

MLA	GMA NEWS TV PROGRAMMING MAY 1 - 2, 2026 GRID (MANILA)							JAPAN (MLA + 1)	AU (MLA + 2)	NEW ZEALAND (MLA + 4)	ITALY (MLA - 6)	UK (MLA - 7)			
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY								
						MAY.1	MAY.2								
12:00MN	GOOD NEWS (R.) 12:00 - 12:45	REEL TIME MARATHON (R) 9:30 - 2:30	REEL TIME (R) 11:45 - 12:45							1:00AM	2:00AM	4:00AM	6:00PM	5:00PM	
1:00AM	PERA PARAAN (R.) 12:45 - 1:30		STATE OF THE NATION (P) 12:45 - 1:15							2:00AM	3:00AM	5:00AM	7:00PM	6:00PM	
2:00AM	BRIGADA (R) 1:30 - 2:30		GOOD NEWS (R) 1:15 - 2:00	PINOY CRIME STORIES (R) 1:15 - 2:00	PERA PARAAN (R) 1:15 - 2:00	INVESTIGATIVE DOCUMENTARIES (R) 1:15 - 2:00	BORN IMPACT (R) 1:15 - 2:00	SAKSI (P) 2:00 - 2:30							
3:00AM	INVESTIGATIVE DOCUMENTARIES (R) 2:30 - 3:30	DOKUMENTARYO (I-WITNESS CLASSICS) MARATHON (P) 2:30 - 5:30	BALITANG BISDAK (P) 2:30 - 3:15							4:00AM	5:00AM	7:00AM	9:00PM	8:00PM	
4:00AM	AGRIPRENEUR (R) 3:30 - 4:00		ONE NORTH CENTRAL LUZON (P) 3:15 - 4:00							5:00AM	6:00AM	8:00AM	10:00PM	9:00PM	
5:00AM	GOOD NEWS (R) 4:00 - 5:00		ONE MINDANAO (P) 4:00 - 4:45							6:00AM	7:00AM	9:00AM	11:00PM	10:00PM	
6:00AM	BRIGADA (R) 5:00 - 6:00		ONE WESTERN VISAYAS (P) 4:45 - 5:30							7:00AM	8:00AM	10:00AM	12:00MN	11:00PM	
7:00AM	RESCUE (P) 6:00 - 6:30		FRONT ROW (R.) 5:30 - 6:15	STATE OF THE NATION (R) 5:30 - 6:15							8:00AM	9:00AM	11:00AM	1:00AM	12:00MN
8:00AM	FRONT ROW (P) 6:30 - 7:15		AGRIPRENEUR (R.) 6:15 - 7:00	SAKSI (R) 6:15 - 6:45							9:00AM	10:00AM	12:00NN	2:00AM	1:00AM
8:00AM	IMBESTIGADOR (P) 7:15 - 8:00	BORN IMPACT (R) 7:00 - 7:45	BALITANGHALI (R) 6:45 - 7:45							10:00AM	11:00AM	1:00PM	3:00AM	2:00AM	
8:00AM	AGRIPRENEUR (R) 8:00 - 8:45	GOOD NEWS (P) 7:45 - 8:30	PINOY CRIME STORIES (P) 7:45 - 8:30	PERA PARAAN (P) 7:45 - 8:30	INVESTIGATIVE DOCUMENTARIES (P) 7:45 - 8:30	BRIGADA (P) 7:45 - 8:30	BORN IMPACT (P) 7:45 - 8:30	DOBOL B TV (P) 8:30 - 12:00							
9:00AM	INVESTIGATIVE DOCUMENTARIES (R) 8:45 - 9:45	DOBOL B TV (P) 8:30 - 12:00							DOBOL B TV 8:30 - 11:30						
10:00AM	BORN IMPACT (R) 9:45 - 10:30								IMBESTIGADOR (R.) 11:30 - 12:15						
11:00AM	GOOD NEWS (R) 10:30 - 11:30								RESCUE (R) 12:15 - 12:45						
12:00NN	RESCUE (R) 11:30 - 12:00								FRONT ROW (R) 12:45 - 1:30						
1:00PM	DOKUMENTARYO (I-WITNESS CLASSICS) MARATHON (P) 12:00 - 3:00	DOKUMENTARYO (I-WITNESS CLASSICS) (P.) 12:00 - 12:45							2:00PM	3:00PM	5:00PM	7:00AM	6:00AM		
2:00PM		GOOD NEWS (R) 1:45 - 2:45	IMBESTIGADOR (R.) 1:45 - 2:30	BORN IMPACT (R) 1:45 - 2:30	PERA PARAAN (R.) 1:45 - 2:45	AGRIPRENEUR (R) 1:45 - 2:30	PINYOY CRIME STORIES (R.) 1:30 - 2:15								
3:00PM		PINOY CRIME STORIES (R.) 2:45 - 3:30	BRIGADA (R) 2:30 - 3:30	FRONT ROW (R) 2:30 - 3:15	GOOD NEWS (R) 2:45 - 3:30	IMBESTIGADOR (R.) 2:30 - 3:15	AGRIPRENEUR (R) 2:15 - 3:00								
4:00PM		IMBESTIGADOR (R) 3:00 - 3:45	IMBESTIGADOR (R) 3:30 - 4:15	PERA PARAAN (R.) 3:30 - 4:15	INVESTIGATIVE DOCUMENTARIES (R) 3:15 - 4:15	FRONT ROW (R) 3:30 - 4:15	BORN IMPACT (R) 3:45 - 4:15	BORN IMPACT (R) 3:00 - 3:45							
5:00PM	INVESTIGATIVE DOCUMENTARIES (R) 4:30 - 5:30	DOKUMENTARYO (I-WITNESS CLASSICS) (R) 4:15 - 5:00							5:00PM	6:00PM	8:00PM	10:00AM	9:00AM		
6:00PM	BORN IMPACT (R) 5:30 - 6:00	BALITANGHALI (P) 5:00 - 6:00							6:00PM	7:00PM	9:00PM	11:00AM	10:00AM		
7:00PM	PERA PARAAN (R) 6:00 - 7:00	REEL TIME (R) 6:00 - 7:00							7:00PM	8:00PM	10:00PM	12:00NN	11:00AM		
8:00PM	AGRIPRENEUR (R) 7:00 - 7:30	PINOY CRIME STORIES (R) 7:00 - 8:00	BRIGADA (R) 7:00 - 8:00	INVESTIGATIVE DOCUMENTARIES (R) 7:00 - 8:00	BORN IMPACT (R) 7:00 - 7:30	PERA PARAAN (R) 7:00 - 8:00	BRIGADA (R) 6:15 - 7:15								
8:00PM	IMBESTIGADOR (R) 7:30 - 8:15				FRONT ROW (R) 7:30 - 8:00		AGRIPRENEUR (R) 7:15 - 8:00								
9:00PM	PINOY CRIME STORIES (R.) 8:15 - 9:00	FRONT ROW (R) 8:00 - 8:30	BALITANG BISDAK (R) 8:00 - 8:45							9:00PM	10:00PM	12:00MN	2:00PM	1:00PM	
9:00PM	RESCUE (R) 9:00 - 9:30	PERA PARAAN (R.) 8:30 - 9:15	ONE NORTH CENTRAL LUZON (R) 8:45 - 9:30							10:00PM	11:00PM	1:00AM	3:00PM	2:00PM	
10:00PM	REEL TIME MARATHON (R) 9:30 - 2:30	BRIGADA (R.) 9:15 - 10:15	ONE MINDANAO (R) 9:30 - 10:00							11:00PM	12:00MN	2:00AM	4:00PM	3:00PM	
11:00PM		RESCUE (R) 10:15 - 10:45	ONE WESTERN VISAYAS (R) 10:00 - 10:45							12:00MN	1:00AM	3:00AM	5:00PM	4:00PM	
12:00NN		BALITANGHALI (R) 10:45 - 11:45							PINOY CRIME STORIES (R) 10:45 - 11:30						
		REEL TIME (R) 11:45 - 12:45							AGRIPRENEUR (P) 11:30 - 12:00						
12:00NN								1:00AM	2:00AM	4:00AM	6:00PM	5:00PM			

MLA	GMA NEWS TV PROGRAMMING MAY 3 - 9, 2026 GRID (MANILA)							JAPAN (MLA + 1)	AU (MLA + 2)	NEW ZEALAND (MLA + 4)	ITALY (MLA - 6)	UK (MLA - 7)					
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY										
