

MLA	GMA LIFE TV PROGRAMMING JUNE 1 - 6, 2026 GRID (MANILA)							JAPAN (MLA + 1)	AU (MLA + 2)	NEW ZEALAND (MLA + 4)	ITALY (MLA - 6)	UK (MLA - 7)
	SUNDAY	MONDAY JUNE.1	TUESDAY JUNE.2	WEDNESDAY JUNE.3	THURSDAY JUNE.4	FRIDAY JUNE.5	SATURDAY JUNE.6					
12:00MN	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Mommy Issues"	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	BUBBLE GANG FUN SIZE (R) 12:30 - 1:30					2:00AM	3:00AM	5:00AM	7:00PM	6:00PM
2:00AM		AHA! (R) 12:45 - 1:15	IDOL SA KUSINA (R) 1:30 - 2:00					3:00AM	4:00AM	6:00AM	8:00PM	7:00PM
3:00AM	RETURN TO PARADISE WEEKEND CATCH-UP (R.) 2:00 - 3:45	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	MOMMY DEAREST WEEKEND CATCH-UP (R.) 3:45 - 4:45	BORN TO BE WILD (R) 3:30 - 4:15	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	6:00AM	8:00AM	10:00PM	9:00PM
5:00AM		I BILIB (P) 4:45 - 5:15	MOMMY DEAREST (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	AHA! (R) 5:45 - 6:15	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	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	DAIG KAYO NG LOLA KO (R) 6:15 - 7:00	I BILIB (R) 7:00 - 7:30	BUBBLE GANG FUN SIZE (R) 7:15 - 8:15					9:00AM	10:00AM	12:00NN	2:00AM	1:00AM
9:00AM	SARAP 'DI BA? (R) 7:00 - 7:30	TASTE BUDDIES (R) 7:30 - 8:00	IDOL SA KUSINA (R) 8:15 - 8:45					10:00AM	11:00AM	1:00PM	3:00AM	2:00AM
10:00AM	POP TALK (R) 7:30 - 8:15	FARM TO TABLE (R.) 8:00 - 8:45	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	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	12:00NN	1:00PM	3:00PM	5:00AM	4:00AM
12:00NN	TASTE BUDDIES (R) 9:45 - 10:15	POP TALK (R.) 10:15 - 11:00	BALITANGHALI (R) 10:15 - 11:15					1:00PM	2:00PM	4:00PM	6:00AM	5:00AM
1:00PM	TUNAY NA BUHAY (R) 10:45 - 11:15	HOME BASE PLUS (R.) 11:00 - 11:30	IDOL SA KUSINA (R) 11:15 - 11:45					2:00PM	3:00PM	5:00PM	7:00AM	6:00AM
2:00PM	DAIG KAYO NG LOLA KO (R) 11:15 - 12:00	TURBO ZONE (R) 11:30 - 12:00	BUBBLE GANG FUN SIZE (R) 11:45 - 12:45					3:00PM	4:00PM	6:00PM	8:00AM	7:00AM
3:00PM	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Mommy Issues"	DAMI MONG ALAM, KUYA KIMI! (R) 12:00 - 12:30	DAY OFF (R.) 12:45 - 1:30					4:00PM	5:00PM	7:00PM	9:00AM	8:00AM
4:00PM	WISH KO LANG (R.) 2:00 - 2:45	DAIG KAYO NG LOLA KO (R) 12:30 - 1:15	MOMMY DEAREST (R) 1:30 - 2:15					5:00PM	6:00PM	8:00PM	10:00AM	9:00AM
5:00PM	AHA! (R.) 1:15 - 1:45	I BILIB (R) 1:45 - 2:15	BALITANGHALI (P) 2:15 - 3:15					6:00PM	7:00PM	9:00PM	11:00AM	10:00AM
6:00PM	SARAP 'DI BA? (R.) 2:45 - 3:15	WEEKEND GETAWAY (P) 2:15 - 3:15					7:00PM	8:00PM	10:00PM	12:00NN	11:00AM	
7:00PM	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	8:00PM	9:00PM	11:00PM	1:00PM	12:00NN
8:00PM	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	SARAP 'DI BA? (P.) 3:45 - 4:15	9:00PM	10:00PM	12:00NN	2:00PM	1:00PM
9:00PM	PINOY MD (P) 5:00 - 6:00	MOMMY DEAREST (P) 6:00 - 6:45					BORN TO BE WILD (P) 4:15 - 5:00	10:00PM	11:00PM	1:00AM	3:00PM	2:00PM
10:00PM	AHA! (P.) 6:00 - 6:30	LUTONG BAHAY (P) 6:45 - 7:30					WISH KO LANG (P) 5:00 - 5:45	11:00PM	12:00MN	2:00AM	4:00PM	3:00PM
11:00PM	REGAL STUDIO PRESENTS (P) 6:30 - 7:15	DAY OFF (P) 7:30 - 8:15					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Ibong Adarna: The Pinoy Adventure"	12:00MN	1:00AM	3:00AM	5:00PM	4:00PM
12:00MN	TASTE BUDDIES (P.) 7:15 - 7:45	BUBBLE GANG FUN SIZE (P) 8:15 - 9:15					WEEKEND GETAWAY (R) 10:45 - 11:15 "Albert Martinez"	1:00AM	2:00AM	4:00AM	6:00PM	5:00PM
1:00AM	POP TALK (P) 7:45 - 8:30	IDOL SA KUSINA (P) 9:15 - 9:45					KARELASYON (P) 11:15 - 12:00	2:00AM	3:00AM	5:00AM	7:00PM	6:00PM
2:00AM	HOME BASE PLUS (P) 8:30 - 9:15	BALITANGHALI (R) 9:45 - 10:45						3:00AM	4:00AM	6:00AM	8:00PM	7:00PM
3:00AM	FARM TO TABLE (P) 9:15 - 10:00	LUTONG BAHAY (R) 11:30 - 12:30						4:00AM	5:00AM	7:00AM	9:00PM	8:00PM
4:00AM	PINAS SARAP (P.) 10:00 - 10:45	BORN TO BE WILD (R) 10:45 - 11:30	TASTE BUDDIES (R) 10:45 - 11:30	DAMI MONG ALAM, KUYA KIMI! (R) 10:45 - 11:30	HOME BASE PLUS (S26) (R) 10:45 - 11:30	WEEKEND GETAWAY (R) 10:45 - 11:30	BIYAHE NI DREW (P.) 9:15 - 10:00	5:00AM	6:00AM	8:00AM	10:00PM	9:00PM
5:00AM	TURBO ZONE (R) 10:45 - 11:15						I JUANDER (P) 10:00 - 10:45	6:00AM	7:00AM	9:00AM	11:00PM	10:00PM
6:00AM	PINOY MD (R) 11:15 - 12:15							7:00AM	8:00AM	10:00AM	12:00NN	11:00AM
7:00AM								8:00AM	9:00AM	11:00AM	1:00PM	12:00NN
8:00AM								9:00AM	10:00AM	12:00NN	2:00PM	1:00PM
9:00AM								10:00AM	11:00AM	1:00AM	3:00PM	2:00PM
10:00AM								11:00AM	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

