

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

MLA	GMA LIFE TV PROGRAMMING JULY 5 - 11, 2026 GRID (MANILA)							JAPAN (MLA + 1)	AU (MLA + 2)	NEW ZEALAND (MLA + 4)	ITALY (MLA - 6)	UK (MLA - 7)
	SUNDAY JULY 5	MONDAY JULY 6	TUESDAY JULY 7	WEDNESDAY JULY 8	THURSDAY JULY 9	FRIDAY JULY 10	SATURDAY JULY 11					
12:00MN	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Mang Kepweng Returns"	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	MOMMY DEAREST WEEKEND CATCH-UP (R.) 2:00 - 4:45	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		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.) 2:00 - 4:45	BIYAHE NI DREW (R.) 2:00 - 2:45	REEL LIFE "I Heart Mondays" (R.) 2:45 - 4:45	REEL LIFE "Wa-Packed Tuesdays" (R.) 2:45 - 4:45	REEL LIFE "Once Upon a Wednesdays" (R.) 2:45 - 4:45	REEL LIFE "Hilarious Huwebes" (R.) 2:45 - 4:45	REEL LIFE "Senti Flicks" (R.) 2:45 - 4:45	5:00AM	6:00AM	8:00AM	10:00PM	9:00PM
5:00AM		WISH KO LANG (R.) 4:15 - 5:00	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	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	IJUANDER (R) 6:15 - 7:00	BUBBLE GANG FUN SIZE (R) 7:15 - 8:15					9:00AM	10:00AM	12:00MN	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) 8:15 - 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	12:00MN	2:00PM	4:00AM	3:00AM
11:00AM	BIYAHE NI DREW (R) 8:15 - 9:00	FARM TO TABLE (R) 8:00 - 8:45	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	i-LISTEN (R) 9:30 - 10:15	12:00MN	1:00PM	3:00PM	5:00AM	4:00AM
12:00MN	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	ALL IN THE FAMILY WITH DR. TESS (R.) 10:15 - 10:45	IDOL SA KUSINA (R) 11:15 - 11:45					2:00PM	3:00PM	5:00PM	7:00AM	6:00AM
2:00PM	TUNAY NA BUHAY (R) 10:45 - 11:15	i-LISTEN (R.) 10:45 - 11:30	DAY OFF (R.) 12:45 - 1:30					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	MOMMY DEAREST (R) 1:30 - 2:15					4:00PM	5:00PM	7:00PM	9:00AM	8:00AM
4:00PM	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Mang Kepweng Returns"	DAMI MONG ALAM, KUYA KIMI! (R) 12:00 - 12:30	BALITANGHALI (P) 2:15 - 3:15					WEEKEND GETAWAY (P) 2:15 - 3:15				
5:00PM	WISH KO LANG (R.) 2:00 - 2:45	I BILIB (R) 1:45 - 2:15	BIYAHE NI DREW (R) 3:15 - 4:00	REGAL STUDIO PRESENTS (S17) (R) 3:15 - 4:00	KARELASYON (R) 3:15 - 4:00	DAMI MONG ALAM, KUYA KIMI! (R) 3:15 - 4:00	TUNAY NA BUHAY (R) 3:15 - 4:00	TURBO ZONE (P) 3:15 - 3:45				
6:00PM	SARAP 'DI BA? (R.) 2:45 - 3:15	BALITANGHALI (P) 2:15 - 3:15					WEEKEND GETAWAY (P) 2:15 - 3:15					
7:00PM	BIYAHE NI DREW (R) 3:15 - 4:00	PINOY MD (R) 3:15 - 4:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	REEL LIFE "Wa-Packed Tuesdays" (P.) 4:00 - 6:00	REEL LIFE "Once Upon a Wednesdays" (P.) 4:00 - 6:00	REEL LIFE "Hilarious Huwebes" (P.) 4:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00	BORN TO BE WILD (P) 4:15 - 5:00				
