

MLA	GMA LIFE 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 MAY.1	SATURDAY MAY.2					
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	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		I BILIB (P) 4:45 - 5:15	RETURN TO PARADISE (R) 4:45 - 5:30					6:00AM	7:00AM	9:00AM	11:00PM	10:00PM
6:00AM	DAMI MONG ALAM, KUYA KIMI! (P) 5:15 - 5:45	POP TALK (R.) 5:00 - 5:45	BALITANGHALI (R) 5:30 - 6:30					7:00AM	8:00AM	10:00AM	12:00MN	11:00PM
7:00AM	BORN TO BE WILD (R.) 5:45 - 6:15	AHA! (R) 5:45 - 6:15	LUTONG BAHAY (R) 6:30 - 7:15					8:00AM	9:00AM	11:00AM	1:00AM	12:00MN
8:00AM	DAIG KAYO NG LOLA KO (R) 6:15 - 7:00	I JUANDER (R) 6:15 - 7:00	MARS PA MORE (R) 7:15 - 8:00					9:00AM	10:00AM	12:00NN	2:00AM	1:00AM
9:00AM	SARAP 'DI BA? (R.) 7:00 - 7:30	I BILIB (R) 7:00 - 7:30	IDOL SA KUSINA (R) 8:00 - 8:45					10:00AM	11:00AM	1:00PM	3:00AM	2:00AM
10:00AM	POP TALK (R) 7:30 - 8:15	TASTE BUDDIES (R) 7:30 - 8:00	DAY OFF (R) 8:45 - 9:30					11:00AM	12:00NN	2:00PM	4:00AM	3:00AM
11:00AM	BIYAHE NI DREW (R) 8:15 - 9:00	FARM TO TABLE (R.) 8:00 - 8:45	I JUANDER (R.) 9:30 - 10:15	PINAS SARAP (R.) 9:30 - 10:15	TURBO ZONE (R.) 9:30 - 10:15	FARM TO TABLE (R) 9:30 - 10:15	HOME BASE PLUS (S26) (R) 9:30 - 10:15	12:00NN	1:00PM	3:00PM	5:00AM	4:00AM
12:00NN	TASTE BUDDIES (R) 9:45 - 10:15	PINOY MD (R) 9:30 - 10:15	BALITANGHALI (R) 10:15 - 11:15					1:00PM	2:00PM	4:00PM	6:00AM	5:00AM
1:00PM	SARAP 'DI BA? (R.) 10:15 - 10:45	POP TALK (R.) 10:15 - 11:00	IDOL SA KUSINA (R) 11:15 - 12:00					2:00PM	3:00PM	5:00PM	7:00AM	6:00AM
2:00PM	TUNAY NA BUHAY (R) 10:45 - 11:15	HOME BASE PLUS (R.) 11:00 - 11:30	MARS PA MORE (R) 12:00 - 12:45					3:00PM	4:00PM	6:00PM	8:00AM	7:00AM
3:00PM	DAIG KAYO NG LOLA KO (R) 11:15 - 12:00	TURBO ZONE (R) 11:30 - 12:00	DAY OFF (R.) 12:45 - 1:30					4:00PM	5:00PM	7:00PM	9:00AM	8:00AM
4:00PM	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Naglalayag"	DAMI MONG ALAM, KUYA KIMI! (R) 12:00 - 12:30	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) 12:30 - 1:15	BALITANGHALI (P) 2:15 - 3:15					6:00PM	7:00PM	9:00PM	11:00AM	10:00AM
6:00PM		AHA! (R.) 1:15 - 1:45	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	I BILIB (R) 1:45 - 2:15	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	BALITANGHALI (P) 2:15 - 3:15					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	TURBO ZONE (P.) 3:45 - 4:15	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	BORN TO BE WILD (P) 4:15 - 5:00	11:00PM	12:00MN	2:00AM	4:00PM	3:00PM
11:00PM	PINOY MD (P) 5:00 - 6:00	DAY OFF (R.) 12:45 - 1:30					12:00MN	1:00AM	3:00AM	5:00PM	4:00PM	
12:00MN	AHA! (P.) 6:00 - 6:30	RETURN TO PARADISE (P) 6:00 - 6:45					1:00AM	2:00AM	4:00AM	6:00PM	5:00PM	
1:00AM	REGAL STUDIO PRESENTS (P) 6:30 - 7:15	LUTONG BAHAY (P) 6:45 - 7:30					2:00AM	3:00AM	5:00AM	7:00PM	6:00PM	
2:00AM	TASTE BUDDIES (P.) 7:15 - 7:45	DAY OFF (P) 7:30 - 8:15					3:00AM	4:00AM	6:00AM	8:00PM	7:00PM	
3:00AM	POP TALK (P) 7:45 - 8:30	MARS PA MORE (P) 8:15 - 9:00					4:00AM	5:00AM	7:00AM	9:00PM	8:00PM	
4:00AM	HOME BASE PLUS (P) 8:30 - 9:15	IDOL SA KUSINA (P) 9:00 - 9:45					5:00AM	6:00AM	8:00AM	10:00PM	9:00PM	
5:00AM	FARM TO TABLE (P) 9:15 - 10:00	BALITANGHALI (R) 9:45 - 10:45					6:00AM	7:00AM	9:00AM	11:00AM	10:00AM	