MLA	GMA LIFE TV PROGRAMMING JUNE 7 - 13, 2026 GRID (MANILA)							JAPAN (MLA + 1)	AU (MLA + 2)	NEW ZEALAND (MLA + 4)	ITALY (MLA - 6)	UK (MLA - 7)		
	SUNDAY JUNE 7	MONDAY JUNE 8	TUESDAY JUNE 9	WEDNESDAY JUNE 10	THURSDAY JUNE 11	FRIDAY JUNE 12	SATURDAY JUNE 13							
12:00MN	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Ibong Adarna: The Pinoy Adventure"	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	BUBBLE GANG FUN SIZE (R) 12:30 - 1:30					2:00AM	3:00AM	5:00AM	7:00PM	6:00PM		
2:00AM		AHA! (R) 12:45 - 1:15	IDOL SA KUSINA (R) 1:30 - 2:00					3:00AM	4:00AM	6:00AM	8:00PM	7:00PM		
3:00AM	MOMMY DEAREST 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		PINAS SARAP (R) 2:45 - 3:30	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	BUBBLE GANG FUN SIZE (R) 7:15 - 8:15					9:00AM	10:00AM	12:00NN	2:00AM	1:00AM		
9:00AM	DAIG KAYO NG LOLA KO (R) 6:15 - 7:00	AHA! (R) 5:45 - 6:15	IDOL SA KUSINA (R) 8:15 - 8:45					10:00AM	11:00AM	1:00PM	3:00AM	2:00AM		
10:00AM		I JUANDER (R) 6:15 - 7:00	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	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	12:00NN	1:00PM	3:00PM	5:00AM	4:00AM	
12:00NN	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Ibong Adarna: The Pinoy Adventure"	i-LISTEN (P) 7:30 - 8:15	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	IDOL SA KUSINA (R) 11:15 - 11:45					2:00PM	3:00PM	5:00PM	7:00AM	6:00AM		
2:00PM		FARM TO TABLE (R.) 8:00 - 8:45	DAY OFF (R.) 12:45 - 1:30					3:00PM	4:00PM	6:00PM	8:00AM	7:00AM		
3:00PM	WISH KO LANG (R.) 2:00 - 2:45	POP TALK (R.) 10:15 - 11:00	MOMMY DEAREST (R) 1:30 - 2:15					4:00PM	5:00PM	7:00PM	9:00AM	8:00AM		
4:00PM		TUNAY NA BUHAY (R) 10:45 - 11:15 "Albert Martinez"	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		DAIG KAYO NG LOLA KO (R) 11:15 - 12:00	IDOL SA KUSINA (R) 11:45 - 12:45					6:00PM	7:00PM	9:00PM	11:00AM	10:00AM		
6:00PM	I BILIB (R) 1:45 - 2:15	DAMI MONG ALAM, KUYA KIMI! (R) 12:00 - 12:30	BUBBLE GANG FUN SIZE (R) 11:45 - 12:45					7:00PM	8:00PM	10:00PM	12:00NN	11:00AM		
7:00PM		DAIG KAYO NG LOLA KO (R) 12:30 - 1:15	DAY OFF (R.) 12:45 - 1:30					8:00PM	9:00PM	11:00PM	1:00PM	12:00NN		
8:00PM		AHA! (R.) 1:15 - 1:45	MOMMY DEAREST (P) 6:00 - 6:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Family History"		9:00PM	10:00PM	12:00MN	2:00PM	1:00PM
9:00PM	I BILIB (R) 1:45 - 2:15	REGAL STUDIO PRESENTS (P) 6:30 - 7:15	LUTONG BAHAY (P) 6:45 - 7:30					10:00PM	11:00PM	1:00AM	3:00PM	2:00PM		
10:00PM		TASTE BUDDIES (P.) 7:15 - 7:45	DAY OFF (P) 7:30 - 8:15					11:00PM	12:00MN	2:00AM	4:00PM	3:00PM		
11:00PM		POP TALK (P) 7:45 - 8:30	BUBBLE GANG FUN SIZE (P) 8:15 - 9:15					12:00MN	1:00AM	3:00AM	5:00PM	4:00PM		
12:00MN	I BILIB (R) 1:45 - 2:15	HOME BASE PLUS (P) 8:30 - 9:15	IDOL SA KUSINA (P) 9:15 - 9:45					1:00AM	2:00AM	4:00AM	6:00PM	5:00PM		
1:00PM		FARM TO TABLE (P) 9:15 - 10:00	BALITANGHALI (R) 9:45 - 10:45					2:00AM	3:00AM	5:00AM	7:00PM	6:00PM		
2:00PM		PINAS SARAP (P.) 10:00 - 10:45	LUTONG BAHAY (R) 11:30 - 12:30					3:00AM	4:00AM	6:00AM	8:00PM	7:00PM		
3:00PM	I BILIB (R) 1:45 - 2:15	TURBO ZONE (R) 10:45 - 11:15	BORN TO BE WILD (R) 10:45 - 11:30	i-LISTEN (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 "Jeric Raval"	4:00AM	5:00AM	7:00PM	6:00PM		
4:00PM		BIYAHE NI DREW (R) 3:30 - 4:15	PINOY MD (R) 3:15 - 4:00	REGAL STUDIO PRESENTS (S17) (R) 3:15 - 4:00	KARELASYON (R) 3:15 - 4:00	DAMI MONG ALAM, KUYA KIMI! (R) 3:15 - 4:00	TUNAY NA BUHAY (R) 3:15 - 4:00 "Albert Martinez"	TURBO ZONE (P.) 3:15 - 3:45	5:00PM	6:00PM	8:00PM	10:00AM	9:00AM	
5:00PM		WEEKEND GETAWAY (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	SARAP 'DI BA? (P.) 3:45 - 4:15	6:00PM	7:00PM	9:00PM	11:00AM	10:00AM	
6:00PM	I BILIB (R) 1:45 - 2:15	PINOY MD (P) 5:00 - 6:00	WISH KO LANG (P) 5:00 - 5:45					7:00PM	8:00PM	10:00PM	12:00NN	11:00AM		
7:00PM		AHA! (P.) 6:00 - 6:30	MOMMY DEAREST (P) 6:00 - 6:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Family History"		8:00PM	9:00PM	11:00PM	1:00PM	12:00NN
8:00PM		REGAL STUDIO PRESENTS (P) 6:30 - 7:15	LUTONG BAHAY (P) 6:45 - 7:30					9:00PM	10:00PM	12:00MN	2:00PM	1:00PM		
9:00PM	I BILIB (R) 1:45 - 2:15	TASTE BUDDIES (P.) 7:15 - 7:45	DAY OFF (P) 7:30 - 8:15					10:00PM	11:00PM	1:00AM	3:00PM	2:00PM		
10:00PM		POP TALK (P) 7:45 - 8:30	BUBBLE GANG FUN SIZE (P) 8:15 - 9:15					11:00PM	12:00MN	2:00AM	4:00PM	3:00PM		
11:00PM		HOME BASE PLUS (P) 8:30 - 9:15	IDOL SA KUSINA (P) 9:15 - 9:45					12:00MN	1:00AM	3:00AM	5:00PM	4:00PM		