	MAY.3	MAY.4	MAY.5	MAY.6	MAY.7	MAY.8	MAY.9										
12:00MN	GOOD NEWS (R.) 12:00 - 12:45	REEL TIME MARATHON (R) 9:30 - 2:30	REEL TIME (R) 11:45 - 12:45					DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV 8:30 - 11:30	1:00AM	2:00AM	4:00AM	6:00PM	5:00PM			
1:00AM	PERA PARAAN (R.) 12:45 - 1:30		STATE OF THE NATION (P) 12:45 - 1:15							2:00AM	3:00AM	5:00AM	7:00PM	6:00PM			
2:00AM	GLOBAL PINOY UNLIMITED (P) 1:30 - 1:45		GOOD NEWS (R) 1:15 - 2:00	PINOY CRIME STORIES (R) 1:15 - 2:00	PERA PARAAN (R) 1:15 - 2:00	INVESTIGATIVE DOCUMENTARIES (R) 1:15 - 2:00	BORN IMPACT (R) 1:15 - 2:00			3:00AM	4:00AM	6:00AM	8:00PM	7:00PM			
2:00AM	BRIGADA (R) 1:45 - 2:30	SAKSI (P) 2:00 - 2:30					DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV 8:30 - 11:30	3:00AM	4:00AM	6:00AM	8:00PM	7:00PM				
3:00AM	INVESTIGATIVE DOCUMENTARIES (R) 2:30 - 3:30	BALITANG BISDAK (P) 2:30 - 3:15							4:00AM	5:00AM	7:00AM	9:00PM	8:00PM				
4:00AM	AGRIPRENEUR (R) 3:30 - 4:00	ONE NORTH CENTRAL LUZON (P) 3:15 - 4:00							5:00AM	6:00AM	8:00AM	10:00PM	9:00PM				
4:00AM	GOOD NEWS (R) 4:00 - 5:00	DOKUMENTARYO (I-WITNESS CLASSICS) MARATHON (P) 2:30 - 5:30	ONE MINDANAO (P) 4:00 - 4:45					DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV 8:30 - 11:30	6:00AM	7:00AM	9:00AM	11:00PM	10:00PM			
5:00AM	BRIGADA (R) 5:00 - 6:00		ONE WESTERN VISAYAS (P) 4:45 - 5:30							6:00AM	7:00AM	9:00AM	11:00PM	10:00PM			
6:00AM	RESCUE (P) 6:00 - 6:30		STATE OF THE NATION (R) 5:30 - 6:15							7:00AM	8:00AM	10:00AM	12:00MN	11:00PM			
6:00AM	FRONT ROW (R) 5:30 - 6:15	DOKUMENTARYO (I-WITNESS CLASSICS) MARATHON (P) 2:30 - 5:30	SAKSI (R) 6:15 - 6:45					DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV 8:30 - 11:30	8:00AM	9:00AM	11:00AM	1:00AM	12:00MN			
7:00AM	AGRIPRENEUR (R) 6:15 - 7:00		BALITANGHALI (R) 6:45 - 7:45							8:00AM	9:00AM	11:00AM	1:00AM	12:00MN			
7:00AM	BORN IMPACT (R) 7:00 - 7:45		BALITANGHALI (R) 6:45 - 7:45							8:00AM	9:00AM	11:00AM	1:00AM	12:00MN			
8:00AM	IMBESTIGADOR (P) 7:15 - 8:00	DOKUMENTARYO (I-WITNESS CLASSICS) MARATHON (P) 2:30 - 5:30	PINOY CRIME STORIES (P) 7:45 - 8:30	PERA PARAAN (P) 7:45 - 8:30	INVESTIGATIVE DOCUMENTARIES (P) 7:45 - 8:30	BRIGADA (P) 7:45 - 8:30	BORN IMPACT (P) 7:45 - 8:30	DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV 8:30 - 11:30	9:00AM	10:00AM	12:00NN	2:00AM	1:00AM			
8:00AM	AGRIPRENEUR (R) 8:00 - 8:45		DOBOL B TV (P) 8:30 - 12:00							DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV 8:30 - 11:30	9:00AM	10:00AM	12:00NN	2:00AM	1:00AM	
9:00AM	INVESTIGATIVE DOCUMENTARIES (R) 8:45 - 9:45		DOBOL B TV (P) 8:30 - 12:00									DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV 8:30 - 11:30	10:00AM	11:00AM	1:00PM	3:00AM
10:00AM	BORN IMPACT (R) 9:45 - 10:30	DOBOL B TV (P) 8:30 - 12:00					DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV 8:30 - 11:30	11:00AM					12:00NN	2:00PM	4:00AM	3:00AM
10:00AM	GLOBAL PINOY UNLIMITED (R) 10:30 - 10:45	DOBOL B TV (P) 8:30 - 12:00							DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV 8:30 - 11:30	12:00NN			1:00PM	3:00PM	5:00AM	4:00AM
11:00AM	GOOD NEWS (R) 10:45 - 11:30	DOBOL B TV (P) 8:30 - 12:00									DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV 8:30 - 11:30	12:00NN	1:00PM	3:00PM	5:00AM	4:00AM
11:00AM	RESCUE (R) 11:30 - 12:00	DOBOL B TV (P) 8:30 - 12:00					DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV 8:30 - 11:30					1:00PM	2:00PM	4:00PM	6:00AM	5:00AM
12:00MN	DOKUMENTARYO (I-WITNESS CLASSICS) MARATHON (P) 12:00 - 3:00	DOKUMENTARYO (I-WITNESS CLASSICS) (P.) 12:00 - 12:45							DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV 8:30 - 11:30			1:00PM	2:00PM	4:00PM	6:00AM	5:00AM
1:00PM		REEL TIME (P) 12:45 - 1:45									DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV 8:30 - 11:30	1:00PM	2:00PM	4:00PM	6:00AM	5:00AM
2:00PM		GOOD NEWS (R) 1:45 - 2:45	IMBESTIGADOR (R.) 1:45 - 2:30	BORN IMPACT (R) 1:45 - 2:30	PERA PARAAN (R.) 1:45 - 2:45	AGRIPRENEUR (R) 1:45 - 2:30	PINOY CRIME STORIES (R.) 1:30 - 2:15	2:00PM					3:00PM	5:00PM	7:00AM	6:00AM	
3:00PM	PINOY CRIME STORIES (R.) 2:45 - 3:30	BRIGADA (R) 2:30 - 3:30	FRONT ROW (R) 2:30 - 3:15	GOOD NEWS (R) 2:45 - 3:30	IMBESTIGADOR (R.) 2:30 - 3:15	AGRIPRENEUR (R) 2:15 - 3:00	3:00PM	4:00PM	6:00PM	8:00AM			7:00AM				
3:00PM	IMBESTIGADOR (R) 3:00 - 3:45	DOKUMENTARYO (I-WITNESS CLASSICS) MARATHON (P) 12:00 - 3:00	DOKUMENTARYO (I-WITNESS CLASSICS) (P.) 12:00 - 12:45	INVESTIGATIVE DOCUMENTARIES (R) 3:15 - 4:15	FRONT ROW (R) 3:30 - 4:15	BORN IMPACT (R) 3:45 - 4:15	INVESTIGATIVE DOCUMENTARIES (R) 3:45 - 4:45	DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV 8:30 - 11:30	4:00PM	5:00PM	7:00PM	9:00AM	8:00AM			
