9:15	BALITANGHALI (R) 10:15 - 11:15						1:00PM	3:00PM	5:00PM	5:00AM	4:00AM
1:00PM	I JUANDER (P) 8:45 - 9:30	FARM TO TABLE (R.) 9:15 - 10:00	I JUANDER (R.) 9:30 - 10:15	PINAS SARAP (R.) 9:30 - 10:15	TURBO ZONE (R.) 9:30 - 10:15	FARM TO TABLE (R) 9:30 - 10:15	MAKE YOUR MARC (S2) (R) 9:30 - 10:15	2:00PM	4:00PM	6:00PM	6:00AM	5:00AM	
2:00PM	TASTE BUDDIES (R) 9:30 - 10:00	TASTE BUDDIES (R) 10:00 - 10:30	BALITANGHALI (R) 10:15 - 11:15						3:00PM	5:00PM	7:00PM	7:00AM	6:00AM
3:00PM	I HEART PH (R.) 10:00 - 10:30	MAKE YOUR MARC (S2) (R.) 10:30 - 11:00	IDOL SA KUSINA (R) 11:15 - 12:00						4:00PM	6:00PM	8:00PM	8:00AM	7:00AM
4:00PM	TUNAY NA BUHAY (R) 10:30 - 11:00	I HEART PH (R.) 11:00 - 11:45	MARS PA MORE (R) 12:00 - 12:45						5:00PM	7:00PM	9:00PM	9:00AM	8:00AM
5:00PM	REEL LIFE WEEKEND (R) 12:30 - 2:30 "Lola Magdalena"	TURBO ZONE (R) 11:45 - 12:15	DAY OFF (R.) 12:45 - 1:30						6:00PM	8:00PM	10:00PM	10:00AM	9:00AM
6:00PM		DAMI MONG ALAM, KUYA KIMI! (R) 12:15 - 12:45	UNDERAGE (R) 1:30 - 2:15						7:00PM	9:00PM	11:00PM	11:00AM	10:00AM
7:00PM		TUNAY NA BUHAY (R) 12:45 - 1:15	WEEKEND GETAWAY (P) 2:15 - 3:15						8:00PM	10:00PM	12:00MN	12:00NN	11:00AM
8:00PM	AHA! (R.) 1:15 - 1:45	I BILIB (R) 1:45 - 2:15	WEEKEND GETAWAY (R) 3:15 - 4:00						9:00PM	11:00PM	1:00AM	1:00PM	12:00NN
9:00PM	PINOY MD (P) 2:30 - 3:30	BALITANGHALI (P) 2:15 - 3:15						SARAP 'DI BA? (P.) 3:45 - 4:15	10:00PM	12:00NN	2:00AM	2:00PM	1:00PM
10:00PM		I JUANDER (R) 3:30 - 4:15	REGAL STUDIO PRESENTS (R) 3:15 - 4:00	KARELASYON (R) 3:15 - 4:00	DAMI MONG ALAM, KUYA KIMI! (R) 3:15 - 4:00	WEEKEND GETAWAY (R) 3:15 - 4:00	TELESINE (P) 4:15 - 5:45	11:00PM	1:00AM	3:00AM	3:00PM	2:00PM	
11:00PM		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	12:00MN	2:00AM	4:00AM	4:00PM	3:00PM	
12:00MN	WEEKEND GETAWAY (R) 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	TELESINE (P) 4:15 - 5:45	1:00AM	3:00AM	5:00AM	5:00PM	4:00PM	
1:00PM	REGAL STUDIO PRESENTS (P) 6:00 - 6:45	UNDERAGE (P) 6:00 - 6:45						2:00AM	4:00AM	6:00AM	6:00PM	5:00PM	
2:00PM	TASTE BUDDIES (P.) 6:45 - 7:15	LUTONG BAHAY (P) 6:45 - 7:30						3:00AM	5:00AM	7:00AM	7:00PM	6:00AM	
3:00PM	FARM TO TABLE (P) 7:15 - 8:00	DAY OFF (P) 7:30 - 8:15						4:00AM	6:00AM	8:00AM	8:00PM	7:00AM	
4:00PM	MAKE YOUR MARC (S2) (P) 8:00 - 8:30	MARS PA MORE (P) 8:15 - 9:00						5:00AM	7:00PM	9:00PM	9:00AM	8:00AM	
5:00PM	AHA! (P.) 8:30 - 9:00	IDOL SA KUSINA (P) 9:00 - 9:45						6:00PM	8:00PM	10:00PM	10:00AM	9:00AM	
6:00PM	POP TALK (P) 9:00 - 9:45	BALITANGHALI (R) 9:45 - 10:45						7:00PM	9:00PM	11:00PM	11:00AM	10:00AM	
7:00PM	PINAS SARAP (P.) 9:45 - 10:30	TUNAY NA BUHAY (R) 10:45 - 11:30	TASTE BUDDIES (R) 10:45 - 11:30	DAMI MONG ALAM, KUYA KIMI! (R) 10:45 - 11:30	MAKE YOUR MARC (S2) (R) 10:45 - 11:30	REGAL STUDIO PRESENTS (R) 10:45 - 11:30	THE FINAL PITCH: CEBU EDITION (R) 10:30 - 11:15	8:00PM	10:00PM	12:00MN	12:00NN	11:00AM	
8:00PM	KARELASYON (R.) 10:30 - 11:15	LUTONG BAHAY (R) 11:30 - 12:30						9:00PM	11:00PM	1:00AM	1:00PM	12:00NN	
9:00PM	PINOY MD (R) 11:15 - 12:15	KARELASYON (P) 11:15 - 12:00						10:00PM	12:00NN	2:00AM	2:00PM	1:00PM	