6:00AM	PINAS SARAP (P.) 10:00 - 10:45	I JUANDER (P) 10:00 - 10:45					7:00AM	8:00AM	10:00AM	12:00NN	11:00AM	
7:00AM	TURBO ZONE (R) 10:45 - 11:15	BORN TO BE WILD (R) 10:45 - 11:30	TASTE BUDDIES (R) 10:45 - 11:30	DAMI MONG ALAM, KUYA 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	8:00PM	9:00PM	11:00PM	1:00PM	12:00NN
8:00AM	PINOY MD (R) 11:15 - 12:15	LUTONG BAHAY (R) 11:30 - 12:30					9:00PM	10:00PM	12:00NN	2:00PM	1:00PM	
9:00AM							10:00PM	11:00PM	1:00AM	3:00PM	2:00PM	
10:00AM							11:00PM	12:00MN	2:00AM	4:00PM	3:00PM	
11:00PM							12:00MN	1:00AM	3:00AM	5:00PM	4:00PM	
12:00MN							1:00AM	2:00AM	4:00AM	6:00PM	5:00PM	

MLA	GMA LIFE 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 MAY.3	MONDAY MAY.4	TUESDAY MAY.5	WEDNESDAY MAY.6	THURSDAY MAY.7	FRIDAY MAY.8	SATURDAY MAY.9							
12:00MN	<b>REEL LIFE WEEKEND (R) 12:00 - 2:00 "My 2 Mommies"</b>	con't of PINOY MD (R) 11:15 - 12:45	MY MOTHER, MY STORY (R) 11:30 - 12:30 "Luis Manzano"	MY MOTHER, MY STORY (R) 11:30 - 12:30 "Andi Eigenmann"	MY MOTHER, MY STORY (R) 11:30 - 12:30 "Jillian Ward"	MY MOTHER, MY STORY (R) 11:30 - 12:30 "Bea Alonzo"	MY MOTHER, MY STORY (R) 11:30 - 12:30 "Alai Delas Alas"	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	<b>RETURN TO PARADISE WEEKEND CATCH-UP (R.) 2:00 - 4:45</b>	BIYAHE NI DREW (R.) 2:00 - 2:45	DAY OFF (R.) 2:00 - 2:45					4:00AM	5:00AM	7:00AM	9:00PM	8:00PM		
4:00AM		PINAS SARAP (R) 2:45 - 3:30	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		BORN TO BE WILD (R) 3:30 - 4:15	RETURN TO PARADISE (R) 4:45 - 5:30					6:00AM	7:00AM	9:00AM	11:00PM	10:00PM		
6:00AM	WISH KO LANG (R.) 4:15 - 5:00	BALITANGHALI (R) 5:30 - 6:30					7:00AM	8:00AM	10:00AM	12:00MN	11:00PM			
7:00AM	I BILIB (P) 4:45 - 5:15	POP TALK (R.) 5:00 - 5:45	MY MOTHER, MY STORY (R) 6:30 - 7:15 "Luis Manzano"					8:00AM	9:00AM	11:00AM	1:00AM	12:00MN		
8:00AM	DAMI MONG ALAM, KUYA KIMI! (P) 5:15 - 5:45	AHA! (R) 5:45 - 6:15	MY MOTHER, MY STORY (R) 6:30 - 7:15 "Andi Eigenmann"					9:00AM	10:00AM	12:00NN	2:00AM	1:00AM		
9:00AM	BORN TO BE WILD (R.) 5:45 - 6:15	IJUANDER (R) 6:15 - 7:00	MY MOTHER, MY STORY (R) 6:30 - 7:15 "Jillian Ward"					10:00AM	11:00AM	1:00PM	3:00AM	2:00AM		
10:00AM	DAIG KAYO NG LOLA KO (R) 6:15 - 7:00	TASTE BUDDIES (R) 7:30 - 8:00	MY MOTHER, MY STORY (R) 6:30 - 7:15 "Bea Alonzo"					11:00AM	12:00NN	2:00PM	4:00AM	3:00AM		
11:00AM	SARAP 'DI BA? (R) 7:00 - 7:30	MARS PA MORE (R) 7:15 - 8:00					12:00NN	1:00PM	3:00PM	5:00AM	4:00AM			
12:00NN	POP TALK (R) 7:30 - 8:15	BIYAHE NI DREW (R) 8:15 - 9:00	IDOL SA KUSINA (R) 8:00 - 8:45					1:00PM	2:00PM	4:00PM	6:00AM	5:00AM		
1:00PM	IJUANDER (R) 9:00 - 9:45	FARM TO TABLE (R) 8:00 - 8:45	DAY OFF (R) 8:45 - 9:30					2:00PM	3:00PM	5:00PM	7:00AM	6:00AM		
2:00PM	TASTE BUDDIES (R) 9:45 - 10:15	PINOY MD (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	3:00PM	4:00PM	6:00PM	8:00AM	7:00AM		
3:00PM	SARAP 'DI BA? (R) 10:15 - 10:45	POP TALK (R.) 10:15 - 11:00	BALITANGHALI (R) 10:15 - 11:15					4:00PM	5:00PM	7:00PM	9:00AM	8:00AM		
4:00PM	TUNAY NA BUHAY (R) 10:45 - 11:15	HOME BASE PLUS (R.) 11:00 - 11:30	IDOL SA KUSINA (R) 11:15 - 12:00					5:00PM	6:00PM	8:00PM	10:00AM	9:00AM		
5:00PM	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					6:00PM	7:00PM	9:00PM	11:00AM	10:00AM		