4:00PM	PINOY CRIME STORIES (R.) 3:45 - 4:30			IMBESTIGADOR (R) 3:30 - 4:15	PERA PARAAN (R.) 3:30 - 4:15	DOKUMENTARYO (I-WITNESS CLASSICS) (R) 4:15 - 5:00				RESCUE (R) 4:45 - 5:15	5:00PM	6:00PM	8:00PM	10:00AM	9:00AM		
5:00PM	INVESTIGATIVE DOCUMENTARIES (R) 4:30 - 5:30			BALITANGHALI (P) 5:00 - 6:00						RESCUE (R) 4:45 - 5:15	6:00PM	7:00PM	9:00PM	11:00AM	10:00AM		
6:00PM	FRONT ROW (R) 5:30 - 6:00	BALITANGHALI (P) 5:00 - 6:00					DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV 8:30 - 11:30	7:00PM	8:00PM	10:00PM	12:00NN	11:00AM				
6:00PM	GLOBAL PINOY UNLIMITED (R) 6:00 - 6:15	REEL TIME (R) 6:00 - 7:00							DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV 8:30 - 11:30	7:00PM	8:00PM	10:00PM	12:00NN	11:00AM		
7:00PM	PERA PARAAN (R) 6:15 - 7:00	REEL TIME (R) 6:00 - 7:00									DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV 8:30 - 11:30	8:00PM	9:00PM	11:00PM	1:00PM	12:00NN
7:00PM	AGRIPRENEUR (R) 7:00 - 7:30	DOKUMENTARYO (I-WITNESS CLASSICS) MARATHON (P) 12:00 - 3:00	DOKUMENTARYO (I-WITNESS CLASSICS) (P.) 12:00 - 12:45	BRIGADA (R) 7:00 - 8:00	INVESTIGATIVE DOCUMENTARIES (R) 7:00 - 8:00	BORN IMPACT (R) 7:00 - 7:30	PERA PARAAN (R) 7:00 - 8:00	DOBOL B TV (P) 8:30 - 12:00					DOBOL B TV 8:30 - 11:30	8:00PM	9:00PM	11:00PM	1:00PM
8:00PM	IMBESTIGADOR (R) 7:30 - 8:15					FRONT ROW (R) 8:00 - 8:30	BALITANGHALI (P) 5:00 - 6:00		FRONT ROW (R) 7:30 - 8:00	AGRIPRENEUR (R) 7:15 - 8:00				9:00PM	10:00PM	12:00MN	2:00PM
8:00PM	PINOY CRIME STORIES (R.) 8:15 - 9:00					BALITANGHALI (P) 5:00 - 6:00					DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV 8:30 - 11:30		9:00PM	10:00PM	12:00MN	2:00PM
9:00PM	RESCUE (R) 9:00 - 9:30	BALITANGHALI (P) 5:00 - 6:00					DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV 8:30 - 11:30	10:00PM	11:00PM			1:00AM	3:00PM	2:00PM		
9:00PM	REEL TIME MARATHON (R) 9:30 - 2:30	BALITANGHALI (P) 5:00 - 6:00							DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV 8:30 - 11:30			11:00PM	12:00MN	2:00AM	4:00PM	3:00PM
10:00PM		BRIGADA (R.) 9:15 - 10:15	ONE NORTH CENTRAL LUZON (R) 8:45 - 9:30								DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV 8:30 - 11:30	11:00PM	12:00MN	2:00AM	4:00PM	3:00PM
10:00PM		RESCUE (R) 10:15 - 10:45	ONE MINDANAO (R) 9:30 - 10:00					DOBOL B TV (P) 8:30 - 12:00					DOBOL B TV 8:30 - 11:30	11:00PM	12:00MN	2:00AM	4:00PM
10:00PM	REEL TIME MARATHON (R) 9:30 - 2:30	ONE WESTERN VISAYAS (R) 10:00 - 10:45					DOBOL B TV (P) 8:30 - 12:00		DOBOL B TV 8:30 - 11:30	12:00MN				1:00AM	3:00AM	5:00PM	4:00PM
11:00PM		BALITANGHALI (R) 10:45 - 11:45								DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV 8:30 - 11:30	12:00MN		1:00AM	3:00AM	5:00PM	4:00PM
12:00MN		REEL TIME (R) 11:45 - 12:45						DOBOL B TV (P) 8:30 - 12:00				DOBOL B TV 8:30 - 11:30	1:00AM	2:00AM	4:00AM	6:00PM	5:00PM
12:00MN	REEL TIME (R) 11:45 - 12:45					DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV 8:30 - 11:30		1:00AM				2:00AM	4:00AM	6:00PM	5:00PM	
12:00MN	REEL TIME (R) 11:45 - 12:45								DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV 8:30 - 11:30	1:00AM		2:00AM	4:00AM	6:00PM	5:00PM	
12:00MN	REEL TIME (R) 11:45 - 12:45							DOBOL B TV (P) 8:30 - 12:00			DOBOL B TV 8:30 - 11:30	1:00AM	2:00AM	4:00AM	6:00PM	5:00PM	
12:00MN	REEL TIME (R) 11:45 - 12:45					DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV 8:30 - 11:30					1:00AM	2:00AM	4:00AM	6:00PM	5:00PM	
12:00MN	REEL TIME (R) 11:45 - 12:45								DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV 8:30 - 11:30		1:00AM	2:00AM	4:00AM	6:00PM	5:00PM	
12:00MN	REEL TIME (R) 11:45 - 12:45							DOBOL B TV (P) 8:30 - 12:00			DOBOL B TV 8:30 - 11:30	1:00AM	2:00AM	4:00AM	6:00PM	5:00PM	
12:00MN	REEL TIME (R) 11:45 - 12:45					DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV 8:30 - 11:30					1:00AM	2:00AM	4:00AM	6:00PM	5:00PM	
12:00MN	REEL TIME (R) 11:45 - 12:45								DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV 8:30 - 11:30		1:00AM	2:00AM	4:00AM	6:00PM	5:00PM	
12:00MN	REEL TIME (R) 11:45 - 12:45							DOBOL B TV (P) 8:30 - 12:00			DOBOL B TV 8:30 - 11:30	1:00AM	2:00AM	4:00AM	6:00PM	5:00PM	
12:00MN	REEL TIME (R) 11:45 - 12:45					DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV 8:30 - 11:30					1:00AM	2:00AM	4:00AM	6:00PM	5:00PM	
12:00MN	REEL TIME (R) 11:45 - 12:45								DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV 8:30 - 11:30		1:00AM	2:00AM	4:00AM	6:00PM	5:00PM	
12:00MN	REEL TIME (R) 11:45 - 12:45							DOBOL B TV (P) 8:30 - 12:00			DOBOL B TV 8:30 - 11:30	1:00AM	2:00AM	4:00AM	6:00PM	5:00PM	
12:00MN	REEL TIME (R) 11:45 - 12:45					DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV 8:30 - 11:30					1:00AM	2:00AM	4:00AM	6:00PM	5:00PM	