10:00PM								11:00PM	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 NOVEMBER 2 - 8, 2025 GRID (MANILA)							JAPAN (MLA + 1)	AUSTRALIA (MLA + 3)	NEW ZEALAND (MLA + 5)	ITALY (MLA - 7)	UK (MLA - 8)				
	SUNDAY NOVEMBER.2	MONDAY NOVEMBER.3	TUESDAY NOVEMBER.4	WEDNESDAY NOVEMBER.5	THURSDAY NOVEMBER.6	FRIDAY NOVEMBER.7	SATURDAY NOVEMBER.8									
12:00MN	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Reroute"	cont of PINOY MD (R) 11:15 -	I JUANDER HALLOWEEN SPECIALS (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		I HEART PH (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	UNDERAGE WEEKEND CATCH-UP (R.) 2:00 - 4:45	PINAS SARAP (R.) 2:00 - 2:45	DAY OFF HALLOWEEN SPECIALS (R.) 2:00 - 2:45						4:00AM	6:00AM	8:00AM	8:00PM	7:00PM			
4:00AM		POP TALK (R.) 2:45 - 3:15	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		TELESINE (R.) 3:15 - 4:45						ARABELLA (R) 4:45 - 5:30						6:00AM	8:00AM	10:00AM
6:00AM	BIYAHE NI DREW (R) 4:45 - 5:30	TURBO ZONE (R) 4:45 - 5:15	BALITANGHALI (R) 5:30 - 6:30						7:00AM	9:00AM	11:00AM	11:00PM	10:00PM			
7:00AM	I BILIB (P) 5:30 - 6:00	THE FINAL PITCH: CEBU EDITION (R.) 5:15 - 5:45	I JUANDER HALLOWEEN SPECIALS (R) 6:30 - 7:15						8:00AM	10:00AM	12:00NN	12:00NN	11:00PM			
8:00AM	DAMI MONG ALAM, KUYA KIMI! (P) 6:00 - 6:30	I JUANDER (R) 5:45 - 6:30	MARS PA MORE (R) 7:15 - 8:00						9:00AM	11:00AM	1:00PM	1:00AM	12:00MN			
9:00AM	AHA! (R.) 6:30 - 7:00	PINAS SARAP (R) 6:30 - 7:15	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 - 7:45	I BILIB (R) 7:15 - 7:45	DAY OFF HALLOWEEN SPECIALS (R) 8:45 - 9:30						11:00AM	1:00PM	3:00PM	3:00AM	2:00AM			
11:00AM	THE FINAL PITCH: CEBU EDITION (P) 7:45 - 8:15	PINOY MD (R.) 7:45 - 8:30	I JUANDER (R) 9:30 - 10:15	PINAS SARAP (R.) 9:30 - 10:15	TURBO ZONE (R.) 9:30 - 10:15	FARM TO TABLE (R) 9:30 - 10:15	MAKE YOUR MARC (S2) (R) 9:30 - 10:15	12:00NN	2:00PM	4:00PM	4:00AM	3:00AM				
12:00NN	POP TALK (R.) 8:15 - 8:45	BIYAHE NI DREW (R.) 8:30 - 9:15						BALITANGHALI (R) 10:15 - 11:15						1:00PM	3:00PM	5:00PM
1:00PM	I JUANDER (P) 8:45 - 9:30	FARM TO TABLE (R.) 9:15 - 10:00	IDOL SA KUSINA (R) 11:15 - 12:00						2:00PM	4:00PM	6:00PM	6:00AM	5:00AM			
2:00PM	TASTE BUDDIES (R) 9:30 - 10:00	TASTE BUDDIES (R) 10:00 - 10:30	MARS PA MORE (R) 12:00 - 12:45						3:00PM	5:00PM	7:00PM	7:00AM	6:00AM			
3:00PM	I HEART PH (R.) 10:00 - 10:30	MAKE YOUR MARC (S2) (R.) 10:30 - 11:00	DAY OFF HALLOWEEN SPECIALS (R.) 12:45 - 1:30						4:00PM	6:00PM	8:00PM	8:00AM	7:00AM			
4:00PM	TUNAY NA BUHAY (R) 10:30 - 11:00	I HEART PH (R.) 11:00 - 11:45	ARABELLA (R) 1:30 - 2:15						5:00PM	7:00PM	9:00PM	9:00AM	8:00AM			
5:00PM	TELESINE (R.) 11:00 - 12:30	TURBO ZONE (R) 11:45 - 12:15	BALITANGHALI (P) 2:15 - 3:15						6:00PM	8:00PM	10:00PM	10:00AM	9:00AM			
6:00PM	REEL LIFE WEEKEND (R) 12:30 - 2:30 "Reroute"	DAMI MONG ALAM, KUYA KIMI! (R) 12:15 - 12:45	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	7:00PM	9:00PM	11:00PM	11:00AM	10:00AM				
7:00PM		TUNAY NA BUHAY (R) 12:45 - 1:15						WEEKEND GETAWAY (P) 2:15 - 3:15						8:00PM	10:00PM	12:00NN