6:00PM	<b>REEL LIFE WEEKEND (R) 12:00 - 2:00 "My 2 Mommies"</b>	DAMI MONG ALAM, KUYA KIMI! (R) 12:00 - 12:30	DAY OFF (R.) 12:45 - 1:30					7:00PM	8:00PM	10:00PM	12:00NN	11:00AM		
7:00PM		DAIG KAYO NG LOLA KO (R) 12:30 - 1:15	RETURN TO PARADISE (R) 1:30 - 2:15					8:00PM	9:00PM	11:00PM	1:00PM	12:00NN		
8:00PM		AHA! (R.) 1:15 - 1:45	BALITANGHALI (P) 2:15 - 3:15					9:00PM	10:00PM	12:00PM	2:00PM	1:00PM		
9:00PM	WISH KO LANG (R.) 2:00 - 2:45	WEEKEND GETAWAY (P) 2:15 - 3:15					10:00PM	11:00PM	1:00AM	3:00PM	2:00PM			
10:00PM	SARAP 'DI BA? (R.) 2:45 - 3:15	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	TURBO ZONE (P.) 3:15 - 3:45	5:00PM	6:00PM	8:00PM	10:00AM	9:00AM	
11:00PM	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	WISH KO LANG (P) 5:00 - 5:45	BORN TO BE WILD (P) 4:15 - 5:00	6:00PM	7:00PM	9:00PM	11:00AM	10:00AM	
12:00MN	PINOY MD (P) 5:00 - 6:00	RETURN TO PARADISE (P) 6:00 - 6:45					<b>REEL LIFE WEEKEND (P) 5:45 - 7:45 "In The Name of the Mother"</b>		7:00PM	8:00PM	10:00PM	12:00NN	11:00AM	
1:00AM	AHA! (P.) 6:00 - 6:30	DAY OFF (P) 7:30 - 8:15					DAIG KAYO NG LOLA KO (P.) 7:45 - 8:30		8:00PM	9:00PM	11:00PM	1:00PM	12:00NN	
2:00AM	REGAL STUDIO PRESENTS (P) 6:30 - 7:15	MY MOTHER, MY STORY (P) 6:45 - 7:30 "Luis Manzano"	MY MOTHER, MY STORY (P) 6:45 - 7:30 "Andi Eigenmann"	MY MOTHER, MY STORY (P) 6:45 - 7:30 "Jillian Ward"	MY MOTHER, MY STORY (P) 6:45 - 7:30 "Bea Alonzo"	MY MOTHER, MY STORY (P) 6:45 - 7:30 "Alai Delas Alas"	DAIG KAYO NG LOLA KO (P.) 7:45 - 8:30		9:00PM	10:00PM	12:00NN	2:00PM	1:00PM	
3:00AM	TASTE BUDDIES (P.) 7:15 - 7:45	MARS PA MORE (P) 8:15 - 9:00					WISH KO LANG (R) 8:30 - 9:15		10:00PM	11:00PM	1:00AM	3:00PM	2:00PM	
4:00AM	POP TALK (P) 7:45 - 8:30	IDOL SA KUSINA (P) 9:00 - 9:45					BIYAHE NI DREW (P.) 9:15 - 10:00		11:00PM	12:00MN	2:00AM	4:00PM	3:00PM	
5:00AM	HOME BASE PLUS (P) 8:30 - 9:15	BALITANGHALI (R) 9:45 - 10:45					IJUANDER (P) 10:00 - 10:45		12:00MN	1:00AM	3:00AM	5:00PM	4:00PM	
6:00AM	FARM TO TABLE (P) 9:15 - 10:00	BORN TO BE WILD (R) 10:45 - 11:30	TASTE BUDDIES (R) 10:45 - 11:30	DAMI MONG ALAM, KUYA 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	KARELASYON (P) 11:15 - 12:00		1:00AM	2:00AM	4:00AM	6:00PM	5:00PM
7:00AM	PINAS SARAP (P.) 10:00 - 10:45	MY MOTHER, MY STORY (R) 11:30 - 12:30 "Luis Manzano"	MY MOTHER, MY STORY (R) 11:30 - 12:30 "Andi Eigenmann"	MY MOTHER, MY STORY (R) 11:30 - 12:30 "Jillian Ward"	MY MOTHER, MY STORY (R) 11:30 - 12:30 "Bea Alonzo"	MY MOTHER, MY STORY (R) 11:30 - 12:30 "Alai Delas Alas"			2:00AM	3:00AM	5:00AM	7:00PM	6:00PM	

MLA	GMA LIFE 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 MAY.10	MONDAY MAY.11	TUESDAY MAY.12	WEDNESDAY MAY.13	THURSDAY MAY.14	FRIDAY MAY.15	SATURDAY MAY.16							
12:00MN	<b>REEL LIFE WEEKEND (R) 12:00 - 2:00 "In The Name of the Mother"</b>	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	<b>RETURN TO PARADISE WEEKEND CATCH-UP (R.) 2:00 - 4:45</b>	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		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	AHA! (R) 5:45 - 6:15	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	I JUANDER (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	TASTE BUDDIES (R) 7:30 - 8:00	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	FARM TO TABLE (R.) 8:00 - 8:45	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	PINOY MD (R) 9:30 - 10:15	I JUANDER (R.) 9:30 - 10:15	PINAS SARAP (R.) 9:30 - 10:15	TURBO ZONE (R.) 9:30 - 10:15	FARM TO TABLE (R) 9:30 - 10:15	HOME BASE PLUS (S26) (R) 9:30 - 10:15	11:00AM	12:00NN	2:00PM	4:00AM	3:00AM		