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	WISH KO LANG (P) 5:00 - 5:45					
9:00PM	PINOY MD (P) 5:00 - 6:00	AHA! (P.) 6:00 - 6:30	MOMMY DEAREST (P) 6:00 - 6:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Rubberman"				
10:00PM	AHA! (P.) 6:00 - 6:30	REGAL STUDIO PRESENTS (P) 6:30 - 7:15	LUTONG BAHAY (P) 6:45 - 7:30					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Rubberman"				
11:00PM	TASTE BUDDIES (P.) 7:15 - 7:45	DAY OFF (P) 7:30 - 8:15					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Rubberman"					
12:00MN	POP TALK (P) 7:45 - 8:30	BUBBLE GANG FUN SIZE (P) 8:15 - 9:15					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Rubberman"					
1:00AM	i-LISTEN (P) 8:30 - 9:15	IDOL SA KUSINA (P) 9:15 - 9:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Rubberman"					
2:00AM	FARM TO TABLE (P) 9:15 - 10:00	BALITANGHALI (R) 9:45 - 10:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Rubberman"					
3:00AM	PINAS SARAP (P.) 10:00 - 10:45	BALITANGHALI (P) 9:45 - 10:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Rubberman"					
4:00AM	ALL IN THE FAMILY WITH DR. TESS (P) 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	TUNAY NA BUHAY (R) 10:45 - 11:30	WEEKEND GETAWAY (R) 10:45 - 11:30	TUNAY NA BUHAY (P.) 10:45 - 11:15					
5:00AM	PINOY MD (R) 11:15 - 12:15	LUTONG BAHAY (R) 11:30 - 12:30					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Rubberman"					
6:00AM								1:00AM	2:00AM	4:00AM	6:00PM	5:00PM

MLA	GMA LIFE TV PROGRAMMING JULY 12 - 18, 2026 GRID (MANILA)							JAPAN (MLA + 1)	AU (MLA + 2)	NEW ZEALAND (MLA + 4)	ITALY (MLA - 6)	UK (MLA - 7)
	SUNDAY JULY 12	MONDAY JULY 13	TUESDAY JULY 14	WEDNESDAY JULY 15	THURSDAY JULY 16	FRIDAY JULY 17	SATURDAY JULY 18					
12:00MN	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Rubberman"	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	DAMI MONG ALAM, KUYA KIMI! (P) 5:15 - 5:45	BORN TO BE WILD (R) 3:30 - 4:15	BALITANGHALI (R) 5:30 - 6:30					7:00AM	8:00AM	10:00AM	12:00MN	11:00PM
7:00AM	BORN TO BE WILD (R.) 5:45 - 6:15	WISH KO LANG (R.) 4:15 - 5:00	LUTONG BAHAY (R) 6:30 - 7:15					8:00AM	9:00AM	11:00AM	1:00AM	12:00MN
8:00AM	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	BIYAHE NI DREW (R) 8:15 - 9:00	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	I JUANDER (R) 9:00 - 9:45	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	i-LISTEN (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	ALL IN THE FAMILY WITH DR. TESS (R.) 10:15 - 10:45	IDOL SA KUSINA (R) 11:15 - 11:45					2:00PM	3:00PM	5:00PM	7:00AM	6:00AM
2:00PM	TUNAY NA BUHAY (R) 10:45 - 11:15	i-LISTEN (R.) 10:45 - 11:30	BUBBLE GANG FUN SIZE (R) 11:45 - 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 "Rubberman"	DAMI MONG ALAM, KUYA KIMI! (R) 12:00 - 12:30	MOMMY DEAREST (R) 1:30 - 2:15					5:00PM	6:00PM	8:00PM	10:00AM	9:00AM