8:00PM		AHA! (R.) 1:15 - 1:45	I BILIB (R) 1:45 - 2:15	BALITANGHALI (P) 2:15 - 3:15						9:00PM	11:00PM	1:00AM	1:00PM	12:00NN		
9:00PM	I BILIB (R) 1:45 - 2:15	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 KIMI! (R) 3:15 - 4:00	WEEKEND GETAWAY (R) 3:15 - 4:00	10:00PM	12:00NN	2:00AM	2:00PM	1:00PM				
10:00PM	PINOY MD (P) 2:30 - 3:30	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	11:00PM	1:00AM	3:00AM	3:00PM	2:00PM				
11:00PM	WEEKEND GETAWAY (R) 5:00 - 6:00	REGAL STUDIO PRESENTS (P) 6:00 - 6:45	ARABELLA (P) 6:00 - 6:45						12:00NN	2:00AM	4:00AM	4:00PM	3:00PM			
12:00NN	BIYAHE NI DREW (R) 4:15 - 5:00	TASTE BUDDIES (P.) 6:45 - 7:15	I JUANDER HALLOWEEN SPECIALS (P) 6:45 - 7:30						1:00AM	3:00AM	5:00AM	5:00PM	4:00PM			
	WEEKEND GETAWAY (R) 5:00 - 6:00	FARM TO TABLE (P) 7:15 - 8:00	DAY OFF HALLOWEEN SPECIALS (P) 7:30 - 8:15													
	REGAL STUDIO PRESENTS (P) 6:00 - 6:45	MAKE YOUR MARC (S2) (P) 8:00 - 8:30	MARS PA MORE (P) 8:15 - 9:00													
	TASTE BUDDIES (P.) 6:45 - 7:15	AHA! (P.) 8:30 - 9:00	IDOL SA KUSINA (P) 9:00 - 9:45													
	FARM TO TABLE (P) 7:15 - 8:00	POP TALK (P) 9:00 - 9:45	BALITANGHALI (R) 9:45 - 10:45													
	MAKE YOUR MARC (S2) (P) 8:00 - 8:30	PINAS SARAP (P.) 9:45 - 10:30	TUNAY NA BUHAY (R) 10:45 - 11:30	TASTE BUDDIES (R) 10:45 - 11:30	DAMI MONG ALAM, KUYA KIMI! (R) 10:45 - 11:30	MAKE YOUR MARC (S2) (R) 10:45 - 11:30	REGAL STUDIO PRESENTS (R) 10:45 - 11:30									
	AHA! (P.) 8:30 - 9:00	KARELASYON (R.) 10:30 - 11:15						KARELASYON (P) 11:15 - 12:00								
	POP TALK (P) 9:00 - 9:45	PINOY MD (R) 11:15 - 12:15	I JUANDER HALLOWEEN SPECIALS (R) 11:30 - 12:30													
	PINAS SARAP (P.) 9:45 - 10:30															
	KARELASYON (R.) 10:30 - 11:15															
	PINOY MD (R) 11:15 - 12:15															

MLA	GMA LIFE TV PROGRAMMING NOVEMBER 9 - 15, 2025 GRID (MANILA)							JAPAN (MLA + 1)	AUSTRALIA (MLA + 3)	NEW ZEALAND (MLA + 5)	ITALY (MLA - 7)	UK (MLA - 8)				
	SUNDAY NOVEMBER.9	MONDAY NOVEMBER.10	TUESDAY NOVEMBER.11	WEDNESDAY NOVEMBER.12	THURSDAY NOVEMBER.13	FRIDAY NOVEMBER.14	SATURDAY NOVEMBER.15									
12:00MN	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Huwag Kang Lalabas"	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	ARABELLA WEEKEND CATCH-UP (R.) 2:00 - 4:45	PINAS SARAP (R.) 2:00 - 2:45	DAY OFF (R.) 2:00 - 2:45					4:00AM	6:00AM	8:00AM	8:00PM	7:00PM				
4:00AM		POP TALK (R.) 2:45 - 3:15	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		TELESINE (R.) 3:15 - 4:45						ARABELLA (R) 4:45 - 5:30					6:00AM	8:00AM	10:00AM	10:00PM
6:00AM	BIYAHE NI DREW (R) 4:45 - 5:30	TURBO ZONE (R) 4:45 - 5:15	BALITANGHALI (R) 5:30 - 6:30					7:00AM	9:00AM	11:00AM	11:00PM	10:00PM				
7:00AM	I BILIB (P) 5:30 - 6:00	THE FINAL PITCH: CEBU EDITION (R.) 5:15 - 5:45						8:00AM	10:00AM	12:00NN	12:00MN	11:00PM				
8:00AM	DAMI MONG ALAM, KUYA KIMI! (P) 6:00 - 6:30	I JUANDER (R) 5:45 - 6:30	LUTONG BAHAY (R) 6:30 - 7:15					9:00AM	11:00AM	1:00PM	1:00AM	12:00MN				
9:00AM	AHA! (R.) 6:30 - 7:00	PINAS SARAP (R) 6:30 - 7:15						10:00AM	12:00NN	2:00PM	2:00AM	1:00AM				