11:00AM	DAIG KAYO NG LOLA KO (R) 6:15 - 7:00	POP TALK (R.) 10:15 - 11:00	BALITANGHALI (R) 10:15 - 11:15					12:00NN	1:00PM	3:00PM	5:00AM	4:00AM		
12:00NN	SARAP 'DI BA? (R.) 7:00 - 7:30	HOME BASE PLUS (R.) 11:00 - 11:30	IDOL SA KUSINA (R) 11:15 - 12:00					1:00PM	2:00PM	4:00PM	6:00AM	5:00AM		
1:00PM	POP TALK (R) 7:30 - 8:15	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	BIYAHE NI DREW (R) 8:15 - 9:00	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	I JUANDER (R) 9:00 - 9:45	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	TASTE BUDDIES (R) 9:45 - 10:15	AHA! (R.) 1:15 - 1:45	BALITANGHALI (P) 2:15 - 3:15					WEEKEND GETAWAY (P) 2:15 - 3:15		5:00PM	6:00PM	8:00PM	10:00AM	9:00AM
5:00PM	SARAP 'DI BA? (R.) 10:15 - 10:45	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	TUNAY NA BUHAY (R) 10:45 - 11:15	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	7:00PM	8:00PM	10:00PM	12:00NN	11:00AM		
7:00PM	DAIG KAYO NG LOLA KO (R) 11:15 - 12:00	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	9:00PM	11:00PM	1:00PM	12:00NN		
8:00PM	<b>REEL LIFE WEEKEND (R) 12:00 - 2:00 "In The Name of the Mother"</b>	RETURN TO PARADISE (P) 6:00 - 6:45					<b>REEL LIFE WEEKEND (P) 5:45 - 7:45 "Instant Mommy"</b>		9:00PM	10:00PM	12:00MN	2:00PM	1:00PM	
9:00PM	WISH KO LANG (R.) 2:00 - 2:45	LUTONG BAHAY (P) 6:45 - 7:30					DAIG KAYO NG LOLA KO (P.) 7:45 - 8:30		10:00PM	11:00PM	1:00AM	3:00PM	2:00PM	
10:00PM	SARAP 'DI BA? (R.) 2:45 - 3:15	DAY OFF (P) 7:30 - 8:15					WISH KO LANG (R) 8:30 - 9:15		11:00PM	12:00MN	2:00AM	4:00PM	3:00PM	
11:00PM	BIYAHE NI DREW (R) 3:15 - 4:00	MARS PA MORE (P) 8:15 - 9:00					BIYAHE NI DREW (P.) 9:15 - 10:00		12:00MN	1:00AM	3:00AM	5:00PM	4:00PM	
12:00MN	WEEKEND GETAWAY (R) 4:00 - 5:00	IDOL SA KUSINA (P) 9:00 - 9:45					I JUANDER (P) 10:00 - 10:45		1:00AM	2:00AM	4:00AM	6:00PM	5:00PM	
	PINOY MD (P) 5:00 - 6:00	BALITANGHALI (R) 9:45 - 10:45					TUNAY NA BUHAY (P.) 10:45 - 11:15		2:00AM	3:00AM	5:00AM	7:00PM	6:00PM	
	AHA! (P.) 6:00 - 6:30	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	KARELASYON (P) 11:15 - 12:00	3:00AM	4:00AM	6:00AM	8:00PM	7:00PM		
	REGAL STUDIO PRESENTS (P) 6:30 - 7:15	LUTONG BAHAY (R) 11:30 - 12:30							4:00AM	5:00AM	7:00AM	9:00PM	8:00PM	
	TASTE BUDDIES (P.) 7:15 - 7:45								5:00AM	6:00AM	8:00AM	10:00PM	9:00PM	
	POP TALK (P) 7:45 - 8:30								6:00AM	7:00AM	9:00AM	11:00PM	10:00PM	
	HOME BASE PLUS (P) 8:30 - 9:15								7:00AM	8:00AM	10:00AM	12:00NN	11:00AM	
	FARM TO TABLE (P) 9:15 - 10:00								8:00AM	9:00AM	11:00AM	1:00PM	12:00NN	
	PINAS SARAP (P.) 10:00 - 10:45								9:00AM	10:00AM	11:00AM	1:00PM	12:00NN	
	TURBO ZONE (R) 10:45 - 11:15								10:00AM	11:00AM	12:00MN	2:00PM	1:00PM	
	PINOY MD (R) 11:15 - 12:15								11:00AM	12:00MN	2:00AM	4:00PM	3:00PM	

MLA	GMA LIFE 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 MAY.17	MONDAY MAY.18	TUESDAY MAY.19	WEDNESDAY MAY.20	THURSDAY MAY.21	FRIDAY MAY.22	SATURDAY MAY.23					