5:00PM	WISH KO LANG (R.) 2:00 - 2:45	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	SARAP 'DI BA? (R.) 2:45 - 3:15	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	BIYAHE NI DREW (R) 3:15 - 4:00	I BILIB (R) 1:45 - 2:15	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	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	12:00MN	2:00PM	1:00PM
9:00PM	PINOY MD (P) 5:00 - 6:00	AHA! (P.) 6:00 - 6:30	MOMMY DEAREST (P) 6:00 - 6:45					BORN TO BE WILD (P) 4:15 - 5:00	10:00PM	11:00PM	1:00AM	3:00PM
10:00PM	REGAL STUDIO PRESENTS (P) 6:30 - 7:15	WISH KO LANG (P) 5:00 - 5:45	LUTONG BAHAY (P) 6:45 - 7:30					WISH KO LANG (P) 5:00 - 5:45	11:00PM	12:00MN	2:00AM	4:00PM
11:00PM	TASTE BUDDIES (P.) 7:15 - 7:45	DAY OFF (P) 7:30 - 8:15					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Hello, Universe!"	12:00MN	1:00AM	3:00AM	5:00PM	4:00PM
12:00MN	POP TALK (P) 7:45 - 8:30	BUBBLE GANG FUN SIZE (P) 8:15 - 9:15					DAIG KAYO NG LOLA KO (P.) 7:45 - 8:30	1:00AM	2:00AM	4:00AM	6:00PM	5:00PM
1:00AM	i-LISTEN (P) 8:30 - 9:15	IDOL SA KUSINA (P) 9:15 - 9:45					WISH KO LANG (R) 8:30 - 9:15	2:00AM	3:00AM	5:00AM	7:00PM	6:00PM
2:00AM	FARM TO TABLE (P) 9:15 - 10:00	BALITANGHALI (P) 9:45 - 10:45					BIYAHE NI DREW (P.) 9:15 - 10:00	3:00AM	4:00AM	6:00AM	8:00PM	7:00PM
3:00AM	PINAS SARAP (P.) 10:00 - 10:45	LUTONG BAHAY (R) 11:30 - 12:30					I JUANDER (P) 10:00 - 10:45	4:00AM	5:00AM	7:00AM	9:00PM	8:00PM
4:00AM	ALL IN THE FAMILY WITH DR. TESS (P) 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	TUNAY NA BUHAY (R) 10:45 - 11:30	WEEKEND GETAWAY (R) 10:45 - 11:30	TUNAY NA BUHAY (P.) 10:45 - 11:15	5:00AM	6:00AM	8:00AM	10:00PM	9:00PM
5:00AM	PINOY MD (R) 11:15 - 12:15						KARELASYON (P) 11:15 - 12:00	6:00AM	7:00AM	9:00AM	11:00PM	10:00PM

MLA	GMA LIFE TV PROGRAMMING JULY 19 - 25, 2026 GRID (MANILA)							JAPAN (MLA + 1)	AU (MLA + 2)	NEW ZEALAND (MLA + 4)	ITALY (MLA - 6)	UK (MLA - 7)	
	SUNDAY JULY 19	MONDAY JULY 20	TUESDAY JULY 21	WEDNESDAY JULY 22	THURSDAY JULY 23	FRIDAY JULY 24	SATURDAY JULY 25						
12:00MN	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Hello, Universe!"	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		WISH KO LANG (R.) 4:15 - 5:00	MOMMY DEAREST (R) 4:45 - 5:30					6:00AM	7:00AM	9:00AM	11:00PM	10:00PM	
6:00AM		I BILIB (P) 4:45 - 5:15	BALITANGHALI (R) 5:30 - 6:30					7:00AM	8:00AM	10:00AM	12:00MN	11:00PM	
7:00AM		DAMI MONG ALAM, KUYA KIMI (P) 5:15 - 5:45	LUTONG BAHAY (R) 6:30 - 7:15					8:00AM	9:00AM	11:00AM	1:00AM	12:00MN	
8:00AM		BORN TO BE WILD (R.) 5:45 - 6:15	BUBBLE GANG FUN SIZE (R) 7:15 - 8:15					9:00AM	10:00AM	12:00MN	2:00AM	1:00AM	
9:00AM		DAIG KAYO NG LOLA KO (R) 6:15 - 7:00	DAY OFF (R) 8:45 - 9:30					10:00AM	11:00AM	1:00PM	3:00AM	2:00AM	