12:00MN	I BILIB (R) 1:45 - 2:15	FARM TO TABLE (P) 9:15 - 10:00	BALITANGHALI (R) 9:45 - 10:45					1:00AM	2:00AM	4:00AM	6:00PM	5:00PM		
1:00PM		PINAS SARAP (P.) 10:00 - 10:45	LUTONG BAHAY (R) 11:30 - 12:30					2:00AM	3:00AM	5:00AM	7:00PM	6:00PM		
2:00PM		TURBO ZONE (R) 10:45 - 11:15	BORN TO BE WILD (R) 10:45 - 11:30	i-LISTEN (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 "Jeric Raval"	3:00AM	4:00AM	6:00AM	8:00PM	7:00PM	
3:00PM	I BILIB (R) 1:45 - 2:15	PINOY MD (R) 11:15 - 12:15	LUTONG BAHAY (R) 11:30 - 12:30					4:00AM	5:00AM	7:00AM	9:00PM	8:00PM		
4:00PM		BIYAHE NI DREW (R) 3:30 - 4:15	PINOY MD (R) 3:15 - 4:00	REGAL STUDIO PRESENTS (S17) (R) 3:15 - 4:00	KARELASYON (R) 3:15 - 4:00	DAMI MONG ALAM, KUYA KIMI! (R) 3:15 - 4:00	TUNAY NA BUHAY (R) 3:15 - 4:00 "Albert Martinez"	TURBO ZONE (P.) 3:15 - 3:45	5:00PM	6:00PM	8:00PM	10:00AM	9:00AM	
5:00PM		WEEKEND GETAWAY (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	SARAP 'DI BA? (P.) 3:45 - 4:15	6:00PM	7:00PM	9:00PM	11:00AM	10:00AM	
6:00PM	I BILIB (R) 1:45 - 2:15	PINOY MD (P) 5:00 - 6:00	WISH KO LANG (P) 5:00 - 5:45					7:00PM	8:00PM	10:00PM	12:00NN	11:00AM		
7:00PM		AHA! (P.) 6:00 - 6:30	MOMMY DEAREST (P) 6:00 - 6:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Family History"		8:00PM	9:00PM	11:00PM	1:00PM	12:00NN
8:00PM		REGAL STUDIO PRESENTS (P) 6:30 - 7:15	LUTONG BAHAY (P) 6:45 - 7:30					9:00PM	10:00PM	12:00MN	2:00PM	1:00PM		
9:00PM	I BILIB (R) 1:45 - 2:15	TASTE BUDDIES (P.) 7:15 - 7:45	DAY OFF (P) 7:30 - 8:15					10:00PM	11:00PM	1:00AM	3:00PM	2:00PM		
10:00PM		POP TALK (P) 7:45 - 8:30	BUBBLE GANG FUN SIZE (P) 8:15 - 9:15					11:00PM	12:00MN	2:00AM	4:00PM	3:00PM		
11:00PM		HOME BASE PLUS (P) 8:30 - 9:15	IDOL SA KUSINA (P) 9:15 - 9:45					12:00MN	1:00AM	3:00AM	5:00PM	4:00PM		
12:00MN	I BILIB (R) 1:45 - 2:15	FARM TO TABLE (P) 9:15 - 10:00	BALITANGHALI (R) 9:45 - 10:45					1:00AM	2:00AM	4:00AM	6:00PM	5:00PM		
1:00PM		PINAS SARAP (P.) 10:00 - 10:45	LUTONG BAHAY (R) 11:30 - 12:30					2:00AM	3:00AM	5:00AM	7:00PM	6:00PM		
2:00PM		TURBO ZONE (R) 10:45 - 11:15	BORN TO BE WILD (R) 10:45 - 11:30	i-LISTEN (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 "Jeric Raval"	3:00AM	4:00AM	6:00AM	8:00PM	7:00PM	
3:00PM	I BILIB (R) 1:45 - 2:15	PINOY MD (R) 11:15 - 12:15	LUTONG BAHAY (R) 11:30 - 12:30					4:00AM	5:00AM	7:00AM	9:00PM	8:00PM		
4:00PM		BIYAHE NI DREW (R) 3:30 - 4:15	PINOY MD (R) 3:15 - 4:00	REGAL STUDIO PRESENTS (S17) (R) 3:15 - 4:00	KARELASYON (R) 3:15 - 4:00	DAMI MONG ALAM, KUYA KIMI! (R) 3:15 - 4:00	TUNAY NA BUHAY (R) 3:15 - 4:00 "Albert Martinez"	TURBO ZONE (P.) 3:15 - 3:45	5:00PM	6:00PM	8:00PM	10:00AM	9:00AM	
5:00PM		WEEKEND GETAWAY (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	SARAP 'DI BA? (P.) 3:45 - 4:15	6:00PM	7:00PM	9:00PM	11:00AM	10:00AM	
6:00PM	I BILIB (R) 1:45 - 2:15	PINOY MD (P) 5:00 - 6:00	WISH KO LANG (P) 5:00 - 5:45					7:00PM	8:00PM	10:00PM	12:00NN	11:00AM		
7:00PM		AHA! (P.) 6:00 - 6:30	MOMMY DEAREST (P) 6:00 - 6:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Family History"		8:00PM	9:00PM	11:00PM	1:00PM	12:00NN
8:00PM		REGAL STUDIO PRESENTS (P) 6:30 - 7:15	LUTONG BAHAY (P) 6:45 - 7:30					9:00PM	10:00PM	12:00MN	2:00PM	1:00PM		
9:00PM	I BILIB (R) 1:45 - 2:15	TASTE BUDDIES (P.) 7:15 - 7:45	DAY OFF (P) 7:30 - 8:15					10:00PM	11:00PM	1:00AM	3:00PM	2:00PM		
10:00PM		POP TALK (P) 7:45 - 8:30	BUBBLE GANG FUN SIZE (P) 8:15 - 9:15					11:00PM	12:00MN	2:00AM	4:00PM	3:00PM		
11:00PM		HOME BASE PLUS (P) 8:30 - 9:15	IDOL SA KUSINA (P) 9:15 - 9:45					12:00MN	1:00AM	3:00AM	5:00PM	4:00PM		
12:00MN	I BILIB (R) 1:45 - 2:15	FARM TO TABLE (P) 9:15 - 10:00	BALITANGHALI (R) 9:45 - 10:45					1:00AM	2:00AM	4:00AM	6:00PM	5:00PM		
1:00PM		PINAS SARAP (P.) 10:00 - 10:45	LUTONG BAHAY (R) 11:30 - 12:30					2:00AM	3:00AM	5:00AM	7:00PM	6:00PM		
2:00PM		TURBO ZONE (R) 10:45 - 11:15	BORN TO BE WILD (R) 10:45 - 11:30	i-LISTEN (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 "Jeric Raval"	3:00AM	4:00AM	6:00AM	8:00PM	7:00PM	
3:00PM	I BILIB (R) 1:45 - 2:15	PINOY MD (R) 11:15 - 12:15	LUTONG BAHAY (R) 11:30 - 12:30					4:00AM	5:00AM	7:00AM	9:00PM	8:00PM		
4:00PM		BIYAHE NI DREW (R) 3:30 - 4:15	PINOY MD (R) 3:15 - 4:00	REGAL STUDIO PRESENTS (S17) (R) 3:15 - 4:00	KARELASYON (R) 3:15 - 4:00	DAMI MONG ALAM, KUYA KIMI! (R) 3:15 - 4:00	TUNAY NA BUHAY (R) 3:15 - 4:00 "Albert Martinez"	TURBO ZONE (P.) 3:15 - 3:45	5:00PM	6:00PM	8:00PM	10:00AM	9:00AM	