12:00MN	<b>REEL LIFE WEEKEND (R) 12:00 - 2:00 "Instant Mommy"</b>	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	<b>RETURN TO PARADISE WEEKEND CATCH-UP (R.) 2:00 - 4:45</b>	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		PINAS SARAP (R.) 2:45 - 3:30						RETURN TO PARADISE (R) 4:45 - 5:30				
6:00AM	BORN TO BE WILD (R) 3:30 - 4:15	AHA! (R) 5:45 - 6:15	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	I JUANDER (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	TASTE BUDDIES (R) 7:30 - 8:00	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	FARM TO TABLE (R.) 8:00 - 8:45	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	PINOY MD (R) 9:30 - 10:15	I JUANDER (R.) 9:30 - 10:15	PINAS SARAP (R.) 9:30 - 10:15	TURBO ZONE (R.) 9:30 - 10:15	FARM TO TABLE (R) 9:30 - 10:15	HOME BASE PLUS (S26) (R) 9:30 - 10:15	11:00AM	12:00NN	2:00PM	4:00AM	3:00AM
11:00AM	DAIG KAYO NG LOLA KO (R) 6:15 - 7:00	POP TALK (R.) 10:15 - 11:00	BALITANGHALI (R) 10:15 - 11:15					12:00NN	1:00PM	3:00PM	5:00AM	4:00AM
12:00NN	SARAP 'DI BA? (R) 7:00 - 7:30	HOME BASE PLUS (R.) 11:00 - 11:30	IDOL SA KUSINA (R) 11:15 - 12:00					1:00PM	2:00PM	4:00PM	6:00AM	5:00AM
1:00PM	POP TALK (R) 7:30 - 8:15	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	BIYAHE NI DREW (R) 8:15 - 9:00	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	I JUANDER (R) 9:00 - 9:45	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	TASTE BUDDIES (R) 9:45 - 10:15	AHA! (R.) 1:15 - 1:45	BALITANGHALI (P) 2:15 - 3:15					5:00PM	6:00PM	8:00PM	10:00AM	9:00AM
5:00PM	SARAP 'DI BA? (R) 10:15 - 10:45	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	TUNAY NA BUHAY (R) 10:45 - 11:15	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	DAIG KAYO NG LOLA KO (R) 11:15 - 12:00	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	8:00PM	9:00PM	11:00PM	1:00PM	12:00NN	
8:00PM	<b>REEL LIFE WEEKEND (R) 12:00 - 2:00 "Instant Mommy"</b>	REGAL STUDIO PRESENTS (P) 6:30 - 7:15	RETURN TO PARADISE (P) 6:00 - 6:45					9:00PM	10:00PM	12:00PM	2:00PM	1:00PM
9:00PM	WISH KO LANG (R.) 2:00 - 2:45	LUTONG BAHAY (P) 6:45 - 7:30	LUTONG BAHAY (P) 6:45 - 7:30					10:00PM	11:00PM	1:00AM	3:00PM	2:00PM
10:00PM	SARAP 'DI BA? (R.) 2:45 - 3:15	DAY OFF (P) 7:30 - 8:15	MARS PA MORE (P) 8:15 - 9:00					11:00PM	12:00MN	2:00AM	4:00PM	3:00PM
11:00PM	BIYAHE NI DREW (R) 3:15 - 4:00	DAIG KAYO NG LOLA KO (P.) 7:45 - 8:30	IDOL SA KUSINA (P) 9:00 - 9:45					12:00MN	1:00AM	3:00AM	5:00PM	4:00PM
12:00MN	WEEKEND GETAWAY (R) 4:00 - 5:00	HOME BASE PLUS (P) 8:30 - 9:15	BALITANGHALI (R) 9:45 - 10:45					1:00AM	2:00AM	4:00AM	6:00PM	5:00PM
	PINOY MD (P) 5:00 - 6:00	FARM TO TABLE (P) 9:15 - 10:00	BALITANGHALI (R) 9:45 - 10:45					2:00AM	3:00AM	5:00AM	7:00PM	6:00PM
	AHA! (P.) 6:00 - 6:30	PINAS SARAP (P.) 10:00 - 10:45	BALITANGHALI (R) 9:45 - 10:45					3:00AM	4:00AM	6:00AM	8:00PM	7:00PM
	REGAL STUDIO PRESENTS (P) 6:30 - 7:15	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	TUNAY NA BUHAY (P.) 10:45 - 11:15	4:00AM	6:00AM	8:00PM	7:00PM
	TASTE BUDDIES (P.) 7:15 - 7:45	PINOY MD (R) 11:15 - 12:15	LUTONG BAHAY (R) 11:30 - 12:30					5:00AM	6:00AM	8:00AM	10:00PM	9:00PM
	POP TALK (P) 7:45 - 8:30		LUTONG BAHAY (R) 11:30 - 12:30					6:00AM	7:00AM	9:00AM	11:00PM	10:00PM
