

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

MLA	GMA LIFE TV PROGRAMMING AUGUST 2 - 8, 2026 GRID (MANILA)							JAPAN (MLA + 1)	AU (MLA + 2)	NEW ZEALAND (MLA + 4)	ITALY (MLA - 6)	UK (MLA - 7)	
	SUNDAY AUGUST.2	MONDAY AUGUST.3	TUESDAY AUGUST.4	WEDNESDAY AUGUST.5	THURSDAY AUGUST.6	FRIDAY AUGUST.7	SATURDAY AUGUST.8						
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
		AHA! (R) 12:45 - 1:15											
2:00AM		FARM TO TABLE (R.) 1:15 - 2:00	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	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
		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						
		BORN TO BE WILD (R) 3:30 - 4:15											
		WISH KO LANG (R.) 4:15 - 5:00											
5:00AM	I BILIB (P) 4:45 - 5:15	POP TALK (R) 5:00 - 5:45	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
	BORN TO BE WILD (R.) 5:45 - 6:15												
7:00AM	DAIG KAYO NG LOLA KO (R) 6:15 - 7:00	I JUANDER (R) 6:15 - 7:00	LUTONG BAHAY (R) 6:30 - 7:15						8:00AM	9:00AM	11:00AM	1:00AM	12:00MN
	SARAP "DI BA? (R) 7:00 - 7:30	I BILIB (R) 7:00 - 7:30											
8:00AM	POP TALK (R.) 7:30 - 8:15	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
	BIYAHE NI DREW (R) 8:15 - 9:00	FARM TO TABLE (R.) 8:00 - 8:45	IDOL SA KUSINA (R) 8:15 - 8:45										
9:00AM	I JUANDER (R) 9:00 - 9:45	PINAS SARAP (R.) 8:45 - 9:30	DAY OFF (R) 8:45 - 9:30						10:00AM	11:00AM	1:00PM	3:00AM	2:00AM
10:00AM	TASTE BUDDIES (R) 9:45 - 10:15	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	I-LISTEN (R) 9:30 - 10:15	11:00AM	12:00NN	2:00PM	4:00AM	3:00AM	
	SARAP "DI BA? (R.) 10:15 - 10:45	ALL IN THE FAMILY WITH DR. TESS (R.) 10:15 - 10:45	BALITANGHALI (R) 10:15 - 11:15										
11:00AM	TUNAY NA BUHAY (R) 10:45 - 11:15	I-LISTEN (R.) 10:45 - 11:30	IDOL SA KUSINA (R) 11:15 - 11:45						12:00NN	1:00PM	3:00PM	5:00AM	4:00AM
	DAIG KAYO NG LOLA KO (R) 11:15 - 12:00	TURBO ZONE (R) 11:30 - 12:00											
12:00NN	REEL LIFE WEEKEND (R) 12:00 - 2:00 "A Hard Day"	DAMI MONG ALAM, KUYA KIMI! (R) 12:00 - 12:30	BUBBLE GANG FUN SIZE (R) 11:45 - 12:45						1:00PM	2:00PM	4:00PM	6:00AM	5:00AM
		DAIG KAYO NG LOLA KO (R) 12:30 - 1:15	DAY OFF (R.) 12:45 - 1:30										
		AHA! (R.) 1:15 - 1:45											
		2:00PM	WISH KO LANG (R.) 2:00 - 2:45	MOMMY DEAREST (R) 1:30 - 2:15									
3:00PM	SARAP "DI BA? (R.) 2:45 - 3:15	BALITANGHALI (P) 2:15 - 3:15					WEEKEND GETAWAY (P) 2:15 - 3:15						
	4:00PM	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	5:00PM	6:00PM	8:00PM	10:00AM	9:00AM
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						
5:00PM	PINOY MD (P) 5:00 - 6:00						BORN TO BE WILD (P) 4:15 - 5:00	WISH KO LANG (P) 5:00 - 5:45					
	6:00PM						AHA! (P.) 6:00 - 6:30		MOMMY DEAREST (P) 6:00 - 6:45				
REGAL STUDIO PRESENTS (P) 6:30 - 7:15		LUTONG BAHAY (P) 6:45 - 7:30											
7:00PM	TASTE BUDDIES (P.) 7:15 - 7:45	DAY OFF (P) 7:30 - 8:15					DAIG KAYO NG LOLA KO (P.) 7:45 - 8:30	9:00PM	10:00PM	12:00MN	2:00PM	1:00PM	
	POP TALK (P) 7:45 - 8:30	BUBBLE GANG FUN SIZE (P) 8:15 - 9:15											
9:00PM	I-LISTEN (P) 8:30 - 9:15	IDOL SA KUSINA (P) 9:15 - 9:45					WISH KO LANG (R) 8:30 - 9:15	10:00PM	11:00PM	1:00AM	3:00PM	2:00PM	