10:00AM	SARAP 'DI BA? (R.) 7:00 - 7:45	I BILIB (R) 7:15 - 7:45	MARS PA MORE (R) 7:15 - 8:00					11:00AM	1:00PM	3:00PM	3:00AM	2:00AM				
11:00AM	THE FINAL PITCH: CEBU EDITION (P) 7:45 - 8:15	PINOY MD (R.) 7:45 - 8:30						12:00NN	2:00PM	4:00PM	4:00AM	3:00AM				
12:00NN	POP TALK (R.) 8:15 - 8:45	BIYAHE NI DREW (R.) 8:30 - 9:15	IDOL SA KUSINA (R) 8:00 - 8:45					1:00PM	3:00PM	5:00PM	5:00AM	4:00AM				
1:00PM	I JUANDER (P) 8:45 - 9:30	FARM TO TABLE (R.) 9:15 - 10:00						2:00PM	4:00PM	6:00PM	6:00AM	5:00AM				
2:00PM	TASTE BUDDIES (R) 9:30 - 10:00	TASTE BUDDIES (R) 10:00 - 10:30	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	3:00PM	5:00PM	7:00PM	7:00AM	6:00AM				
3:00PM	SARAP 'DI BA? (R.) 10:00 - 10:30	MAKE YOUR MARC (S2) (R.) 10:30 - 11:15						4:00PM	6:00PM	8:00PM	8:00AM	7:00AM				
4:00PM	TUNAY NA BUHAY (R) 10:30 - 11:00	TURBO ZONE (R) 11:15 - 12:00	IDOL SA KUSINA (R) 11:15 - 12:00					5:00PM	7:00PM	9:00PM	9:00AM	8:00AM				
5:00PM	TELESINE (R.) 11:00 - 12:30	DAMI MONG ALAM, KUYA KIMI! (R) 12:00 - 12:45						6:00PM	8:00PM	10:00PM	10:00AM	9:00AM				
6:00PM	REEL LIFE WEEKEND (R) 12:30 - 2:30 "Huwag Kang Lalabas"	TUNAY NA BUHAY (R) 12:45 - 1:15	DAY OFF (R.) 12:45 - 1:30					7:00PM	9:00PM	11:00PM	11:00AM	10:00AM				
7:00PM		AHA! (R.) 1:15 - 1:45						8:00PM	10:00PM	12:00MN	12:00NN	11:00AM				
8:00PM		I BILIB (R) 1:45 - 2:15	ARABELLA (R) 1:30 - 2:15					9:00PM	11:00PM	1:00AM	1:00PM	12:00NN				
9:00PM	BALITANGHALI (P) 2:15 - 3:15							10:00PM	12:00NN	2:00AM	2:00PM	1:00PM				
10:00PM	PINOY MD (P) 2:30 - 3:30	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 KIMI! (R) 3:15 - 4:00	WEEKEND GETAWAY (R) 3:15 - 4:00	POP TALK (R) 3:15 - 3:45	11:00PM	1:00AM	3:00AM	3:00PM	2:00PM				
11:00PM	I JUANDER (R) 3:30 - 4:15	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	12:00MN	2:00AM	4:00AM	4:00PM	3:00PM				
12:00MN	BIYAHE NI DREW (R) 4:15 - 5:00						ARABELLA (P) 6:00 - 6:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Greed"	1:00AM	3:00AM	5:00AM	5:00PM
1:00AM	WEEKEND GETAWAY (R) 5:00 - 6:00						LUTONG BAHAY (P) 6:45 - 7:30						2:00AM	4:00AM	6:00AM	6:00PM
2:00AM	REGAL STUDIO PRESENTS (P) 6:00 - 6:45	DAY OFF (P) 7:30 - 8:15					3:00AM	5:00AM	7:00AM	7:00PM						
3:00AM	TASTE BUDDIES (P.) 6:45 - 7:15	MARS PA MORE (P) 8:15 - 9:00					4:00AM	6:00AM	8:00AM	8:00PM	7:00PM					
4:00AM	FARM TO TABLE (P) 7:15 - 8:00						5:00AM	7:00AM	9:00AM	9:00PM	8:00AM					
5:00AM	MAKE YOUR MARC (S2) (P) 8:00 - 8:30	IDOL SA KUSINA (P) 9:00 - 9:45					6:00AM	8:00AM	10:00AM	10:00PM	9:00PM					
6:00AM	AHA! (P.) 8:30 - 9:00						7:00AM	9:00AM	11:00AM	11:00PM	10:00AM					
7:00AM	POP TALK (P) 9:00 - 9:45	BALITANGHALI (R) 9:45 - 10:45					11:00AM	1:00AM	3:00AM	3:00PM	2:00PM					
8:00AM	PINAS SARAP (P.) 9:45 - 10:30						12:00MN	2:00AM	4:00AM	4:00PM	3:00PM					
9:00AM	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 KIMI! (R) 10:45 - 11:30	MAKE YOUR MARC (S2) (R) 10:45 - 11:30	REGAL STUDIO PRESENTS (R) 10:45 - 11:30	THE FINAL PITCH: CEBU EDITION (R) 10:30 - 11:15	1:00AM	3:00AM	5:00AM	5:00PM	4:00PM				
10:00AM	PINOY MD (R) 11:15 - 12:15	LUTONG BAHAY (R) 11:30 - 12:30					KARELASYON (P) 11:15 - 12:00	2:00AM	4:00AM	6:00AM	6:00PM	5:00PM				