	HOME BASE PLUS (P) 8:30 - 9:15		LUTONG BAHAY (R) 11:30 - 12:30					7:00AM	8:00AM	10:00AM	12:00NN	11:00AM
	FARM TO TABLE (P) 9:15 - 10:00		LUTONG BAHAY (R) 11:30 - 12:30					8:00AM	9:00AM	11:00PM	1:00PM	12:00NN
	PINAS SARAP (P.) 10:00 - 10:45		LUTONG BAHAY (R) 11:30 - 12:30					9:00PM	10:00PM	12:00MN	2:00PM	1:00PM
	TURBO ZONE (R) 10:45 - 11:15		LUTONG BAHAY (R) 11:30 - 12:30					10:00PM	11:00PM	1:00AM	3:00PM	2:00PM
	PINOY MD (R) 11:15 - 12:15		LUTONG BAHAY (R) 11:30 - 12:30					11:00PM	12:00MN	2:00AM	4:00PM	3:00PM
			LUTONG BAHAY (R) 11:30 - 12:30					12:00MN	1:00AM	3:00AM	5:00PM	4:00PM
			LUTONG BAHAY (R) 11:30 - 12:30					1:00AM	2:00AM	4:00AM	6:00PM	5:00PM

MLA	GMA LIFE 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 MAY 24	MONDAY MAY 25	TUESDAY MAY 26	WEDNESDAY MAY 27	THURSDAY MAY 28	FRIDAY MAY 29	SATURDAY MAY 30					
12:00MN	<b>REEL LIFE WEEKEND (R) 12:00 - 2:00 "Bigkis"</b>	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	<b>RETURN TO PARADISE WEEKEND CATCH-UP (R.) 2:00 - 4:45</b>	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		PINAS SARAP (R) 2:45 - 3:30	RETURN TO PARADISE (R) 4:45 - 5:30			MOMMY DEAREST (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	WISH KO LANG (R.) 4:15 - 5:00	BALITANGHALI (R) 5:30 - 6:30					7:00AM	8:00AM	10:00AM	12:00MN	11:00PM
7:00AM		I BILIB (P) 4:45 - 5:15	LUTONG BAHAY (R) 6:30 - 7:15					8:00AM	9:00AM	11:00AM	1:00AM	12:00MN
8:00AM		DAMI MONG ALAM, KUYA KIMI! (P) 5:15 - 5:45	MARS PA MORE (R) 7:15 - 8:00					9:00AM	10:00AM	12:00NN	2:00AM	1:00AM
9:00AM	SARAP 'DI BA? (R) 7:00 - 7:30	POP TALK (R) 5:00 - 5:45	IDOL SA KUSINA (R) 8:00 - 8:45					10:00AM	11:00AM	1:00PM	3:00AM	2:00AM
10:00AM		AHA! (R) 5:45 - 6:15	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	BALITANGHALI (R) 10:15 - 11:15					12:00NN	1:00PM	3:00PM	5:00AM	4:00AM
12:00NN	SARAP 'DI BA? (R) 7:00 - 7:30	I JUANDER (R) 6:15 - 7:00	IDOL SA KUSINA (R) 11:15 - 12:00					1:00PM	2:00PM	4:00PM	6:00AM	5:00AM
1:00PM		POP TALK (R) 7:30 - 8:15	MARS PA MORE (R) 12:00 - 12:45					2:00PM	3:00PM	5:00PM	7:00AM	6:00AM
2:00PM		BIYAHE NI DREW (R) 8:15 - 9:00	DAY OFF (R.) 12:45 - 1:30					3:00PM	4:00PM	6:00PM	8:00AM	7:00AM
3:00PM	TASTE BUDDIES (R) 9:45 - 10:15	FARM TO TABLE (R.) 8:00 - 8:45	RETURN TO PARADISE (R) 1:30 - 2:15					MOMMY DEAREST (R) 1:30 - 2:15				
4:00PM		PINOY MD (R) 9:30 - 10:15	BALITANGHALI (P) 2:15 - 3:15					WEEKEND GETAWAY (P) 2:15 - 3:15				
5:00PM		SARAP 'DI BA? (R.) 10:15 - 10:45	WEEKEND GETAWAY (R) 4:00 - 5:00					SARAP 'DI BA? (P.) 3:45 - 4:15				
6:00PM	TUNAY NA BUHAY (R) 10:45 - 11:15	POP TALK (R.) 10:15 - 11:00	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	BORN TO BE WILD (P) 4:15 - 5:00					
7:00PM		HOME BASE PLUS (R.) 11:00 - 11:30	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	REEL LIFE "Wa-Packed Tuesdays" (P.) 4:00 - 6:00	REEL LIFE "Once Upon a Wednesdays" (P.) 4:00 - 6:00	REEL LIFE "Hilarious Huwebes" (P.) 4:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00	WISH KO LANG (P) 5:00 - 5:45				
8:00PM		DAIG KAYO NG LOLA KO (R) 11:15 - 12:00	DAY OFF (R.) 12:45 - 1:30					WISH KO LANG (R) 8:30 - 9:15				