12:00MN	REEL TIME (R) 11:45 - 12:45								DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV 8:30 - 11:30		1:00AM	2:00AM	4:00AM	6:00PM	5:00PM	
12:00MN	REEL TIME (R) 11:45 - 12:45							DOBOL B TV (P) 8:30 - 12:00			DOBOL B TV 8:30 - 11:30	1:00AM	2:00AM	4:00AM	6:00PM	5:00PM	
12:00MN	REEL TIME (R) 11:45 - 12:45					DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV 8:30 - 11:30					1:00AM	2:00AM	4:00AM	6:00PM	5:00PM	
12:00MN	REEL TIME (R) 11:45 - 12:45								DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV 8:30 - 11:30		1:00AM	2:00AM	4:00AM	6:00PM	5:00PM	
12:00MN	REEL TIME (R) 11:45 - 12:45							DOBOL B TV (P) 8:30 - 12:00			DOBOL B TV 8:30 - 11:30	1:00AM	2:00AM	4:00AM	6:00PM	5:00PM	
12:00MN	REEL TIME (R) 11:45 - 12:45					DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV 8:30 - 11:30					1:00AM	2:00AM	4:00AM	6:00PM	5:00PM	
12:00MN	REEL TIME (R) 11:45 - 12:45								DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV 8:30 - 11:30		1:00AM	2:00AM	4:00AM	6:00PM	5:00PM	
12:00MN	REEL TIME (R) 11:45 - 12:45							DOBOL B TV (P) 8:30 - 12:00			DOBOL B TV 8:30 - 11:30	1:00AM	2:00AM	4:00AM	6:00PM	5:00PM	
12:00MN	REEL TIME (R) 11:45 - 12:45					DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV 8:30 - 11:30					1:00AM	2:00AM	4:00AM	6:00PM	5:00PM	
12:00MN	REEL TIME (R) 11:45 - 12:45								DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV 8:30 - 11:30		1:00AM	2:00AM	4:00AM	6:00PM	5:00PM	
12:00MN	REEL TIME (R) 11:45 - 12:45							DOBOL B TV (P) 8:30 - 12:00			DOBOL B TV 8:30 - 11:30	1:00AM	2:00AM	4:00AM	6:00PM	5:00PM	
12:00MN	REEL TIME (R) 11:45 - 12:45					DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV 8:30 - 11:30					1:00AM	2:00AM	4:00AM	6:00PM	5:00PM	
12:00MN	REEL TIME (R) 11:45 - 12:45								DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV 8:30 - 11:30		1:00AM	2:00AM	4:00AM	6:00PM	5:00PM	
12:00MN	REEL TIME (R) 11:45 - 12:45							DOBOL B TV (P) 8:30 - 12:00			DOBOL B TV 8:30 - 11:30	1:00AM	2:00AM	4:00AM	6:00PM	5:00PM	
12:00MN	REEL TIME (R) 11:45 - 12:45					DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV 8:30 - 11:30					1:00AM	2:00AM	4:00AM	6:00PM	5:00PM	
12:00MN	REEL TIME (R) 11:45 - 12:45								DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV 8:30 - 11:30		1:00AM	2:00AM	4:00AM	6:00PM	5:00PM	
12:00MN	REEL TIME (R) 11:45 - 12:45							DOBOL B TV (P) 8:30 - 12:00			DOBOL B TV 8:30 - 11:30	1:00AM	2:00AM	4:00AM	6:00PM	5:00PM	
12:00MN	REEL TIME (R) 11:45 - 12:45					DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV 8:30 - 11:30					1:00AM	2:0				

MLA	GMA NEWS TV PROGRAMMING MAY 10 - 16, 2026 GRID (MANILA)							JAPAN (MLA + 1)	AU (MLA + 2)	NEW ZEALAND (MLA + 4)	ITALY (MLA - 6)	UK (MLA - 7)		
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY							
	MAY.10	MAY.11	MAY.12	MAY.13	MAY.14	MAY.15	MAY.16							
12:00MN	GOOD NEWS (R.) 12:00 - 12:45	REEL TIME MARATHON (R) 9:30 - 2:30	REEL TIME (R) 11:45 - 12:45							1:00AM	2:00AM	4:00AM	6:00PM	5:00PM
1:00AM	PERA PARAAN (R.) 12:45 - 1:30		STATE OF THE NATION (P) 12:45 - 1:15							2:00AM	3:00AM	5:00AM	7:00PM	6:00PM
2:00AM	GLOBAL PINOY UNLIMITED (P) 1:30 - 1:45		GOOD NEWS (R) 1:15 - 2:00	PINOY CRIME STORIES (R) 1:15 - 2:00	PERA PARAAN (R) 1:15 - 2:00	INVESTIGATIVE DOCUMENTARIES (R) 1:15 - 2:00	BORN IMPACT (R) 1:15 - 2:00							
3:00AM	BRIGADA (R) 1:45 - 2:30	SAKSI (P) 2:00 - 2:30							3:00AM	4:00AM	6:00AM	8:00PM	7:00PM	
4:00AM	INVESTIGATIVE DOCUMENTARIES (R) 2:30 - 3:30	DOKUMENTARYO (I-WITNESS CLASSICS) MARATHON (P) 2:30 - 5:30	BALITANG BISDAK (P) 2:30 - 3:15							4:00AM	5:00AM	7:00AM	9:00PM	8:00PM
5:00AM	AGRIPRENEUR (R) 3:30 - 4:00		ONE NORTH CENTRAL LUZON (P) 3:15 - 4:00							5:00AM	6:00AM	8:00AM	10:00PM	9:00PM
6:00AM	GOOD NEWS (R) 4:00 - 5:00		ONE MINDANAO (P) 4:00 - 4:45							6:00AM	7:00AM	9:00AM	11:00PM	10:00PM
7:00AM	BRIGADA (R) 5:00 - 6:00		ONE WESTERN VISAYAS (P) 4:45 - 5:30							7:00AM	8:00AM	10:00AM	12:00MN	11:00PM
8:00AM	RESCUE (P) 6:00 - 6:30		FRONT ROW (R.) 5:30 - 6:15	STATE OF THE NATION (R) 5:30 - 6:15							8:00AM	9:00AM	11:00AM	1:00AM
9:00AM	FRONT ROW (P) 6:30 - 7:15	AGRIPRENEUR (R.) 6:15 - 7:00	SAKSI (R) 6:15 - 6:45							9:00AM	10:00AM	12:00NN	2:00AM	1:00AM
10:00AM	BORN IMPACT (R) 7:15 - 8:00	BORN IMPACT (R) 7:00 - 7:45	BALITANGHALI (R) 6:45 - 7:45							10:00AM	11:00AM	1:00PM	3:00AM	2:00AM
11:00AM	AGRIPRENEUR (R) 8:00 - 8:45	GOOD NEWS (P) 7:45 - 8:30	PINOY CRIME STORIES (P) 7:45 - 8:30	PERA PARAAN (P) 7:45 - 8:30	INVESTIGATIVE DOCUMENTARIES (P) 7:45 - 8:30	BRIGADA (P) 7:45 - 8:30	BORN IMPACT (P) 7:45 - 8:30	DOBOL B TV (P) 8:30 - 12:00						
12:00NN	INVESTIGATIVE DOCUMENTARIES (R) 8:45 - 9:45	DOKUMENTARYO (I-WITNESS CLASSICS) (P.) 12:00 - 12:45							12:00NN	1:00PM	3:00PM	5:00AM	4:00AM	