11:00AM								3:00AM	5:00AM	7:00AM	7:00PM	6:00PM				
12:00MN								4:00AM	6:00AM	8:00AM	8:00PM	7:00PM				

MLA	GMA LIFE TV PROGRAMMING NOVEMBER 16 - 22, 2025 GRID (MANILA)							JAPAN (MLA + 1)	AUSTRALIA (MLA + 3)	NEW ZEALAND (MLA + 5)	ITALY (MLA - 7)	UK (MLA - 8)
	SUNDAY NOVEMBER.16	MONDAY NOVEMBER.17	TUESDAY NOVEMBER.18	WEDNESDAY NOVEMBER.19	THURSDAY NOVEMBER.20	FRIDAY NOVEMBER.21	SATURDAY NOVEMBER.22					
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	ARABELLA 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		PINAS SARAP (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		POP TALK (R.) 2:45 - 3:15						ARABELLA (R) 4:45 - 5:30				
6:00AM	BIYAHE NI DREW (R) 4:45 - 5:30	TURBO ZONE (R) 4:45 - 5:15	BALITANGHALI (R) 5:30 - 6:30					7:00AM	9:00AM	11:00AM	11:00PM	10:00PM
7:00AM	I BILIB (P) 5:30 - 6:00	THE FINAL PITCH: CEBU EDITION (R.) 5:15 - 5:45	LUTONG BAHAY (R) 6:30 - 7:15					8:00AM	10:00AM	12:00NN	12:00PM	11:00PM
8:00AM	DAMI MONG ALAM, KUYA KIMI! (P) 6:00 - 6:30	I JUANDER (R) 5:45 - 6:30	MARS PA MORE (R) 7:15 - 8:00					9:00AM	11:00AM	1:00PM	1:00AM	12:00MN
9:00AM	AHA! (R.) 6:30 - 7:00	PINAS SARAP (R) 6:30 - 7:15	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 - 7:45	I BILIB (R) 7:15 - 7:45	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	MAKE YOUR MARC (S2) (R) 9:30 - 10:15	11:00AM	1:00PM	3:00PM	3:00AM	2:00AM
11:00AM	THE FINAL PITCH: CEBU EDITION (P) 7:45 - 8:15	PINOY MD (R.) 7:45 - 8:30						BALITANGHALI (R) 10:15 - 11:15				
12:00NN	POP TALK (R.) 8:15 - 8:45	BIYAHE NI DREW (R.) 8:30 - 9:15	IDOL SA KUSINA (R) 11:15 - 12:00					1:00PM	3:00PM	5:00PM	5:00AM	4:00AM
1:00PM	I JUANDER (P) 8:45 - 9:30	FARM TO TABLE (R.) 9:15 - 10:00	MARS PA MORE (R) 12:00 - 12:45					2:00PM	4:00PM	6:00PM	6:00AM	5:00AM
2:00PM	TASTE BUDDIES (R) 9:30 - 10:00	TASTE BUDDIES (R) 10:00 - 10:30	DAY OFF (R.) 12:45 - 1:30					3:00PM	5:00PM	7:00PM	7:00AM	6:00AM
3:00PM	SARAP 'DI BA? (R.) 10:00 - 10:30	MAKE YOUR MARC (S2) (R.) 10:30 - 11:15	ARABELLA (R) 1:30 - 2:15					4:00PM	6:00PM	8:00PM	8:00AM	7:00AM
4:00PM	TUNAY NA BUHAY (R) 10:30 - 11:00	TURBO ZONE (R) 11:15 - 12:00	WEEKEND GETAWAY (P) 2:15 - 3:15					5:00PM	7:00PM	9:00PM	9:00AM	8:00AM
5:00PM	TELESINE (R.) 11:00 - 12:30	DAMI MONG ALAM, KUYA KIMI! (R) 12:00 - 12:45	POP TALK (R) 3:15 - 3:45					6:00PM	8:00PM	10:00PM	10:00AM	9:00AM
6:00PM	REEL LIFE WEEKEND (R) 12:30 - 2:30 "Greed"	TUNAY NA BUHAY (R) 12:45 - 1:15	SARAP 'DI BA? (P.) 3:45 - 4:15					7:00PM	9:00PM	11:00PM	11:00AM	10:00AM
7:00PM	AHA! (R.) 1:15 - 1:45	MAKE YOUR MARC (S2) (R.) 1:45 - 2:15	TELESINE (P) 4:15 - 5:45					8:00PM	10:00PM	12:00MN	12:00NN	11:00AM
8:00PM	I BILIB (R) 1:45 - 2:15		WEEKEND GETAWAY (R) 7:45 - 8:45					9:00PM	11:00PM	1:00AM	1:00PM	12:00NN
9:00PM	PINOY MD (P) 2:30 - 3:30	PINOY MD (R) 3:15 - 4:00	BIYAHE NI DREW (P.) 8:45 - 9:30					10:00PM	12:00NN	2:00AM	2:00PM	1:00PM
10:00PM	I JUANDER (R) 3:30 - 4:15	REGAL STUDIO PRESENTS (R) 3:15 - 4:00	IDOL SA KUSINA (P) 9:00 - 9:45					11:00PM	1:00AM	3:00AM	3:00PM	2:00PM