9:00PM	<b>REEL LIFE WEEKEND (R) 12:00 - 2:00 "Bigkis"</b>	DAMI MONG ALAM, KUYA KIMI! (R) 12:00 - 12:30	RETURN TO PARADISE (P) 6:00 - 6:45					MOMMY DEAREST (P) 6:00 - 6:45		<b>REEL LIFE WEEKEND (P) 5:45 - 7:45 "Mommy Issues"</b>		
10:00PM		DAIG KAYO NG LOLA KO (R) 12:30 - 1:15	LUTONG BAHAY (P) 6:45 - 7:30					LUTONG BAHAY (P) 6:45 - 7:30				
11:00PM		AHA! (R.) 1:15 - 1:45	DAY OFF (P) 7:30 - 8:15					DAY OFF (P) 7:30 - 8:15				
12:00MN	WISH KO LANG (R.) 2:00 - 2:45	I BILIB (R) 1:45 - 2:15	MARS PA MORE (P) 8:15 - 9:00					WISH KO LANG (R) 8:30 - 9:15				
1:00AM		SARAP 'DI BA? (R.) 2:45 - 3:15	IDOL SA KUSINA (P) 9:00 - 9:45					BIYAHE NI DREW (P.) 9:15 - 10:00				
2:00AM		BIYAHE NI DREW (R) 3:15 - 4:00	BALITANGHALI (R) 9:45 - 10:45					I JUANDER (P) 10:00 - 10:45				
3:00AM	WEEKEND GETAWAY (R) 4:00 - 5:00	PINOY MD (R) 3:15 - 4:00	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					
4:00PM		REGAL STUDIO PRESENTS (P) 6:30 - 7:15	LUTONG BAHAY (R) 11:30 - 12:30					KARELASYON (P) 11:15 - 12:00				
5:00PM		TASTE BUDDIES (P.) 7:15 - 7:45	LUTONG BAHAY (R) 11:30 - 12:30					KARELASYON (P) 11:15 - 12:00				
6:00PM	POP TALK (P) 7:45 - 8:30	HOME BASE PLUS (P) 8:30 - 9:15	LUTONG BAHAY (R) 11:30 - 12:30					KARELASYON (P) 11:15 - 12:00				
7:00PM		FARM TO TABLE (P) 9:15 - 10:00	LUTONG BAHAY (R) 11:30 - 12:30					KARELASYON (P) 11:15 - 12:00				
8:00PM		PINAS SARAP (P.) 10:00 - 10:45	LUTONG BAHAY (R) 11:30 - 12:30					KARELASYON (P) 11:15 - 12:00				
9:00PM	TURBO ZONE (R) 10:45 - 11:15	BORN TO BE WILD (R) 10:45 - 11:30	LUTONG BAHAY (R) 11:30 - 12:30					KARELASYON (P) 11:15 - 12:00				
10:00PM		PINOY MD (R) 11:15 - 12:15	LUTONG BAHAY (R) 11:30 - 12:30					KARELASYON (P) 11:15 - 12:00				
11:00PM			LUTONG BAHAY (R) 11:30 - 12:30					KARELASYON (P) 11:15 - 12:00				
12:00MN			LUTONG BAHAY (R) 11:30 - 12:30					KARELASYON (P) 11:15 - 12:00				

MLA	GMA LIFE TV PROGRAMMING MAY 31, 2026 GRID (MANILA)							JAPAN (MLA + 1)	AU (MLA + 2)	NEW ZEALAND (MLA + 4)	ITALY (MLA - 6)	UK (MLA - 7)
	SUNDAY MAY 31	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY					
12:00MN	<b>REEL LIFE WEEKEND (R) 12:00 - 2:00 "Mommy Issues"</b>	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	<b>RETURN TO PARADISE WEEKEND CATCH-UP (R.) 2:00 - 3:45</b>	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	<b>MOMMY DEAREST WEEKEND CATCH-UP (R.) 3:45 - 4:45</b>	BORN TO BE WILD (R) 3:30 - 4:15	<b>MOMMY DEAREST (R) 4:45 - 5:30</b>					6:00AM	7:00AM	9:00AM	11:00PM	10:00PM
6:00AM		WISH KO LANG (R.) 4:15 - 5:00	BALITANGHALI (R) 5:30 - 6:30					7:00AM	8:00AM	10:00AM	12:00MN	11:00PM
7:00AM	I BILIB (P) 4:45 - 5:15	POP TALK (R.) 5:00 - 5:45	LUTONG BAHAY (R) 6:30 - 7:15					8:00AM	9:00AM	11:00AM	1:00AM	12:00MN
8:00AM	DAMI MONG ALAM, KUYA KIMI! (P) 5:15 - 5:45	AHA! (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	BORN TO BE WILD (R.) 5:45 - 6:15	I JUANDER (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	DAIG KAYO NG LOLA KO (R) 6:15 - 7:00	I BILIB (R) 7:00 - 7:30	DAY OFF (R) 8:45 - 9:30					11:00AM	12:00NN	2:00PM	4:00AM	3:00AM
11:00AM	SARAP 'DI BA? (R.) 7:00 - 7:30	TASTE BUDDIES (R) 7:30 - 8:00	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	HOME BASE PLUS (S26) (R) 9:30 - 10:15	12:00NN	1:00PM	3:00PM	5:00AM	4:00AM