5:00PM		WEEKEND GETAWAY (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	SARAP 'DI BA? (P.) 3:45 - 4:15	6:00PM	7:00PM	9:00PM	11:00AM	10:00AM	
6:00PM	I BILIB (R) 1:45 - 2:15	PINOY MD (P) 5:00 - 6:00	WISH KO LANG (P) 5:00 - 5:45					7:00PM	8:00PM	10:00PM	12:00NN	11:00AM		
7:00PM		AHA! (P.) 6:00 - 6:30	MOMMY DEAREST (P) 6:00 - 6:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Family History"		8:00PM	9:00PM	11:00PM	1:00PM	12:00NN
8:00PM		REGAL STUDIO PRESENTS (P) 6:30 - 7:15	LUTONG BAHAY (P) 6:45 - 7:30					9:00PM	10:00PM	12:00MN	2:00PM	1:00PM		
9:00PM	I BILIB (R) 1:45 - 2:15	TASTE BUDDIES (P.) 7:15 - 7:45	DAY OFF (P) 7:30 - 8:15					10:00PM	11:00PM	1:00AM	3:00PM	2:00PM		
10:00PM		POP TALK (P) 7:45 - 8:30	BUBBLE GANG FUN SIZE (P) 8:15 - 9:15					11:00PM	12:00MN	2:00AM	4:00PM	3:00PM		
11:00PM		HOME BASE PLUS (P) 8:30 - 9:15	IDOL SA KUSINA (P) 9:15 - 9:45					12:00MN	1:00AM	3:00AM	5:00PM	4:00PM		

MLA	GMA LIFE TV PROGRAMMING JUNE 14 - 20, 2026 GRID (MANILA)							JAPAN (MLA + 1)	AU (MLA + 2)	NEW ZEALAND (MLA + 4)	ITALY (MLA - 6)	UK (MLA - 7)	
	SUNDAY JUNE 14	MONDAY JUNE 15	TUESDAY JUNE 16	WEDNESDAY JUNE 17	THURSDAY JUNE 18	FRIDAY JUNE 19	SATURDAY JUNE 20						
12:00MN	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Family History"	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	BUBBLE GANG FUN SIZE (R) 12:30 - 1:30					2:00AM	3:00AM	5:00AM	7:00PM	6:00PM	
2:00AM		AHA! (R) 12:45 - 1:15	IDOL SA KUSINA (R) 1:30 - 2:00					3:00AM	4:00AM	6:00AM	8:00PM	7:00PM	
3:00AM	MOMMY DEAREST 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		PINAS SARAP (R) 2:45 - 3:30	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	BUBBLE GANG FUN SIZE (R) 7:15 - 8:15					9:00AM	10:00AM	12:00NN	2:00AM	1:00AM	
9:00AM	DAIG KAYO NG LOLA KO (R) 6:15 - 7:00	AHA! (R) 5:45 - 6:15	IDOL SA KUSINA (R) 8:15 - 8:45					10:00AM	11:00AM	1:00PM	3:00AM	2:00AM	
10:00AM		I JUANDER (R) 6:15 - 7:00	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	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	12:00NN	1:00PM	3:00PM	5:00AM	4:00AM
12:00NN	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Family History"	I LISTEN (P) 7:30 - 8:15	BALITANGHALI (R) 10:15 - 11:15					1:00PM	2:00PM	4:00PM	6:00AM	5:00AM	
1:00PM		TASTE BUDDIES (R) 7:30 - 8:00	IDOL SA KUSINA (R) 11:15 - 11:45					2:00PM	3:00PM	5:00PM	7:00AM	6:00AM	
2:00PM		FARM TO TABLE (R.) 8:00 - 8:45	DAY OFF (R.) 12:45 - 1:30					3:00PM	4:00PM	6:00PM	8:00AM	7:00AM	
3:00PM	WISH KO LANG (R.) 2:00 - 2:45	PINAS SARAP (R.) 8:45 - 9:30	MOMMY DEAREST (R) 1:30 - 2:15					4:00PM	5:00PM	7:00PM	9:00AM	8:00AM	
4:00PM		I BILIB (R) 7:00 - 7:30	BALITANGHALI (P) 2:15 - 3:15					5:00PM	6:00PM	8:00PM	10:00AM	9:00AM	
5:00PM		TASTE BUDDIES (R) 9:45 - 10:15	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 "Jerich Raval"	TURBO ZONE (P.) 3:15 - 3:45	WEEKEND GETAWAY (P) 2:15 - 3:15					
6:00PM	REEL LIFE WEEKEND (P) 5:45 - 7:45 "A Hard Day"	SARAP 'DI BA? (R) 10:15 - 10:45	TURBO ZONE (P.) 3:45 - 4:15					6:00PM	7:00PM	9:00PM	11:00AM	10:00AM	
7:00PM		POP TALK (R.) 10:15 - 11:00	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	7:00PM	8:00PM	10:00PM	12:00NN	11:00AM	
8:00PM		HOME BASE PLUS (R.) 11:00 - 11:30	MOMMY DEAREST (P) 6:00 - 6:45					8:00PM	9:00PM	11:00PM	1:00PM	12:00NN	
9:00PM	DAIG KAYO NG LOLA KO (R) 11:15 - 12:00	TURBO ZONE (R) 11:30 - 12:00	LUTONG BAHAY (P) 6:45 - 7:30					9:00PM	10:00PM	12:00MN	2:00PM	1:00PM	
10:00PM		DAMI MONG ALAM, KUYA KIMI! (R) 12:00 - 12:30	DAY OFF (P) 7:30 - 8:15					10:00PM	11:00PM	1:00AM	3:00PM	2:00PM	
11:00PM		DAIG KAYO NG LOLA KO (R) 12:30 - 1:15	BUBBLE GANG FUN SIZE (P) 8:15 - 9:15					11:00PM	12:00MN	2:00AM	4:00PM	3:00PM	
12:00MN	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Family History"	AHA! (R.) 1:15 - 1:45	IDOL SA KUSINA (P) 9:15 - 9:45					12:00MN	1:00AM	3:00AM	5:00PM	4:00PM	
1:00PM		I BILIB (R) 1:45 - 2:15	BALITANGHALI (R) 9:45 - 10:45					1:00AM	2:00AM	4:00AM	6:00PM	5:00PM	
2:00PM		WISH KO LANG (R.) 2:00 - 2:45	WEEKEND GETAWAY (R) 10:45 - 11:15					2:00AM	3:00AM	5:00AM	7:00PM	6:00PM	
3:00PM	WISH KO LANG (R.) 2:00 - 2:45	AHA! (P.) 6:00 - 6:30	BALITANGHALI (R) 11:30 - 12:30					3:00PM	4:00PM	6:00PM	8:00AM	7:00AM	
4:00PM		REGAL STUDIO PRESENTS (P) 6:30 - 7:15	LUTONG BAHAY (R) 11:30 - 12:30					4:00PM	5:00PM	7:00PM	9:00AM	8:00AM	
5:00PM		TASTE BUDDIES (P.) 7:15 - 7:45	MOMMY DEAREST (P) 6:00 - 6:45					5:00PM	6:00PM	8:00PM	10:00AM	9:00AM	
6:00PM	WISH KO LANG (R.) 2:00 - 2:45	POP TALK (P) 7:45 - 8:30	LUTONG BAHAY (P) 6:45 - 7:30					6:00PM	7:00PM	9:00PM	11:00AM	10:00AM	