11:00PM	BIYAHE NI DREW (R) 4:15 - 5:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	BALITANGHALI (R) 9:45 - 10:45					12:00MN	2:00AM	4:00AM	4:00PM	3:00PM
12:00MN	WEEKEND GETAWAY (R) 5:00 - 6:00	REEL LIFE "Wa-Packed Tuesdays" (P.) 4:00 - 6:00	KARELASYON (P) 11:15 - 12:00					1:00AM	3:00AM	5:00AM	5:00PM	4:00PM
	REGAL STUDIO PRESENTS (P) 6:00 - 6:45	REEL LIFE "Once Upon a Wednesdays" (P.) 4:00 - 6:00										
	TASTE BUDDIES (P.) 6:45 - 7:15	REEL LIFE "Hilarious Huwebes" (P.) 4:00 - 6:00										
	FARM TO TABLE (P) 7:15 - 8:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00										
	MAKE YOUR MARC (S2) (P) 8:00 - 8:30											
	AHA! (P.) 8:30 - 9:00											
	POP TALK (P) 9:00 - 9:45											
	PINAS SARAP (P.) 9:45 - 10:30											
	KARELASYON (R.) 10:30 - 11:15											
	PINOY MD (R) 11:15 - 12:15											

MLA	GMA LIFE TV PROGRAMMING NOVEMBER 23 - 29, 2025 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						
	NOVEMBER.23	NOVEMBER.24	NOVEMBER.25	NOVEMBER.26	NOVEMBER.27	NOVEMBER.28	NOVEMBER.29						
12:00MN	REEL LIFE WEEKEND (R) 12:00 - 2:00 "The Witness"	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	ARABELLA 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		PINAS SARAP (R.) 2:00 - 2:45	REEL LIFE "I Heart Mondays" (R.) 2:45 - 4:45						5:00AM	7:00AM	9:00AM	9:00PM	8:00PM
5:00AM		POP TALK (R.) 2:45 - 3:15	REEL LIFE "Wa-Packed Tuesdays" (R.) 2:45 - 4:45						6:00AM	8:00AM	10:00AM	10:00PM	9:00PM
6:00AM	BIYAHE NI DREW (R) 4:45 - 5:30	TELESINE (R.) 3:15 - 4:45	REEL LIFE "Once Upon a Wednesdays" (R.) 2:45 - 4:45						7:00AM	9:00AM	11:00AM	11:00PM	10:00PM
7:00AM		ARABELLA (R) 4:45 - 5:30						8:00AM	10:00AM	12:00NN	12:00NN	11:00PM	
8:00AM		BALITANGHALI (R) 5:30 - 6:30						9:00AM	11:00AM	1:00PM	1:00AM	12:00MN	
9:00AM	DAMI MONG ALAM, KUYA KIMI (P) 6:00 - 6:30	LUTONG BAHAY (R) 6:30 - 7:15						10:00AM	12:00NN	2:00PM	2:00AM	1:00AM	
10:00AM		AHA! (R.) 6:30 - 7:00	MARS PA MORE (R) 7:15 - 8:00						11:00AM	1:00PM	3:00PM	3:00AM	2:00AM
11:00AM		SARAP 'DI BA? (R.) 7:00 - 7:45	IDOL SA KUSINA (R) 8:00 - 8:45						12:00NN	2:00PM	4:00PM	4:00AM	3:00AM
12:00NN	THE FINAL PITCH: CEBU EDITION (P) 7:45 - 8:15	I BILIB (R) 7:15 - 7:45	DAY OFF (R) 8:45 - 9:30						1:00PM	3:00PM	5:00PM	5:00AM	4:00AM
1:00PM		PINOY MD (R.) 7:45 - 8:30	MARS PA MORE (R) 12:00 - 12:45						2:00PM	4:00PM	6:00PM	6:00AM	5:00AM
2:00PM		POP TALK (R.) 8:15 - 8:45	DAY OFF (R.) 12:45 - 1:30						3:00PM	5:00PM	7:00PM	7:00AM	6:00AM
3:00PM	I JUANDER (P) 8:45 - 9:30	BIYAHE NI DREW (R.) 8:30 - 9:15	ARABELLA (R) 1:30 - 2:15						4:00PM	6:00PM	8:00PM	8:00AM	7:00AM
4:00PM		FARM TO TABLE (R.) 9:15 - 10:00	BALITANGHALI (P) 2:15 - 3:15						5:00PM	7:00PM	9:00PM	9:00AM	8:00AM
5:00PM		TASTE BUDDIES (R) 9:30 - 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	6:00PM	8:00PM	10:00PM	10:00AM	9:00AM	
6:00PM	SARAP 'DI BA? (R.) 10:00 - 10:30	TASTE BUDDIES (R) 10:00 - 10:30	BALITANGHALI (R) 10:15 - 11:15						7:00PM	9:00PM	11:00PM	11:00AM	10:00AM
7:00PM		TUNAY NA BUHAY (R) 10:30 - 11:00	IDOL SA KUSINA (R) 11:15 - 12:00						8:00PM	10:00PM	12:00MN	12:00NN	11:00AM