10:00AM		SARAP 'DI BA? (R.) 7:00 - 7:30	I JUANDER (R) 9:30 - 10:15	PINAS SARAP (R) 9:30 - 10:15	TURBO ZONE (R) 9:30 - 10:15	FARM TO TABLE (R) 9:30 - 10:15	i-LISTEN (R) 9:30 - 10:15	11:00AM	12:00MN	2:00PM	4:00AM	3:00AM	
11:00AM		POP TALK (R.) 7:30 - 8:15	BALITANGHALI (R) 10:15 - 11:15					12:00MN	1:00PM	3:00PM	5:00AM	4:00AM	
12:00MN		BIYAHE NI DREW (R) 8:15 - 9:00	IDOL SA KUSINA (R) 11:15 - 11:45					1:00PM	2:00PM	4:00PM	6:00AM	5:00AM	
1:00PM		I JUANDER (R) 9:00 - 9:45	BUBBLE GANG FUN SIZE (R) 11:45 - 12:45					2:00PM	3:00PM	5:00PM	7:00AM	6:00AM	
2:00PM		TASTE BUDDIES (R) 9:45 - 10:15	DAY OFF (R.) 12:45 - 1:30					3:00PM	4:00PM	6:00PM	8:00AM	7:00AM	
3:00PM		SARAP 'DI BA? (R.) 10:15 - 10:45	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	BALITANGHALI (P) 2:15 - 3:15					5:00PM	6:00PM	8:00PM	10:00AM	9:00AM	
5:00PM		DAIG KAYO NG LOLA KO (R) 11:15 - 12:00	WEEKEND GETAWAY (P) 2:15 - 3:15					6:00PM	7:00PM	9:00PM	11:00AM	10:00AM	
6:00PM		REEL LIFE WEEKEND (R) 12:00 - 2:00 "Hello, Universe!"	TURBO ZONE (P) 3:15 - 3:45					7:00PM	8:00PM	10:00PM	12:00MN	11:00AM	
7:00PM		WISH KO LANG (R.) 2:00 - 2:45	SARAP 'DI BA? (P.) 3:45 - 4:15					8:00PM	9:00PM	11:00PM	1:00PM	12:00MN	
8:00PM		SARAP 'DI BA? (R.) 2:45 - 3:15	BORN TO BE WILD (P) 4:15 - 5:00					9:00PM	10:00PM	12:00MN	2:00PM	1:00PM	
9:00PM		BIYAHE NI DREW (R) 3:15 - 4:00	WISH KO LANG (P) 5:00 - 5:45					10:00PM	11:00PM	1:00AM	3:00PM	2:00PM	
10:00PM		WEEKEND GETAWAY (R) 4:00 - 5:00	REEL LIFE WEEKEND (P) 5:45 - 7:45 "Lastikman"					11:00PM	12:00MN	2:00AM	4:00PM	3:00PM	
11:00PM		PINOY MD (P) 5:00 - 6:00	MOMMY DEAREST (P) 6:00 - 6:45					12:00MN	1:00AM	3:00AM	5:00PM	4:00PM	
12:00MN		AHA! (P.) 6:00 - 6:30	LUTONG BAHAY (P) 6:45 - 7:30					1:00AM	2:00AM	4:00AM	6:00PM	5:00PM	
		REGAL STUDIO PRESENTS (P) 6:30 - 7:15	DAY OFF (P) 7:30 - 8:15					2:00AM	3:00AM	5:00AM	7:00PM	6:00PM	
		TASTE BUDDIES (P.) 7:15 - 7:45	BUBBLE GANG FUN SIZE (P) 8:15 - 9:15					3:00AM	4:00AM	6:00AM	8:00PM	7:00PM	
		POP TALK (P) 7:45 - 8:30	IDOL SA KUSINA (P) 9:15 - 9:45					4:00AM	5:00AM	7:00AM	9:00PM	8:00PM	
		i-LISTEN (P) 8:30 - 9:15	BALITANGHALI (R) 9:45 - 10:45					5:00AM	6:00AM	8:00AM	10:00PM	9:00PM	
		FARM TO TABLE (P) 9:15 - 10:00	LUTONG BAHAY (R) 11:30 - 12:30					6:00AM	7:00AM	9:00AM	11:00PM	10:00PM	
		PINAS SARAP (P.) 10:00 - 10:45						7:00AM	8:00AM	10:00AM	12:00MN	11:00PM	
		ALL IN THE FAMILY WITH DR. TESS (P) 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	TUNAY NA BUHAY (R) 10:45 - 11:30	WEEKEND GETAWAY (R) 10:45 - 11:30	TUNAY NA BUHAY (P.) 10:45 - 11:15	8:00AM	9:00AM	11:00AM	1:00PM	12:00MN
		PINOY MD (R) 11:15 - 12:15						KARELASYON (P) 11:15 - 12:00	9:00AM	10:00AM	12:00MN	1:00PM	