12:00NN	POP TALK (R) 7:30 - 8:15	FARM TO TABLE (R.) 8:00 - 8:45	BALITANGHALI (R) 10:15 - 11:15					1:00PM	2:00PM	4:00PM	6:00AM	5:00AM
1:00PM	BIYAHE NI DREW (R) 8:15 - 9:00	PINOY MD (R.) 9:30 - 10:15	IDOL SA KUSINA (R) 11:15 - 12:00					2:00PM	3:00PM	5:00PM	7:00AM	6:00AM
2:00PM	SARAP 'DI BA? (R.) 10:15 - 10:45	POP TALK (R.) 10:15 - 11:00	MARS PA MORE (R) 12:00 - 12:45					3:00PM	4:00PM	6:00PM	8:00AM	7:00AM
3:00PM	TUNAY NA BUHAY (R) 10:45 - 11:15	HOME BASE PLUS (R.) 11:00 - 11:30	DAY OFF (R.) 12:45 - 1:30					4:00PM	5:00PM	7:00PM	9:00AM	8:00AM
4:00PM	DAIG KAYO NG LOLA KO (R) 11:15 - 12:00	TURBO ZONE (R) 11:30 - 12:00	<b>MOMMY DEAREST (R) 1:30 - 2:15</b>					5:00PM	6:00PM	8:00PM	10:00AM	9:00AM
5:00PM	<b>REEL LIFE WEEKEND (R) 12:00 - 2:00 "Mommy Issues"</b>	DAMI MONG ALAM, KUYA KIMI! (R) 12:00 - 12:30	BALITANGHALI (P) 2:15 - 3:15					6:00PM	7:00PM	9:00PM	11:00AM	10:00AM
6:00PM		DAIG KAYO NG LOLA KO (R) 12:30 - 1:15	WEEKEND GETAWAY (P) 2:15 - 3:15					7:00PM	8:00PM	10:00PM	12:00NN	11:00AM
7:00PM	AHA! (R.) 1:15 - 1:45	TURBO ZONE (P.) 3:15 - 3:45					8:00PM	9:00PM	11:00PM	1:00PM	12:00NN	
8:00PM	I BILIB (R) 1:45 - 2:15	SARAP 'DI BA? (P.) 3:45 - 4:15					9:00PM	10:00PM	12:00NN	2:00PM	1:00PM	
9:00PM	WISH KO LANG (R.) 2:00 - 2:45	BALITANGHALI (P) 2:15 - 3:15					10:00PM	11:00PM	1:00AM	3:00PM	2:00PM	
10:00PM	SARAP 'DI BA? (R.) 2:45 - 3:15	WEEKEND GETAWAY (P) 2:15 - 3:15					11:00PM	12:00MN	2:00AM	4:00PM	3:00PM	
11:00PM	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	TURBO ZONE (P.) 3:15 - 3:45	12:00MN	1:00AM	3:00AM	5:00PM	4:00PM
12:00MN	WEEKEND GETAWAY (R) 4:00 - 5:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	REEL LIFE "Wa-Packed Tuesdays" (P.) 4:00 - 6:00	REEL LIFE "Once Upon a Wednesdays" (P.) 4:00 - 6:00	REEL LIFE "Hilarious Huwebes" (P.) 4:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00	SARAP 'DI BA? (P.) 3:45 - 4:15	1:00AM	3:00AM	5:00AM	7:00PM	6:00PM
1:00PM	PINOY MD (P) 5:00 - 6:00	DAY OFF (R.) 12:45 - 1:30					2:00PM	3:00PM	5:00PM	7:00AM	6:00AM	
2:00PM	AHA! (P.) 6:00 - 6:30	<b>MOMMY DEAREST (P) 6:00 - 6:45</b>					3:00PM	4:00PM	6:00PM	8:00AM	7:00AM	
3:00PM	REGAL STUDIO PRESENTS (P) 6:30 - 7:15	BALITANGHALI (P) 2:15 - 3:15					4:00PM	5:00PM	7:00PM	9:00AM	8:00AM	
4:00PM	TASTE BUDDIES (P.) 7:15 - 7:45	LUTONG BAHAY (P) 6:45 - 7:30					5:00PM	6:00PM	8:00PM	10:00AM	9:00AM	
5:00PM	POP TALK (P) 7:45 - 8:30	DAY OFF (P) 7:30 - 8:15					6:00PM	7:00PM	9:00PM	11:00AM	10:00AM	
6:00PM	HOME BASE PLUS (P) 8:30 - 9:15	MARS PA MORE (P) 8:15 - 9:00					7:00PM	8:00PM	10:00PM	12:00NN	11:00AM	
7:00PM	FARM TO TABLE (P) 9:15 - 10:00	IDOL SA KUSINA (P) 9:00 - 9:45					8:00PM	9:00PM	11:00PM	1:00PM	12:00NN	
8:00PM	PINAS SARAP (P.) 10:00 - 10:45	BALITANGHALI (R) 9:45 - 10:45					9:00PM	10:00PM	12:00NN	2:00PM	1:00PM	
9:00PM	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	DAIG KAYO NG LOLA KO (P.) 7:45 - 8:30	10:00PM	11:00PM	1:00AM	3:00PM	2:00PM
10:00PM	PINOY MD (R) 11:15 - 12:15	LUTONG BAHAY (R) 11:30 - 12:30					WISH KO LANG (R) 8:30 - 9:15	11:00PM	12:00MN	2:00AM	4:00PM	3:00PM
11:00PM							BIYAHE NI DREW (P.) 9:15 - 10:00	12:00MN	1:00AM	3:00AM	5:00PM	4:00PM
12:00MN							I JUANDER (P) 10:00 - 10:45	1:00AM	2:00AM	4:00AM	6:00PM	5:00PM
							TUNAY NA BUHAY (P.) 10:45 - 11:15					
							KARELASYON (P) 11:15 - 12:00					