7:00PM		HOME BASE PLUS (P) 8:30 - 9:15	DAY OFF (P) 7:30 - 8:15					7:00PM	8:00PM	10:00PM	12:00NN	11:00AM	
8:00PM		FARM TO TABLE (P) 9:15 - 10:00	BUBBLE GANG FUN SIZE (P) 8:15 - 9:15					8:00PM	9:00PM	11:00PM	1:00PM	12:00NN	
9:00PM	WISH KO LANG (R.) 2:00 - 2:45	PINAS SARAP (P.) 10:00 - 10:45	IDOL SA KUSINA (P) 9:15 - 9:45					9:00PM	10:00PM	12:00MN	2:00PM	1:00PM	
10:00PM		TURBO ZONE (R) 10:45 - 11:15	BALITANGHALI (R) 9:45 - 10:45					10:00PM	11:00PM	1:00AM	3:00PM	2:00PM	
11:00PM		PINOY MD (R) 11:15 - 12:15	LUTONG BAHAY (R) 11:30 - 12:30					11:00PM	12:00MN	2:00AM	4:00PM	3:00PM	
12:00MN	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Family History"	BORN TO BE WILD (R) 10:45 - 11:30	I LISTEN (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 "Manny Pacquiao"	12:00MN	1:00AM	3:00AM	5:00PM	4:00PM	
1:00AM		WISH KO LANG (R.) 2:00 - 2:45	LUTONG BAHAY (R) 11:30 - 12:30					KARELASYON (P) 11:15 - 12:00	1:00AM	2:00AM	4:00AM	6:00PM	5:00PM
2:00AM			LUTONG BAHAY (R) 11:30 - 12:30					KARELASYON (P) 11:15 - 12:00	2:00AM	3:00AM	5:00AM	7:00PM	6:00PM

MLA	GMA LIFE TV PROGRAMMING JUNE 21 - 27, 2026 GRID (MANILA)							JAPAN (MLA + 1)	AU (MLA + 2)	NEW ZEALAND (MLA + 4)	ITALY (MLA - 6)	UK (MLA - 7)		
	SUNDAY JUNE 21	MONDAY JUNE 22	TUESDAY JUNE 23	WEDNESDAY JUNE 24	THURSDAY JUNE 25	FRIDAY JUNE 26	SATURDAY JUNE 27							
12:00MN	REEL LIFE WEEKEND (R) 12:00 - 2:00 "A Hard Day"	con't of PINOY MD (R) 11:15 - 1:00AM	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	BUBBLE GANG FUN SIZE (R) 12:30 - 1:30					2:00AM	3:00AM	5:00AM	7:00PM	6:00PM		
2:00AM		AHA! (R) 12:45 - 1:15	IDOL SA KUSINA (R) 1:30 - 2:00					3:00AM	4:00AM	6:00AM	8:00PM	7:00PM		
3:00AM	MOMMY DEAREST 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		PINAS SARAP (R) 2:45 - 3:30						MOMMY DEAREST (R) 4:45 - 5:30					6:00AM	7:00AM
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	BUBBLE GANG FUN SIZE (R) 7:15 - 8:15					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) 8:15 - 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 - 11:45					1:00PM	2:00PM	4:00PM	6:00AM	5:00AM		
1:00PM	i-LISTEN (P) 7:30 - 8:15	TURBO ZONE (R) 11:30 - 12:00	BUBBLE GANG FUN SIZE (R) 11:45 - 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	MOMMY DEAREST (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	8:00AM	8:00AM	
5:00PM	SARAP 'DI BA? (R.) 10:15 - 10:45	I BILIB (R) 1:45 - 2:15	BALITANGHALI (P) 2:15 - 3:15					WEEKEND GETAWAY (P) 2:15 - 3:15		6:00PM	7:00PM	9:00AM	9:00AM	
6:00PM	TUNAY NA BUHAY (R) 10:45 - 11:15 "Manny Pacquiao"	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 "Manny Pacquiao"	TURBO ZONE (P.) 3:15 - 3:45	4:00PM	5:00PM	7:00PM	9:00AM	8:00AM			
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	5:00PM	6:00PM	8:00PM	10:00AM	9:00AM			
8:00PM	REEL LIFE WEEKEND (R) 12:00 - 2:00 "A Hard Day"	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	MOMMY DEAREST (P) 6:00 - 6:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Boy Pick-up: The Movie"		6:00PM	7:00PM	9:00PM	11:00AM	10:00AM
9:00PM	WISH KO LANG (R.) 2:00 - 2:45	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	LUTONG BAHAY (P) 6:45 - 7:30					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Boy Pick-up: The Movie"		7:00PM	8:00PM	10:00PM	12:00NN	11:00AM
10:00PM	I-LISTEN (R.) 2:45 - 3:30	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	DAY OFF (P) 7:30 - 8:15					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Boy Pick-up: The Movie"		8:00PM	9:00PM	11:00PM	1:00PM	12:00NN
11:00PM	BIYAHE NI DREW (R) 3:30 - 4:15	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	BUBBLE GANG FUN SIZE (P) 8:15 - 9:15					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Boy Pick-up: The Movie"		9:00PM	10:00PM	12:00MN	2:00PM	1:00PM
12:00MN	WEEKEND GETAWAY (R) 4:15 - 5:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	IDOL SA KUSINA (P) 9:15 - 9:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Boy Pick-up: The Movie"		10:00PM	11:00PM	1:00AM	3:00PM	2:00PM
1:00AM	WISH KO LANG (R.) 5:00 - 5:45	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	BALITANGHALI (R) 9:45 - 10:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Boy Pick-up: The Movie"		11:00PM	12:00MN	2:00AM	4:00PM	3:00PM
2:00AM	I-LISTEN (R.) 2:45 - 3:30	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	BALITANGHALI (R) 9:45 - 10:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Boy Pick-up: The Movie"		12:00MN	1:00AM	3:00AM	5:00PM	4:00PM