MLA	GMA LIFE TV PROGRAMMING JULY 26 - 31, 2026 GRID (MANILA)							JAPAN (MLA + 1)	AU (MLA + 2)	NEW ZEALAND (MLA + 4)	ITALY (MLA - 6)	UK (MLA - 7)
	SUNDAY JULY 26	MONDAY JULY 27	TUESDAY JULY 28	WEDNESDAY JULY 29	THURSDAY JULY 30	FRIDAY JULY 31	SATURDAY					
12:00MN	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Lastikman"	con't of PINOY MD (R) 11:15 -	con't of LUTONG BAHAY (R) 11:30 - 12:30					1:00AM	2:00AM	4:00AM	6:00PM	5:00PM
1:00AM		I BILIB (R) 12:15 - 12:45	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	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	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	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	DAY OFF (R) 8:45 - 9:30					10:00AM	11:00AM	1:00PM	3:00AM	2:00AM
10:00AM		BORN TO BE WILD (R.) 5:45 - 6:15	BALITANGHALI (R) 10:15 - 11:15					11:00AM	12:00NN	2:00PM	4:00AM	3:00AM
11:00AM		DAIG KAYO NG LOLA KO (R) 6:15 - 7:00	IDOL SA KUSINA (R) 11:15 - 11:45					12:00NN	1:00PM	3:00PM	5:00AM	4:00AM
12:00NN		SARAP 'DI BA? (R) 7:00 - 7:30	BUBBLE GANG FUN SIZE (R) 11:45 - 12:45					1:00PM	2:00PM	4:00PM	6:00AM	5:00AM
1:00PM		POP TALK (R.) 7:30 - 8:15	DAY OFF (R.) 12:45 - 1:30					2:00PM	3:00PM	5:00PM	7:00AM	6:00AM
2:00PM		BIYAHE NI DREW (R) 8:15 - 9:00	MOMMY DEAREST (R) 1:30 - 2:15					3:00PM	4:00PM	6:00PM	8:00AM	7:00AM
3:00PM		I JUANDER (R) 9:00 - 9:45	BALITANGHALI (P) 2:15 - 3:15					4:00PM	5:00PM	7:00PM	9:00AM	8:00AM
4:00PM		TASTE BUDDIES (R) 9:45 - 10:15	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	REEL LIFE WEEKEND (P) 5:45 - 7:45					6:00PM	7:00PM	9:00PM	11:00AM	10:00AM
6:00PM		TUNAY NA BUHAY (R) 10:45 - 11:15	LUTONG BAHAY (P) 6:45 - 7:30					7:00PM	8:00PM	10:00PM	12:00NN	11:00AM
7:00PM		DAIG KAYO NG LOLA KO (R) 11:15 - 12:00	DAY OFF (P) 7:30 - 8:15					8:00PM	9:00PM	11:00PM	1:00PM	12:00NN
8:00PM		REEL LIFE WEEKEND (R) 12:00 - 2:00 "Lastikman"	BUBBLE GANG FUN SIZE (P) 8:15 - 9:15					9:00PM	10:00PM	12:00MN	2:00PM	1:00PM
9:00PM		WISH KO LANG (R.) 2:00 - 2:45	IDOL SA KUSINA (P) 9:15 - 9:45					10:00PM	11:00PM	1:00AM	3:00PM	2:00PM
10:00PM		SARAP 'DI BA? (R.) 2:45 - 3:15	BALITANGHALI (R) 9:45 - 10:45					11:00PM	12:00MN	2:00AM	4:00PM	3:00PM
11:00PM		BIYAHE NI DREW (R) 3:15 - 4:00	WEEKEND GETAWAY (R) 10:45 - 11:15					12:00MN	1:00AM	3:00AM	5:00PM	4:00PM
12:00MN		PINOY MD (R) 3:15 - 4:00	LUTONG BAHAY (R) 11:30 - 12:30					1:00AM	2:00AM	4:00AM	6:00PM	5:00PM
		WEEKEND GETAWAY (R) 4:00 - 5:00										
		PINOY MD (P) 5:00 - 6:00										
		AHA! (P.) 6:00 - 6:30										
		REGAL STUDIO PRESENTS (P) 6:30 - 7:15										
		TASTE BUDDIES (P.) 7:15 - 7:45										
		POP TALK (P) 7:45 - 8:30										
		i-LISTEN (P) 8:30 - 9:15										
		FARM TO TABLE (P) 9:15 - 10:00										
		PINAS SARAP (P.) 10:00 - 10:45										
		ALL IN THE FAMILY WITH DR. TESS (P) 10:45 - 11:15										
		PINOY MD (R) 11:15 - 12:15										