8:00PM		MAKE YOUR MARC (S2) (R.) 10:30 - 11:15	MARS PA MORE (R) 12:00 - 12:45						9:00PM	11:00PM	1:00AM	1:00PM	12:00NN
9:00PM	TELESINE (R.) 11:00 - 12:30	TURBO ZONE (R) 11:15 - 12:00	DAY OFF (R.) 12:45 - 1:30						10:00PM	12:00NN	2:00AM	2:00PM	1:00PM
10:00PM		DAMI MONG ALAM, KUYA KIMI (R) 12:00 - 12:45	ARABELLA (R) 1:30 - 2:15						11:00PM	1:00AM	3:00AM	3:00PM	2:00PM
11:00PM		TUNAY NA BUHAY (R) 12:45 - 1:15	BALITANGHALI (P) 2:15 - 3:15						12:00MN	2:00AM	4:00AM	4:00PM	3:00PM
12:00PM	REEL LIFE WEEKEND (R) 12:30 - 2:30 "The Witness"	AHA! (R.) 1:15 - 1:45	WEEKEND GETAWAY (P) 2:15 - 3:15						1:00PM	3:00PM	5:00PM	5:00AM	4:00AM
1:00PM		I BILIB (R) 1:45 - 2:15	POP TALK (R) 3:15 - 3:45						2:00PM	4:00PM	6:00PM	6:00AM	5:00AM
2:00PM		SARAP 'DI BA? (P.) 3:45 - 4:15						3:00PM	5:00PM	7:00PM	7:00AM	6:00AM	
3:00PM	PINOY MD (P) 2:30 - 3:30	TELESINE (P) 4:15 - 5:45						4:00PM	6:00PM	8:00PM	8:00AM	7:00AM	
4:00PM		REEL LIFE WEEKEND (P) 5:45 - 7:45 "Kaluskos"						5:00PM	7:00PM	9:00PM	9:00AM	8:00AM	
5:00PM		WEEKEND GETAWAY (R) 7:45 - 8:45						6:00PM	8:00PM	10:00PM	10:00AM	9:00AM	
6:00PM	BIYAHE NI DREW (R) 4:15 - 5:00	IDOL SA KUSINA (P) 9:00 - 9:45						7:00PM	9:00PM	11:00PM	11:00AM	10:00AM	
7:00PM		BALITANGHALI (R) 9:45 - 10:45						8:00PM	10:00PM	12:00MN	12:00NN	11:00AM	
8:00PM		TUNAY NA BUHAY (P.) 10:00 - 10:30						9:00PM	11:00PM	1:00AM	1:00PM	12:00NN	
9:00PM	KARELASYON (R.) 10:30 - 11:15	THE FINAL PITCH: CEBU EDITION (R) 10:30 - 11:15						10:00PM	12:00NN	2:00AM	2:00PM	1:00PM	
10:00PM		KARELASYON (P) 11:15 - 12:00						11:00PM	1:00AM	3:00AM	3:00PM	2:00PM	
11:00PM		LUTONG BAHAY (R) 11:30 - 12:30						12:00MN	2:00AM	4:00AM	4:00PM	3:00PM	
12:00NN	PINOY MD (R) 11:15 - 12:15	KARELASYON (P) 11:15 - 12:00						1:00AM	3:00AM	5:00AM	5:00PM	4:00PM	

MLA	GMA LIFE TV PROGRAMMING NOVEMBER 30, 2025 GRID (MANILA)							JAPAN (MLA + 1)	AUSTRALIA (MLA + 3)	NEW ZEALAND (MLA + 5)	ITALY (MLA - 7)	UK (MLA - 8)
	SUNDAY NOVEMBER 30	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY					
12:00MN	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Kaluskos"	con't of PINOY MD (R) 11:15 - 1:15	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		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	ARABELLA WEEKEND CATCH-UP (R.) 2:00 - 4:45	PINAS SARAP (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		POP TALK (R.) 2:45 - 3:15						6:00AM	8:00AM	10:00AM	10:00PM	9:00PM
6:00AM	BIYAHE NI DREW (R) 4:45 - 5:30	TURBO ZONE (R) 4:45 - 5:15	ARABELLA (R) 4:45 - 5:30					6:00AM	8:00AM	10:00AM	10:00PM	9:00PM
7:00AM	I BILIB (P) 5:30 - 6:00	THE FINAL PITCH: CEBU EDITION (R.) 5:15 - 5:45	BALITANGHALI (R) 5:30 - 6:30					7:00AM	9:00AM	11:00AM	11:00PM	10:00PM
8:00AM	DAMI MONG ALAM, KUYA KIMI (P) 6:00 - 6:30	I JUANDER (R) 5:45 - 6:30	LUTONG BAHAY (R) 6:30 - 7:15					8:00AM	10:00AM	12:00MN	12:00PM	11:00PM
9:00AM	AHA! (R.) 6:30 - 7:00	PINAS SARAP (R) 6:30 - 7:15	MARS PA MORE (R) 7:15 - 8:00					9:00AM	11:00AM	1:00PM	1:00AM	12:00MN
10:00AM	SARAP 'DI BA? (R.) 7:00 - 7:45	I BILIB (R) 7:15 - 7:45	IDOL SA KUSINA (R) 8:00 - 8:45					10:00AM	12:00MN	2:00PM	2:00AM	1:00AM