1:00PM	BORN IMPACT (R) 9:45 - 10:30	REEL TIME (P) 12:45 - 1:45							1:00PM	2:00PM	4:00PM	6:00AM	5:00AM	
2:00PM	GLOBAL PINOY UNLIMITED (R) 10:30 - 10:45	DOKUMENTARYO (I-WITNESS CLASSICS) MARATHON (P) 12:00 - 3:00							2:00PM	3:00PM	5:00PM	7:00AM	6:00AM	
3:00PM	GOOD NEWS (R) 10:45 - 11:30	GOOD NEWS (R) 1:45 - 2:45	IMBESTIGADOR (R.) 1:45 - 2:30	BORN IMPACT (R) 1:45 - 2:30	PERA PARAAN (R.) 1:45 - 2:45	AGRIPRENEUR (R) 1:45 - 2:30	PINOY CRIME STORIES (R.) 1:30 - 2:15	3:00PM	4:00PM	6:00PM	8:00AM	7:00AM		
4:00PM	RESCUE (R) 11:30 - 12:00	PINOY CRIME STORIES (R.) 2:45 - 3:30	BRIGADA (R) 2:30 - 3:30	FRONT ROW (R) 2:30 - 3:15	GOOD NEWS (R) 2:45 - 3:30	IMBESTIGADOR (R.) 2:30 - 3:15	AGRIPRENEUR (R) 2:15 - 3:00	4:00PM	5:00PM	7:00PM	9:00AM	8:00AM		
5:00PM	DOKUMENTARYO (I-WITNESS CLASSICS) MARATHON (P) 12:00 - 3:00	IMBESTIGADOR (R) 3:00 - 3:45	IMBESTIGADOR (R) 3:30 - 4:15	PERA PARAAN (R.) 3:30 - 4:15	INVESTIGATIVE DOCUMENTARIES (R) 3:15 - 4:15	FRONT ROW (R) 3:30 - 4:15	BORN IMPACT (R) 3:00 - 3:45	5:00PM	6:00PM	8:00PM	10:00AM	9:00AM		
6:00PM	INVESTIGATIVE DOCUMENTARIES (R) 4:30 - 5:30	DOKUMENTARYO (I-WITNESS CLASSICS) (R) 4:15 - 5:00							6:00PM	7:00PM	9:00PM	11:00AM	10:00AM	
7:00PM	FRONT ROW (R) 5:30 - 6:00	BALITANGHALI (P) 5:00 - 6:00							7:00PM	8:00PM	10:00PM	12:00NN	11:00AM	
8:00PM	GLOBAL PINOY UNLIMITED (R) 6:00 - 6:15	REEL TIME (R) 6:00 - 7:00							8:00PM	9:00PM	11:00PM	1:00PM	12:00NN	
9:00PM	PERA PARAAN (R) 6:15 - 7:00	PINOY CRIME STORIES (R) 7:00 - 8:00	BRIGADA (R) 7:00 - 8:00	INVESTIGATIVE DOCUMENTARIES (R) 7:00 - 8:00	BORN IMPACT (R) 7:00 - 7:30	FRONT ROW (R) 7:30 - 8:00	PERA PARAAN (R) 7:00 - 8:00	9:00PM	10:00PM	12:00MN	2:00PM	1:00PM		
10:00PM	AGRIPRENEUR (R) 7:00 - 7:30	FRONT ROW (R) 8:00 - 8:30	BALITANG BISDAK (R) 8:00 - 8:45							10:00PM	11:00PM	1:00AM	3:00PM	2:00PM
11:00PM	IMBESTIGADOR (R) 7:30 - 8:15	PERA PARAAN (R.) 8:30 - 9:15	ONE NORTH CENTRAL LUZON (R) 8:45 - 9:30							11:00PM	12:00MN	2:00AM	4:00PM	3:00PM
12:00MN	PINOY CRIME STORIES (R.) 8:15 - 9:00	BRIGADA (R.) 9:15 - 10:15	ONE MINDANAO (R) 9:30 - 10:00							12:00MN	1:00AM	3:00AM	5:00PM	4:00PM
1:00AM	RESCUE (R) 9:00 - 9:30	RESCUE (R) 10:15 - 10:45	ONE WESTERN VISAYAS (R) 10:00 - 10:45							1:00AM	2:00AM	4:00AM	6:00PM	5:00PM
2:00AM	REEL TIME MARATHON (R) 9:30 - 2:30	BALITANGHALI (R) 10:45 - 11:45							2:00AM	3:00AM	5:00AM	7:00PM	6:00PM	
3:00AM		REEL TIME (R) 11:45 - 12:45							3:00AM	4:00AM	6:00AM	8:00PM	7:00PM	
4:00AM									4:00AM	5:00AM	7:00AM	9:00PM	8:00PM	
5:00AM									5:00AM	6:00AM	8:00AM	10:00PM	9:00PM	
6:00AM									6:00AM	7:00AM	9:00AM	11:00PM	10:00PM	
7:00AM									7:00AM	8:00AM	10:00AM	12:00MN	11:00PM	
8:00AM									8:00AM	9:00AM	11:00AM	1:00AM	12:00MN	
9:00AM									9:00AM	10:00AM	12:00NN	2:00AM	1:00AM	
10:00AM									10:00AM	11:00AM	1:00PM	3:00AM	2:00AM	
11:00AM									11:00AM	12:00MN	2:00AM	4:00PM	3:00PM	
12:00MN									12:00MN	1:00AM	3:00AM	5:00PM	4:00PM	
1:00AM									1:00AM	2:00AM	4:00AM	6:00PM	5:00PM	

MLA	GMA NEWS TV PROGRAMMING MAY 17 - 23, 2026 GRID (MANILA)							JAPAN (MLA + 1)	AU (MLA + 2)	NEW ZEALAND (MLA + 4)	ITALY (MLA - 6)	UK (MLA - 7)
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY					
	MAY.17	MAY.18	MAY.19	MAY.20	MAY.21	MAY.22	MAY.23					
12:00MN	GOOD NEWS (R.) 12:00 - 12:45	REEL TIME MARATHON (R) 9:30 - 2:30	REEL TIME (R) 11:45 - 12:45					1:00AM	2:00AM	4:00AM	6:00PM	5:00PM
1:00AM	PERA PARAAN (R.) 12:45 - 1:30		STATE OF THE NATION (P) 12:45 - 1:15					2:00AM	3:00AM	5:00AM	7:00PM	6:00PM
2:00AM	GLOBAL PINOY UNLIMITED (P) 1:30 - 1:45		GOOD NEWS (R) 1:15 - 2:00	PINOY CRIME STORIES (R) 1:15 - 2:00	PERA PARAAN (R) 1:15 - 2:00	INVESTIGATIVE DOCUMENTARIES (R) 1:15 - 2:00	BORN IMPACT (R) 1:15 - 2:00	3:00AM	4:00AM	6:00AM	8:00PM	7:00PM
3:00AM	BRIGADA (R) 1:45 - 2:30	SAKSI (P) 2:00 - 2:30					4:00AM	5:00AM	7:00AM	9:00PM	8:00PM	
4:00AM	INVESTIGATIVE DOCUMENTARIES (R) 2:30 - 3:30	DOKUMENTARYO (I-WITNESS CLASSICS) MARATHON (P) 2:30 - 5:30	BALITANG BISDAK (P) 2:30 - 3:15					5:00AM	6:00AM	8:00AM	10:00PM	9:00PM
5:00AM	AGRIPRENEUR (R) 3:30 - 4:00		ONE NORTH CENTRAL LUZON (P) 3:15 - 4:00					6:00AM	7:00AM	9:00AM	11:00PM	10:00PM
6:00AM	GOOD NEWS (R) 4:00 - 5:00		ONE MINDANAO (P) 4:00 - 4:45					7:00AM	8:00AM	10:00AM	12:00MN	11:00PM
7:00AM	BRIGADA (R) 5:00 - 6:00	FRONT ROW (R) 5:30 - 6:15	ONE WESTERN VISAYAS (P) 4:45 - 5:30					8:00AM	9:00AM	11:00AM	1:00AM	12:00MN
8:00AM	RESCUE (P) 6:00 - 6:30		STATE OF THE NATION (R) 5:30 - 6:15					9:00AM	10:00AM	12:00NN	2:00AM	1:00AM
9:00AM	FRONT ROW (P) 6:30 - 7:15		AGRIPRENEUR (R) 6:15 - 7:00	SAKSI (R) 6:15 - 6:45					10:00AM	11:00AM	1:00PM	3:00AM
10:00AM	IMBESTIGADOR (P) 7:15 - 8:00	GOOD NEWS (P) 7:45 - 8:30	BALITANGHALI (R) 6:45 - 7:45					11:00AM	12:00NN	2:00PM	4:00AM	3:00AM