3:00AM	BIYAHE NI DREW (R) 3:30 - 4:15	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	BALITANGHALI (R) 9:45 - 10:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Boy Pick-up: The Movie"		1:00AM	2:00AM	4:00AM	6:00PM	5:00PM
4:00AM	WEEKEND GETAWAY (R) 4:15 - 5:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	BALITANGHALI (R) 9:45 - 10:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Boy Pick-up: The Movie"		2:00AM	3:00AM	5:00AM	7:00PM	6:00PM
5:00AM	WISH KO LANG (R.) 5:00 - 5:45	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	BALITANGHALI (R) 9:45 - 10:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Boy Pick-up: The Movie"		3:00AM	4:00AM	6:00AM	8:00PM	7:00PM
6:00AM	I-LISTEN (R.) 2:45 - 3:30	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	BALITANGHALI (R) 9:45 - 10:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Boy Pick-up: The Movie"		4:00AM	5:00AM	7:00AM	9:00PM	8:00PM
7:00AM	BIYAHE NI DREW (R) 3:30 - 4:15	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	BALITANGHALI (R) 9:45 - 10:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Boy Pick-up: The Movie"		5:00AM	6:00AM	8:00AM	10:00PM	9:00PM
8:00AM	WEEKEND GETAWAY (R) 4:15 - 5:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	BALITANGHALI (R) 9:45 - 10:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Boy Pick-up: The Movie"		6:00AM	7:00AM	9:00AM	11:00AM	10:00AM
9:00AM	WISH KO LANG (R.) 5:00 - 5:45	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	BALITANGHALI (R) 9:45 - 10:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Boy Pick-up: The Movie"		7:00AM	8:00AM	10:00AM	12:00NN	11:00AM
10:00AM	I-LISTEN (R.) 2:45 - 3:30	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	BALITANGHALI (R) 9:45 - 10:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Boy Pick-up: The Movie"		8:00AM	9:00AM	11:00AM	1:00PM	12:00NN
11:00AM	BIYAHE NI DREW (R) 3:30 - 4:15	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	BALITANGHALI (R) 9:45 - 10:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Boy Pick-up: The Movie"		9:00AM	10:00AM	12:00MN	2:00PM	1:00PM
12:00MN	WEEKEND GETAWAY (R) 4:15 - 5:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	BALITANGHALI (R) 9:45 - 10:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Boy Pick-up: The Movie"		10:00AM	11:00AM	1:00AM	3:00PM	2:00PM
1:00AM	WISH KO LANG (R.) 5:00 - 5:45	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	BALITANGHALI (R) 9:45 - 10:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Boy Pick-up: The Movie"		11:00AM	12:00MN	2:00AM	4:00PM	3:00PM
2:00AM	I-LISTEN (R.) 2:45 - 3:30	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	BALITANGHALI (R) 9:45 - 10:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Boy Pick-up: The Movie"		12:00MN	1:00AM	3:00AM	5:00PM	4:00PM
3:00AM	BIYAHE NI DREW (R) 3:30 - 4:15	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	BALITANGHALI (R) 9:45 - 10:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Boy Pick-up: The Movie"		1:00AM	2:00AM	4:00AM	6:00PM	5:00PM
4:00AM	WEEKEND GETAWAY (R) 4:15 - 5:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	BALITANGHALI (R) 9:45 - 10:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Boy Pick-up: The Movie"		2:00AM	3:00AM	5:00AM	7:00PM	6:00PM
5:00AM	WISH KO LANG (R.) 5:00 - 5:45	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	BALITANGHALI (R) 9:45 - 10:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Boy Pick-up: The Movie"		3:00AM	4:00AM	6:00AM	8:00PM	7:00PM
6:00AM	I-LISTEN (R.) 2:45 - 3:30	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	BALITANGHALI (R) 9:45 - 10:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Boy Pick-up: The Movie"		4:00AM	5:00AM	7:00AM	9:00PM	8:00PM
7:00AM	BIYAHE NI DREW (R) 3:30 - 4:15	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	BALITANGHALI (R) 9:45 - 10:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Boy Pick-up: The Movie"		5:00AM	6:00AM	8:00AM	10:00PM	9:00PM
8:00AM	WEEKEND GETAWAY (R) 4:15 - 5:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	BALITANGHALI (R) 9:45 - 10:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Boy Pick-up: The Movie"		6:00AM	7:00AM	9:00AM	11:00AM	10:00AM
9:00AM	WISH KO LANG (R.) 5:00 - 5:45	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	BALITANGHALI (R) 9:45 - 10:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Boy Pick-up: The Movie"		7:00AM	8:00AM	10:00AM	12:00NN	11:00AM