11:00AM	THE FINAL PITCH: CEBU EDITION (P) 7:45 - 8:15	PINOY MD (R.) 7:45 - 8:30	DAY OFF (R) 8:45 - 9:30					11:00AM	1:00PM	3:00PM	3:00AM	2:00AM
12:00MN	POP TALK (R.) 8:15 - 8:45	BIYAHE NI DREW (R.) 8:30 - 9:15	BALITANGHALI (R) 10:15 - 11:15					12:00MN	2:00PM	4:00PM	4:00AM	3:00AM
1:00PM	I JUANDER (P) 8:45 - 9:30	FARM TO TABLE (R.) 9:15 - 10:00	IDOL SA KUSINA (R) 11:15 - 12:00					1:00PM	3:00PM	5:00PM	5:00AM	4:00AM
2:00PM	TASTE BUDDIES (R) 9:30 - 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	2:00PM	4:00PM	6:00PM	6:00AM	5:00AM	
3:00PM	SARAP 'DI BA? (R) 10:00 - 10:30	MAKE YOUR MARC (S2) (R.) 10:30 - 11:15	BALITANGHALI (P) 2:15 - 3:15					3:00PM	5:00PM	7:00PM	7:00AM	6:00AM
4:00PM	TUNAY NA BUHAY (R) 10:30 - 11:00	TURBO ZONE (R) 11:15 - 12:00	MARS PA MORE (R) 12:00 - 12:45					4:00PM	6:00PM	8:00PM	8:00AM	7:00AM
5:00PM	TELESINE (R.) 11:00 - 12:30	DAMI MONG ALAM, KUYA KIMI (R) 12:00 - 12:45	DAY OFF (R.) 12:45 - 1:30					5:00PM	7:00PM	9:00PM	9:00AM	8:00AM
6:00PM	REEL LIFE WEEKEND (R) 12:30 - 2:30 "Kaluskos"	TUNAY NA BUHAY (R) 12:45 - 1:15	ARABELLA (R) 1:30 - 2:15					6:00PM	8:00PM	10:00PM	10:00AM	9:00AM
7:00PM		AHA! (R.) 1:15 - 1:45	BALITANGHALI (P) 2:15 - 3:15					7:00PM	9:00PM	11:00PM	11:00AM	10:00AM
8:00PM	I BILIB (R) 1:45 - 2:15	WEEKEND GETAWAY (P) 2:15 - 3:15					8:00PM	10:00PM	12:00MN	12:00PM	11:00AM	
9:00PM	PINOY MD (P) 2:30 - 3:30	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 KIMI (R) 3:15 - 4:00	WEEKEND GETAWAY (R) 3:15 - 4:00	POP TALK (R) 3:15 - 3:45	9:00PM	11:00PM	1:00AM	1:00PM	12:00MN
10:00PM	I JUANDER (R) 3:30 - 4:15	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
11:00PM	BIYAHE NI DREW (R) 4:15 - 5:00						TELESINE (P) 4:15 - 5:45	11:00PM	1:00AM	3:00AM	3:00PM	2:00PM
12:00MN	WEEKEND GETAWAY (R) 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	TELESINE (P) 4:15 - 5:45	12:00MN	2:00AM	4:00AM	4:00PM	3:00PM
1:00AM	REGAL STUDIO PRESENTS (P) 6:00 - 6:45							ARABELLA (P) 6:00 - 6:45				
2:00AM	TASTE BUDDIES (P.) 6:45 - 7:15	LUTONG BAHAY (P) 6:45 - 7:30					2:00AM	4:00AM	6:00PM	6:00AM	5:00AM	
3:00AM	FARM TO TABLE (P) 7:15 - 8:00	DAY OFF (P) 7:30 - 8:15					3:00AM	5:00PM	7:00PM	7:00AM	6:00AM	
4:00PM	MAKE YOUR MARC (S2) (P) 8:00 - 8:30	MARS PA MORE (P) 8:15 - 9:00					4:00PM	6:00PM	8:00PM	8:00AM	7:00AM	
5:00PM	AHA! (P.) 8:30 - 9:00	IDOL SA KUSINA (P) 9:00 - 9:45					5:00PM	7:00PM	9:00PM	9:00AM	8:00AM	
6:00PM	POP TALK (P) 9:00 - 9:45	IDOL SA KUSINA (P) 9:00 - 9:45					6:00PM	8:00PM	10:00PM	10:00AM	9:00AM	
7:00PM	PINAS SARAP (P.) 9:45 - 10:30	BALITANGHALI (R) 9:45 - 10:45					7:00PM	9:00PM	11:00PM	11:00AM	10:00AM	
8:00PM	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 KIMI (R) 10:45 - 11:30	MAKE YOUR MARC (S2) (R) 10:45 - 11:30	REGAL STUDIO PRESENTS (R) 10:45 - 11:30	THE FINAL PITCH: CEBU EDITION (R) 10:30 - 11:15	8:00PM	10:00PM	12:00MN	12:00PM	11:00AM
9:00PM	PINOY MD (R) 11:15 - 12:15	LUTONG BAHAY (R) 11:30 - 12:30					9:00PM	11:00PM	1:00AM	1:00PM	12:00MN	
10:00PM							10:00PM	12:00MN	2:00AM	2:00PM	1:00PM	
11:00PM							11:00PM	1:00AM	3:00AM	3:00PM	2:00PM	
12:00MN							12:00MN	2:00AM	4:00AM	4:00PM	3:00PM	
1:00AM							1:00AM	3:00AM	5:00AM	5:00PM	4:00PM	