11:00AM	AGRIPRENEUR (R) 8:00 - 8:45		PINOY CRIME STORIES (P) 7:45 - 8:30	PERA PARAAN (P) 7:45 - 8:30	INVESTIGATIVE DOCUMENTARIES (P) 7:45 - 8:30	BRIGADA (P) 7:45 - 8:30	BORN IMPACT (P) 7:45 - 8:30	12:00NN	1:00PM	3:00PM	5:00AM	4:00AM
12:00NN	INVESTIGATIVE DOCUMENTARIES (R) 8:45 - 9:45		DOBOL B TV (P) 8:30 - 12:00					DOBOL B TV 8:30 - 11:30		1:00PM	3:00PM	5:00AM
1:00PM	BORN IMPACT (R) 9:45 - 10:30	DOKUMENTARYO (I-WITNESS CLASSICS) (P.) 12:00 - 12:45					2:00PM	3:00PM	5:00PM	7:00AM	6:00AM	
2:00PM	GLOBAL PINOY UNLIMITED (R) 10:30 - 10:45	REEL TIME (P) 12:45 - 1:45					3:00PM	4:00PM	6:00PM	8:00AM	7:00AM	
3:00PM	GOOD NEWS (R) 10:45 - 11:30	GOOD NEWS (R) 1:45 - 2:45	IMBESTIGADOR (R.) 1:45 - 2:30	BORN IMPACT (R) 1:45 - 2:30	PERA PARAAN (R.) 1:45 - 2:45	AGRIPRENEUR (R) 1:45 - 2:30	4:00PM	5:00PM	7:00PM	9:00AM	8:00AM	
4:00PM	RESCUE (R) 11:30 - 12:00	PINOY CRIME STORIES (R.) 2:45 - 3:30	BRIGADA (R) 2:30 - 3:30	FRONT ROW (R) 2:30 - 3:15	GOOD NEWS (R) 2:45 - 3:30	IMBESTIGADOR (R.) 2:30 - 3:15	5:00PM	6:00PM	8:00PM	10:00AM	9:00AM	
5:00PM	DOKUMENTARYO (I-WITNESS CLASSICS) MARATHON (P) 12:00 - 3:00	IMBESTIGADOR (R) 3:30 - 4:15	PERA PARAAN (R.) 3:30 - 4:15	INVESTIGATIVE DOCUMENTARIES (R) 3:15 - 4:15	FRONT ROW (R) 3:30 - 4:15	BORN IMPACT (R) 3:45 - 4:15	6:00PM	7:00PM	9:00PM	11:00AM	10:00AM	
6:00PM	INVESTIGATIVE DOCUMENTARIES (R) 4:30 - 5:30	DOKUMENTARYO (I-WITNESS CLASSICS) (R) 4:15 - 5:00					7:00PM	8:00PM	10:00PM	12:00NN	11:00AM	
7:00PM	FRONT ROW (R) 5:30 - 6:00	BALITANGHALI (P) 5:00 - 6:00					8:00PM	9:00PM	11:00PM	1:00PM	12:00NN	
8:00PM	GLOBAL PINOY UNLIMITED (R) 6:00 - 6:15	REEL TIME (R) 6:00 - 7:00					9:00PM	10:00PM	12:00MN	2:00PM	1:00PM	
9:00PM	PERA PARAAN (R) 6:15 - 7:00	PINOY CRIME STORIES (R) 7:00 - 8:00	BRIGADA (R) 7:00 - 8:00	INVESTIGATIVE DOCUMENTARIES (R) 7:00 - 8:00	BORN IMPACT (R) 7:00 - 7:30	PERA PARAAN (R) 7:00 - 8:00	10:00PM	11:00PM	1:00AM	3:00PM	2:00PM	
10:00PM	AGRIPRENEUR (R) 7:00 - 7:30	BALITANG BISDAK (R) 8:00 - 8:45					11:00PM	12:00MN	2:00AM	4:00PM	3:00PM	
11:00PM	IMBESTIGADOR (R) 7:30 - 8:15	FRONT ROW (R) 8:00 - 8:30	ONE NORTH CENTRAL LUZON (R) 8:45 - 9:30					12:00MN	1:00AM	3:00AM	5:00PM	4:00PM
12:00MN	PINOY CRIME STORIES (R.) 8:15 - 9:00	PERA PARAAN (R.) 8:30 - 9:15	ONE MINDANAO (R) 9:30 - 10:00					1:00AM	2:00AM	4:00AM	6:00PM	5:00PM
1:00AM	RESCUE (R) 9:00 - 9:30	BRIGADA (R.) 9:15 - 10:15	ONE WESTERN VISAYAS (R) 10:00 - 10:45					2:00AM	3:00AM	5:00AM	7:00PM	6:00PM
2:00AM	REEL TIME MARATHON (R) 9:30 - 2:30	RESCUE (R) 10:15 - 10:45	BALITANGHALI (R) 10:45 - 11:45					3:00AM	4:00AM	6:00AM	8:00PM	7:00PM
3:00AM		REEL TIME (R) 11:45 - 12:45					4:00AM	5:00AM	7:00AM	9:00PM	8:00PM	
4:00AM							5:00AM	6:00AM	8:00AM	10:00PM	9:00PM	
5:00AM							6:00AM	7:00AM	9:00AM	11:00PM	10:00PM	
6:00AM							7:00AM	8:00AM	10:00AM	12:00MN	11:00PM	
7:00AM							8:00AM	9:00AM	11:00AM	1:00AM	12:00MN	
8:00AM							9:00AM	10:00AM	12:00NN	2:00AM	1:00AM	
9:00AM							10:00AM	11:00AM	1:00PM	3:00AM	2:00AM	
10:00AM							11:00AM	12:00NN	2:00PM	4:00AM	3:00AM	
11:00AM							12:00NN	1:00PM	3:00PM	5:00AM	4:00AM	
12:00NN							1:00PM	2:00PM	4:00PM	6:00AM	5:00AM	

MLA	GMA NEWS TV PROGRAMMING MAY 24 - 30, 2026 GRID (MANILA)							JAPAN (MLA + 1)	AU (MLA + 2)	NEW ZEALAND (MLA + 4)	ITALY (MLA - 6)	UK (MLA - 7)				
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY									
	MAY.24	MAY.25	MAY.26	MAY.27	MAY.28	MAY.29	MAY.30									
12:00MN	GOOD NEWS (R.) 12:00 - 12:45	REEL TIME MARATHON (R) 9:30 - 2:30	REEL TIME (R) 11:45 - 12:45					1:00AM	2:00AM	4:00AM	6:00PM	5:00PM				
1:00AM	PERA PARAAN (R.) 12:45 - 1:30		STATE OF THE NATION (P) 12:45 - 1:15					2:00AM	3:00AM	5:00AM	7:00PM	6:00PM				
2:00AM	GLOBAL PINOY UNLIMITED (P) 1:30 - 1:45		GOOD NEWS (R) 1:15 - 2:00	PINOY CRIME STORIES (R) 1:15 - 2:00	PERA PARAAN (R) 1:15 - 2:00	INVESTIGATIVE DOCUMENTARIES (R) 1:15 - 2:00	BORN IMPACT (R) 1:15 - 2:00	3:00AM	4:00AM	6:00AM	8:00PM	7:00PM				
3:00AM	BRIGADA (R) 1:45 - 2:30	SAKSI (P) 2:00 - 2:30					4:00AM	5:00AM	7:00AM	9:00PM	8:00PM					
4:00AM	INVESTIGATIVE DOCUMENTARIES (R) 2:30 - 3:30	DOKUMENTARYO (I-WITNESS CLASSICS) MARATHON (P) 2:30 - 5:30	BALITANG BISDAK (P) 2:30 - 3:15					5:00AM	6:00AM	8:00AM	10:00PM	9:00PM				
5:00AM	AGRIPRENEUR (R) 3:30 - 4:00		ONE NORTH CENTRAL LUZON (P) 3:15 - 4:00					6:00AM	7:00AM	9:00AM	11:00PM	10:00PM				
6:00AM	GOOD NEWS (R) 4:00 - 5:00		ONE MINDANAO (P) 4:00 - 4:45					7:00AM	8:00AM	10:00AM	12:00MN	11:00PM				
7:00AM	BRIGADA (R) 5:00 - 6:00	ONE WESTERN VISAYAS (P) 4:45 - 5:30					8:00AM	9:00AM	11:00AM	1:00AM	12:00MN					
8:00AM	RESCUE (P) 6:00 - 6:30	FRONT ROW (R.) 5:30 - 6:15	STATE OF THE NATION (R) 5:30 - 6:15					9:00AM	10:00AM	12:00NN	2:00AM	1:00AM				
9:00AM	FRONT ROW (P) 6:30 - 7:15	AGRIPRENEUR (R.) 6:15 - 7:00	SAKSI (R) 6:15 - 6:45					10:00AM	11:00AM	1:00PM	3:00AM	2:00AM				