10:00AM	I-LISTEN (R.) 2:45 - 3:30	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	BALITANGHALI (R) 9:45 - 10:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Boy Pick-up: The Movie"		8:00AM	9:00AM	11:00AM	1:00PM	12:00NN
11:00AM	BIYAHE NI DREW (R) 3:30 - 4:15	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	BALITANGHALI (R) 9:45 - 10:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Boy Pick-up: The Movie"		9:00AM	10:00AM	12:00MN	2:00PM	1:00PM
12:00MN	WEEKEND GETAWAY (R) 4:15 - 5:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	BALITANGHALI (R) 9:45 - 10:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Boy Pick-up: The Movie"		10:00AM	11:00AM	1:00AM	3:00PM	2:00PM
1:00AM	WISH KO LANG (R.) 5:00 - 5:45	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	BALITANGHALI (R) 9:45 - 10:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Boy Pick-up: The Movie"		11:00AM	12:00MN	2:00AM	4:00PM	3:00PM
2:00AM	I-LISTEN (R.) 2:45 - 3:30	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	BALITANGHALI (R) 9:45 - 10:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Boy Pick-up: The Movie"		12:00MN	1:00AM	3:00AM	5:00PM	4:00PM
3:00AM	BIYAHE NI DREW (R) 3:30 - 4:15	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	BALITANGHALI (R) 9:45 - 10:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Boy Pick-up: The Movie"		1:00AM	2:00AM	4:00AM	6:00PM	5:00PM
4:00AM	WEEKEND GETAWAY (R) 4:15 - 5:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	BALITANGHALI (R) 9:45 - 10:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Boy Pick-up: The Movie"		2:00AM	3:00AM	5:00AM	7:00PM	6:00PM
5:00AM	WISH KO LANG (R.) 5:00 - 5:45	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	BALITANGHALI (R) 9:45 - 10:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Boy Pick-up: The Movie"		3:00AM	4:00AM	6:00AM	8:00PM	7:00PM
6:00AM	I-LISTEN (R.) 2:45 - 3:30	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	BALITANGHALI (R) 9:45 - 10:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Boy Pick-up: The Movie"		4:00AM	5:00AM	7:00AM	9:00PM	8:00PM
7:00AM	BIYAHE NI DREW (R) 3:30 - 4:15	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	BALITANGHALI (R) 9:45 - 10:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Boy Pick-up: The Movie"		5:00AM	6:00AM	8:00AM	10:00PM	9:00PM
8:00AM	WEEKEND GETAWAY (R) 4:15 - 5:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	BALITANGHALI (R) 9:45 - 10:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Boy Pick-up: The Movie"		6:00AM	7:00AM	9:00AM	11:00AM	10:00AM
9:00AM	WISH KO LANG (R.) 5:00 - 5:45	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	BALITANGHALI (R) 9:45 - 10:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Boy Pick-up: The Movie"		7:00AM	8:00AM	10:00AM	12:00NN	11:00AM
10:00AM	I-LISTEN (R.) 2:45 - 3:30	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	BALITANGHALI (R) 9:45 - 10:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Boy Pick-up: The Movie"		8:00AM	9:00AM	11:00AM	1:00PM	12:00NN
11:00AM	BIYAHE NI DREW (R) 3:30 - 4:15	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	BALITANGHALI (R) 9:45 - 10:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Boy Pick-up: The Movie"		9:00AM	10:00AM	12:00MN	2:00PM	1:00PM
12:00MN	WEEKEND GETAWAY (R) 4:15 - 5:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	BALITANGHALI (R) 9:45 - 10:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Boy Pick-up: The Movie"		10:00AM	11:00AM	1:00AM	3:00PM	2:00PM
1:00AM	WISH KO LANG (R.) 5:00 - 5:45	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	BALITANGHALI (R) 9:45 - 10:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Boy Pick-up: The Movie"		11:00AM	12:00MN	2:00AM	4:00PM	3:00PM
2:00AM	I-LISTEN (R.) 2:45 - 3:30	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	BALITANGHALI (R) 9:45 - 10:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Boy Pick-up: The Movie"		12:00MN	1:00AM	3:00AM	5:00PM	4:00PM
3:00AM	BIYAHE NI DREW (R) 3:30 - 4:15	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	BALITANGHALI (R) 9:45 - 10:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Boy Pick-up: The Movie"		1:00AM	2:00AM	4:00AM	6:00PM	5:00PM
4:00AM	WEEKEND GETAWAY (R) 4:15 - 5:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	BALITANGHALI (R) 9:45 - 10:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Boy Pick-up: The Movie"		2:00AM	3:00AM	5:00AM	7:00PM	

MLA	GMA LIFE TV PROGRAMMING JUNE 28 - 30, 2026 GRID (MANILA)							JAPAN (MLA + 1)	AU (MLA + 2)	NEW ZEALAND (MLA + 4)	ITALY (MLA - 6)	UK (MLA - 7)
	SUNDAY JUNE 28	MONDAY JUNE 29	TUESDAY JUNE 30	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY					
12:00MN	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Boy Pick-up: The Movie"	con't of PINOY MD (R) 11:15 - 12:15	con't of LUTONG BAHAY (R) 11:30 - 12:30					1:00AM	2:00AM	4:00AM	6:00PM	5:00PM
1:00AM		I BILIB (R) 12:15 - 12:45	BUBBLE GANG FUN SIZE (R) 12:30 - 1:30					2:00AM	3:00AM	5:00AM	7:00PM	6:00PM
2:00AM		AHA! (R) 12:45 - 1:15	IDOL SA KUSINA (R) 1:30 - 2:00					3:00AM	4:00AM	6:00AM	8:00PM	7:00PM
3:00AM	MOMMY DEAREST 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		PINAS SARAP (R) 2:45 - 3:30	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	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	BUBBLE GANG FUN SIZE (R) 7:15 - 8:15					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) 8:15 - 8:45					10:00AM	11:00AM	1:00PM	3:00AM	2:00AM
10:00AM	BORN TO BE WILD (R.) 5:45 - 6:15	PINAS SARAP (R.) 8:45 - 9:30	DAY OFF (R) 8:45 - 9:30					11:00AM	12:00NN	2:00PM	4:00AM	3:00AM
11:00AM	DAIG KAYO NG LOLA KO (R) 6:15 - 7:00	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	12:00NN	1:00PM	3:00PM	5:00AM	4:00AM
12:00NN	SARAP 'DI BA? (R) 7:00 - 7:30	POP TALK (R.) 10:15 - 11:00	BALITANGHALI (R) 10:15 - 11:15					1:00PM	2:00PM	4:00PM	6:00AM	5:00AM
1:00PM	i-LISTEN (P) 7:30 - 8:15	HOME BASE PLUS (R.) 11:00 - 11:30	IDOL SA KUSINA (R) 11:15 - 11:45					2:00PM	3:00PM	5:00PM	7:00AM	6:00AM
2:00PM	BIYAHE NI DREW (R) 8:15 - 9:00	TURBO ZONE (R) 11:30 - 12:00	BUBBLE GANG FUN SIZE (R) 11:45 - 12:45					3:00PM	4:00PM	6:00PM	8:00AM	7:00AM
3:00PM	I JUANDER (R) 9:00 - 9:45	DAMI MONG ALAM, KUYA KIMI! (R) 12:00 - 12:30	DAY OFF (R.) 12:45 - 1:30					4:00PM	5:00PM	7:00PM	9:00AM	8:00AM
4:00PM	TASTE BUDDIES (R) 9:45 - 10:15	DAIG KAYO NG LOLA KO (R) 12:30 - 1:15	MOMMY DEAREST (R) 1:30 - 2:15					5:00PM	6:00PM	8:00PM	10:00AM	9:00AM
5:00PM	SARAP 'DI BA? (R) 10:15 - 10:45	AHA! (R.) 1:15 - 1:45	BALITANGHALI (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 "John Estrada"	I BILIB (R) 7:00 - 7:30	WEEKEND GETAWAY (P) 2:15 - 3:15					7:00PM	8:00PM	10:00PM	12:00NN	11:00AM
7:00PM	DAIG KAYO NG LOLA KO (R) 11:15 - 12:00	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 "John Estrada"	TURBO ZONE (P.) 3:15 - 3:45	4:00PM	5:00PM	7:00PM	9:00AM	8:00AM	
8:00PM	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Boy Pick-up: The Movie"	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	5:00PM	6:00PM	8:00PM	10:00AM	9:00AM	
9:00PM	WISH KO LANG (R.) 2:00 - 2:45	MOMMY DEAREST (P) 6:00 - 6:45	WEEKEND GETAWAY (P) 4:15 - 5:00					6:00PM	7:00PM	9:00PM	11:00AM	10:00AM
10:00PM	i-LISTEN (R) 2:45 - 3:30	LUTONG BAHAY (P) 6:45 - 7:30	WISH KO LANG (P) 5:00 - 5:45					7:00PM	8:00PM	10:00PM	12:00NN	11:00AM
11:00PM	BIYAHE NI DREW (R) 3:30 - 4:15	DAY OFF (P) 7:30 - 8:15	MOMMY DEAREST (P) 6:00 - 6:45					8:00PM	9:00PM	11:00PM	1:00PM	12:00NN
12:00MN	WEEKEND GETAWAY (R) 4:15 - 5:00	DAIG KAYO NG LOLA KO (P.) 7:45 - 8:30	BALITANGHALI (P) 7:30 - 8:15					9:00PM	10:00PM	12:00NN	2:00PM	1:00PM
1:00PM	PINOY MD (P) 5:00 - 6:00	BUBBLE GANG FUN SIZE (P) 8:15 - 9:15	IDOL SA KUSINA (P) 9:15 - 9:45					10:00PM	11:00PM	1:00AM	3:00PM	2:00PM
2:00PM	AHA! (P.) 6:00 - 6:30	WISH KO LANG (R) 8:30 - 9:15	BALITANGHALI (R) 9:45 - 10:45					11:00PM	12:00MN	2:00AM	4:00PM	3:00PM
3:00PM	REGAL STUDIO PRESENTS (P) 6:30 - 7:15	BIYAHE NI DREW (P.) 9:15 - 10:00	BALITANGHALI (R) 9:45 - 10:45					12:00MN	1:00AM	3:00AM	5:00PM	4:00PM
4:00PM	TASTE BUDDIES (P.) 7:15 - 7:45	I JUANDER (P) 10:00 - 10:45	LUTONG BAHAY (R) 11:30 - 12:30					1:00AM	2:00AM	4:00AM	6:00PM	5:00PM
5:00PM	POP TALK (P) 7:45 - 8:30	TURBO ZONE (R) 10:45 - 11:15	LUTONG BAHAY (R) 11:30 - 12:30					2:00AM	3:00AM	5:00AM	7:00PM	6:00PM
6:00PM	HOME BASE PLUS (P) 8:30 - 9:15	PINOY MD (R) 11:15 - 12:15	LUTONG BAHAY (R) 11:30 - 12:30					3:00AM	4:00AM	6:00AM	8:00PM	7:00PM
7:00PM	FARM TO TABLE (P) 9:15 - 10:00	LUTONG BAHAY (R) 11:30 - 12:30					4:00AM	5:00AM	7:00AM	9:00PM	8:00PM	
8:00PM	PINAS SARAP (P.) 10:00 - 10:45	LUTONG BAHAY (R) 11:30 - 12:30					5:00AM	6:00AM	8:00AM	10:00PM	9:00PM	
9:00PM	TURBO ZONE (R) 10:45 - 11:15	LUTONG BAHAY (R) 11:30 - 12:30					6:00AM	7:00AM	9:00AM	11:00PM	10:00PM	
10:00PM	PINOY MD (R) 11:15 - 12:15	LUTONG BAHAY (R) 11:30 - 12:30					7:00AM	8:00AM	10:00AM	12:00NN	11:00PM	
11:00PM		LUTONG BAHAY (R) 11:30 - 12:30					8:00AM	9:00AM	11:00AM	1:00AM	12:00MN	
12:00MN		LUTONG BAHAY (R) 11:30 - 12:30					9:00AM	10:00AM	12:00NN	2:00AM	1:00AM	