10:00AM	IMBESTIGADOR (P) 7:15 - 8:00	BORN IMPACT (R) 7:00 - 7:45	BALITANGHALI (R) 6:45 - 7:45					11:00AM	12:00NN	2:00PM	4:00AM	3:00AM				
11:00AM	AGRIPRENEUR (R) 8:00 - 8:45	GOOD NEWS (P) 7:45 - 8:30	PINOY CRIME STORIES (P) 7:45 - 8:30	PERA PARAAN (P) 7:45 - 8:30	INVESTIGATIVE DOCUMENTARIES (P) 7:45 - 8:30	BRIGADA (P) 7:45 - 8:30	BORN IMPACT (P) 7:45 - 8:30	12:00NN	1:00PM	3:00PM	5:00AM	4:00AM				
12:00NN	INVESTIGATIVE DOCUMENTARIES (R) 8:45 - 9:45	DOBOL B TV (P) 8:30 - 12:00					DOBOL B TV 8:30 - 11:30					1:00PM	2:00PM	4:00PM	6:00AM	5:00AM
1:00PM	BORN IMPACT (R) 9:45 - 10:30											1:00PM	2:00PM	4:00PM	6:00AM	5:00AM
2:00PM	GLOBAL PINOY UNLIMITED (R) 10:30 - 10:45											2:00PM	3:00PM	5:00PM	7:00AM	6:00AM
3:00PM	GOOD NEWS (R) 10:45 - 11:30	DOKUMENTARYO (I-WITNESS CLASSICS) (P.) 12:00 - 12:45					3:00PM	4:00PM	6:00PM	8:00AM	7:00AM					
4:00PM	RESCUE (R) 11:30 - 12:00	REEL TIME (P) 12:45 - 1:45					4:00PM	5:00PM	7:00PM	9:00AM	8:00AM					
5:00PM	DOKUMENTARYO (I-WITNESS CLASSICS) MARATHON (P) 12:00 - 3:00	GOOD NEWS (R) 1:45 - 2:45	IMBESTIGADOR (R.) 1:45 - 2:30	BORN IMPACT (R) 1:45 - 2:30	PERA PARAAN (R.) 1:45 - 2:45	AGRIPRENEUR (R) 1:45 - 2:30	PINOY CRIME STORIES (R.) 1:30 - 2:15	5:00PM	6:00PM	8:00PM	10:00AM	9:00AM				
6:00PM		PINOY CRIME STORIES (R.) 2:45 - 3:30	BRIGADA (R) 2:30 - 3:30	FRONT ROW (R) 2:30 - 3:15	GOOD NEWS (R) 2:45 - 3:30	IMBESTIGADOR (R.) 2:30 - 3:15	AGRIPRENEUR (R) 2:15 - 3:00	6:00PM	7:00PM	9:00PM	11:00AM	10:00AM				
7:00PM		IMBESTIGADOR (R) 3:00 - 3:45	IMBESTIGADOR (R) 3:30 - 4:15	PERA PARAAN (R.) 3:30 - 4:15	INVESTIGATIVE DOCUMENTARIES (R) 3:15 - 4:15	FRONT ROW (R) 3:30 - 4:15	BORN IMPACT (R) 3:45 - 4:15	BORN IMPACT (R) 3:00 - 3:45	7:00PM	8:00PM	10:00PM	12:00NN	11:00AM			
8:00PM	PINOY CRIME STORIES (R.) 3:45 - 4:30	DOKUMENTARYO (I-WITNESS CLASSICS) (R) 4:15 - 5:00					8:00PM	9:00PM	11:00PM	1:00PM	12:00NN					
9:00PM	INVESTIGATIVE DOCUMENTARIES (R) 4:30 - 5:30	BALITANGHALI (P) 5:00 - 6:00					9:00PM	10:00PM	12:00MN	2:00PM	1:00PM					
10:00PM	FRONT ROW (R) 5:30 - 6:00	REEL TIME (R) 6:00 - 7:00					10:00PM	11:00PM	1:00AM	3:00PM	2:00PM					
11:00PM	GLOBAL PINOY UNLIMITED (R) 6:00 - 6:15	BALITANGHALI (P) 5:00 - 6:00					11:00PM	12:00MN	2:00AM	4:00PM	3:00PM					
12:00MN	PERA PARAAN (R) 6:15 - 7:00	REEL TIME (R) 6:00 - 7:00					12:00MN	1:00AM	3:00AM	5:00PM	4:00PM					
1:00AM	AGRIPRENEUR (R) 7:00 - 7:30	PINOY CRIME STORIES (R) 7:00 - 8:00	BRIGADA (R) 7:00 - 8:00	INVESTIGATIVE DOCUMENTARIES (R) 7:00 - 8:00	BORN IMPACT (R) 7:00 - 7:30	PERA PARAAN (R) 7:00 - 8:00	AGRIPRENEUR (R) 7:15 - 8:00	1:00AM	2:00AM	4:00AM	6:00PM	5:00PM				
2:00AM	IMBESTIGADOR (R) 7:30 - 8:15	BALITANGHALI (P) 5:00 - 6:00					2:00AM	3:00AM	5:00AM	7:00AM	6:00PM					
3:00AM	PINOY CRIME STORIES (R.) 8:15 - 9:00	FRONT ROW (R) 8:00 - 8:30	BALITANG BISDAK (R) 8:00 - 8:45					3:00AM	4:00AM	6:00AM	8:00PM	7:00PM				
4:00AM	RESCUE (R) 9:00 - 9:30	PERA PARAAN (R.) 8:30 - 9:15	ONE NORTH CENTRAL LUZON (R) 8:45 - 9:30					4:00AM	5:00AM	7:00AM	9:00PM	8:00PM				
5:00AM	REEL TIME MARATHON (R) 9:30 - 2:30	BRIGADA (R.) 9:15 - 10:15	ONE MINDANAO (R) 9:30 - 10:00					5:00AM	6:00AM	8:00AM	10:00PM	9:00PM				
6:00AM		RESCUE (R) 10:15 - 10:45	ONE WESTERN VISAYAS (R) 10:00 - 10:45					6:00AM	7:00AM	9:00AM	11:00PM	10:00PM				
7:00AM		BALITANGHALI (R) 10:45 - 11:45					PINOY CRIME STORIES (R) 10:45 - 11:30	7:00AM	8:00AM	10:00AM	12:00NN	11:00PM				
8:00AM	REEL TIME (R) 11:45 - 12:45					AGRIPRENEUR (P) 11:30 - 12:00	8:00AM	9:00AM	11:00AM	1:00PM	12:00MN					
9:00AM	REEL TIME (R) 11:45 - 12:45					AGRIPRENEUR (P) 11:30 - 12:00	9:00AM	10:00AM	12:00MN	2:00PM	1:00PM					
10:00AM	REEL TIME (R) 11:45 - 12:45					AGRIPRENEUR (P) 11:30 - 12:00	10:00AM	11:00AM	1:00PM	3:00PM	2:00PM					
11:00AM	REEL TIME (R) 11:45 - 12:45					AGRIPRENEUR (P) 11:30 - 12:00	11:00AM	12:00MN	2:00AM	4:00PM	3:00PM					
12:00MN	REEL TIME (R) 11:45 - 12:45					AGRIPRENEUR (P) 11:30 - 12:00	12:00MN	1:00AM	3:00AM	5:00PM	4:00PM					
1:00AM	REEL TIME (R) 11:45 - 12:45					AGRIPRENEUR (P) 11:30 - 12:00	1:00AM	2:00AM	4:00AM	6:00PM	5:00PM					

MLA	GMA NEWS TV PROGRAMMING MAY 31, 2026 GRID (MANILA)							JAPAN (MLA + 1)	AU (MLA + 2)	NEW ZEALAND (MLA + 4)	ITALY (MLA - 6)	UK (MLA - 7)			
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY								
	MAY 31														
12:00MN	GOOD NEWS (R.) 12:00 - 12:45	REEL TIME MARATHON (R) 9:30 - 2:30	REEL TIME (R) 11:45 - 12:45					BORN IMPACT (R) 1:15 - 2:00	1:00AM	2:00AM	4:00AM	6:00PM	5:00PM		
1:00AM	PERA PARAAN (R.) 12:45 - 1:30		STATE OF THE NATION (P) 12:45 - 1:15						2:00AM	3:00AM	5:00AM	7:00PM	6:00PM		
2:00AM	BRIGADA (R) 1:30 - 2:30		GOOD NEWS (R) 1:15 - 2:00	PINOY CRIME STORIES (R) 1:15 - 2:00	PERA PARAAN (R) 1:15 - 2:00	INVESTIGATIVE DOCUMENTARIES (R) 1:15 - 2:00	INVESTIGATIVE DOCUMENTARIES (R) 1:15 - 2:00		3:00AM	4:00AM	6:00AM	8:00PM	7:00PM		
3:00AM	INVESTIGATIVE DOCUMENTARIES (R) 2:30 - 3:30	DOKUMENTARYO (I-WITNESS CLASSICS) MARATHON (P) 2:30 - 5:30	BALITANG BISDAK (P) 2:30 - 3:15					DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV 8:30 - 11:30	4:00AM	5:00AM	7:00AM	9:00PM	8:00PM	
4:00AM	AGRIPRENEUR (R) 3:30 - 4:00		ONE NORTH CENTRAL LUZON (P) 3:15 - 4:00							5:00AM	6:00AM	8:00AM	10:00PM	9:00PM	
5:00AM	GOOD NEWS (R) 4:00 - 5:00		ONE MINDANAO (P) 4:00 - 4:45							6:00AM	7:00AM	9:00AM	11:00PM	10:00PM	
6:00AM	BRIGADA (R) 5:00 - 6:00		ONE WESTERN VISAYAS (P) 4:45 - 5:30							7:00AM	8:00AM	10:00AM	12:00MN	11:00PM	
7:00AM	RESCUE (P) 6:00 - 6:30		FRONT ROW (R.) 5:30 - 6:15	STATE OF THE NATION (R) 5:30 - 6:15						8:00AM	9:00AM	11:00AM	1:00AM	12:00MN	
8:00AM	FRONT ROW (P) 6:30 - 7:15		AGRIPRENEUR (R.) 6:15 - 7:00	SAKSI (R) 6:15 - 6:45						9:00AM	10:00AM	12:00NN	2:00AM	1:00AM	
9:00AM	BORN IMPACT (R) 7:15 - 8:00	BORN IMPACT (R) 7:00 - 7:45	BALITANGHALI (R) 6:45 - 7:45					DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV 8:30 - 11:30	10:00AM	11:00AM	1:00PM	3:00AM	2:00AM	
10:00AM	AGRIPRENEUR (R) 8:00 - 8:45	GOOD NEWS (P) 7:45 - 8:30	PINOY CRIME STORIES (P) 7:45 - 8:30	PERA PARAAN (P) 7:45 - 8:30	INVESTIGATIVE DOCUMENTARIES (P) 7:45 - 8:30	BRIGADA (P) 7:45 - 8:30	11:00AM			12:00NN	2:00PM	4:00AM	3:00AM		
11:00AM	INVESTIGATIVE DOCUMENTARIES (R) 8:45 - 9:45	DOKUMENTARYO (I-WITNESS CLASSICS) (P.) 12:00 - 12:45					12:00NN			1:00PM	3:00PM	5:00AM	4:00AM		
12:00NN	BORN IMPACT (R) 9:45 - 10:30	REEL TIME (P) 12:45 - 1:45					DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV 8:30 - 11:30	1:00PM	2:00PM	4:00PM	6:00AM	5:00AM		
1:00PM	GOOD NEWS (R) 10:30 - 11:30	REEL TIME (P) 12:45 - 1:45							2:00PM	3:00PM	5:00PM	7:00AM	6:00AM		
2:00PM	RESCUE (R) 11:30 - 12:00	GOOD NEWS (R) 1:45 - 2:45	IMBESTIGADOR (R.) 1:45 - 2:30	BORN IMPACT (R) 1:45 - 2:30	PERA PARAAN (R.) 1:45 - 2:45	AGRIPRENEUR (R) 1:45 - 2:30			3:00PM	4:00PM	6:00PM	8:00AM	7:00AM		
3:00PM	DOKUMENTARYO (I-WITNESS CLASSICS) MARATHON (P) 12:00 - 3:00	PINOY CRIME STORIES (R.) 2:45 - 3:30	BRIGADA (R) 2:30 - 3:30	FRONT ROW (R) 2:30 - 3:15	GOOD NEWS (R) 2:45 - 3:30	IMBESTIGADOR (R.) 2:30 - 3:15	4:00PM	5:00PM	7:00PM	9:00AM	8:00AM				
4:00PM	IMBESTIGADOR (R) 3:00 - 3:45	IMBESTIGADOR (R) 3:30 - 4:15	PERA PARAAN (R.) 3:30 - 4:15	INVESTIGATIVE DOCUMENTARIES (R) 3:15 - 4:15	FRONT ROW (R) 3:30 - 4:15	BORN IMPACT (R) 3:45 - 4:15	5:00PM	6:00PM	8:00PM	10:00AM	9:00AM				
5:00PM	PINOY CRIME STORIES (R.) 3:45 - 4:30	DOKUMENTARYO (I-WITNESS CLASSICS) (R) 4:15 - 5:00					DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV 8:30 - 11:30	6:00PM	7:00PM	9:00PM	11:00AM	10:00AM		
6:00PM	INVESTIGATIVE DOCUMENTARIES (R) 4:30 - 5:30	BALITANGHALI (P) 5:00 - 6:00							7:00PM	8:00PM	10:00PM	12:00NN	11:00AM		
7:00PM	FRONT ROW (R) 5:30 - 6:00	REEL TIME (R) 6:00 - 7:00							8:00PM	9:00PM	11:00PM	1:00PM	12:00NN		
8:00PM	PERA PARAAN (R) 6:00 - 7:00	PINOY CRIME STORIES (R) 7:00 - 8:00	BRIGADA (R) 7:00 - 8:00	INVESTIGATIVE DOCUMENTARIES (R) 7:00 - 8:00	BORN IMPACT (R) 7:00 - 7:30	PERA PARAAN (R) 7:00 - 8:00	9:00PM	10:00PM	12:00MN	2:00PM	1:00PM				
9:00PM	AGRIPRENEUR (R) 7:00 - 7:30	FRONT ROW (R) 8:00 - 8:30	BALITANG BISDAK (R) 8:00 - 8:45					DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV 8:30 - 11:30	10:00PM	11:00PM	1:00AM	3:00PM	2:00PM	
10:00PM	IMBESTIGADOR (R) 7:30 - 8:15	PERA PARAAN (R.) 8:30 - 9:15	ONE NORTH CENTRAL LUZON (R) 8:45 - 9:30							11:00PM	12:00MN	2:00AM	4:00PM	3:00PM	
11:00PM	PINOY CRIME STORIES (R.) 8:15 - 9:00	BRIGADA (R.) 9:15 - 10:15	ONE MINDANAO (R) 9:30 - 10:00							12:00MN	1:00AM	3:00AM	5:00PM	4:00PM	
12:00MN	RESCUE (R) 9:00 - 9:30	RESCUE (R) 10:15 - 10:45	ONE WESTERN VISAYAS (R) 10:00 - 10:45					DOBOL B TV (P) 8:30 - 12:00	DOBOL B TV 8:30 - 11:30	1:00AM	2:00AM	4:00AM	6:00PM	5:00PM	
1:00AM	REEL TIME MARATHON (R) 9:30 - 2:30	BALITANGHALI (R) 10:45 - 11:45					2:00AM			3:00AM	5:00AM	7:00PM	6:00PM		
2:00AM		REEL TIME (R) 11:45 - 12:45					3:00AM			4:00AM	6:00AM	8:00PM	7:00PM		
3:00AM							4:00AM	5:00AM	7:00AM	9:00PM	8:00PM				
4:00AM							5:00AM	6:00AM	8:00AM	10:00PM	9:00PM				
5:00AM							6:00AM	7:00AM	9:00AM	11:00PM	10:00PM				
6:00AM							7:00AM	8:00AM	10:00AM	12:00MN	11:00PM				
7:00AM							8:00AM	9:00AM	11:00AM	1:00AM	12:00MN				
8:00AM							9:00AM	10:00AM	12:00NN	2:00AM	1:00AM				
9:00AM							10:00AM	11:00PM	1:00AM	3:00PM	2:00PM				
10:00AM							11:00PM	12:00MN	2:00AM	4:00PM	3:00PM				
11:00AM							12:00MN	1:00AM	3:00AM	5:00PM	4:00PM				
12:00MN							1:00AM	2:00AM	4:00AM	6:00PM	5:00PM				