	FARM TO TABLE (P) 9:15 - 10:00	BALITANGHALI (R) 9:45 - 10:45					BIYAHE NI DREW (P.) 9:15 - 10:00						
10:00PM	PINAS SARAP (P.) 10:00 - 10:45	BALITANGHALI (R) 9:45 - 10:45					I JUANDER (P) 10:00 - 10:45	11:00PM	12:00MN	2:00AM	4:00PM	3:00PM	
	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
11:00PM	PINOY MD (R) 11:15 - 12:15	LUTONG BAHAY (R) 11:30 - 12:30					KARELASYON (P) 11:15 - 12:00	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 AUGUST 9 - 15, 2026 GRID (MANILA)							JAPAN (MLA + 1)	AU (MLA + 2)	NEW ZEALAND (MLA + 4)	ITALY (MLA - 6)	UK (MLA - 7)					
	SUNDAY AUGUST.9	MONDAY AUGUST.10	TUESDAY AUGUST.11	WEDNESDAY AUGUST.12	THURSDAY AUGUST.13	FRIDAY AUGUST.14	SATURDAY AUGUST.15										
12:00MN	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Dance of the Steel Bars"	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					
		AHA! (R) 12:45 - 1:15	IDOL SA KUSINA (R) 1:30 - 2:00					3:00AM	4:00AM	6:00AM	8:00PM	7:00PM					
2:00AM	MOMMY DEAREST WEEKEND CATCH-UP (R.) 2:00 - 4:45	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					
3:00AM		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					
4:00AM		BORN TO BE WILD (R) 3:30 - 4:15						6:00AM	7:00AM	9:00AM	11:00PM						
5:00AM		WISH KO LANG (R.) 4:15 - 5:00						MOMMY DEAREST (R) 4:45 - 5:30					7:00AM	8:00AM	10:00AM	12:00MN	11:00PM
		I BILIB (P) 4:45 - 5:15						BALITANGHALI (R) 5:30 - 6:30					8:00AM	9:00AM	11:00AM	1:00AM	12:00MN
6:00AM	DAMI MONG ALAM, KUYA KIMI! (P) 5:15 - 5:45	POP TALK (R.) 5:00 - 5:45	LUTONG BAHAY (R) 6:30 - 7:15					9:00AM	10:00AM	12:00NN	2:00AM	1:00AM					
7:00AM	BORN TO BE WILD (R.) 5:45 - 6:15	AHA! (R.) 5:45 - 6:15	BUBBLE GANG FUN SIZE (R) 7:15 - 8:15					10:00AM	11:00AM	1:00PM	3:00AM	2:00AM					
	DAIG KAYO NG LOLA KO (R) 6:15 - 7:00	I JUANDER (R) 6:15 - 7:00	IDOL SA KUSINA (R) 8:15 - 8:45					11:00AM	12:00NN	2:00PM	4:00AM	3:00AM					
8:00AM	SARAP 'DI BA? (R.) 7:00 - 7:30	I BILIB (R) 7:00 - 7:30	DAY OFF (R) 8:45 - 9:30					12:00NN	1:00PM	3:00PM	5:00AM	4:00AM					
9:00AM	POP TALK (R.) 7:30 - 8:15	TASTE BUDDIES (R) 7:30 - 8:00	IDOL SA KUSINA (R) 11:15 - 11:45					1:00PM	2:00PM	4:00PM	6:00AM	5:00AM					
	BIYAHE NI DREW (R) 8:15 - 9:00	FARM TO TABLE (R.) 8:00 - 8:45	BUBBLE GANG FUN SIZE (R) 11:45 - 12:45					2:00PM	3:00PM	5:00PM	7:00AM	6:00AM					
10:00AM	I JUANDER (R) 9:00 - 9:45	PINAS SARAP (R.) 8:45 - 9:30	DAY OFF (R.) 12:45 - 1:30					3:00PM	4:00PM	6:00PM	8:00AM	7:00AM					
11:00AM	TASTE BUDDIES (R) 9:45 - 10:15	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	I-LISTEN (R) 9:30 - 10:15	4:00PM	5:00PM	7:00PM	9:00AM	8:00AM					
	SARAP 'DI BA? (R.) 10:15 - 10:45	ALL IN THE FAMILY WITH DR. TESS (R.) 10:15 - 10:45	BALITANGHALI (R) 10:15 - 11:15					5:00PM	6:00PM	8:00PM	10:00AM	9:00AM					
12:00NN	TUNAY NA BUHAY (R) 10:45 - 11:15	I-LISTEN (R.) 10:45 - 11:30	IDOL SA KUSINA (R) 11:15 - 11:45					6:00PM	7:00PM	9:00PM	11:00AM	10:00AM					
1:00PM	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					7:00PM	8:00PM	10:00PM	12:00NN	11:00AM					
	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Dance of the Steel Bars"	DAMI MONG ALAM, KUYA KIMI! (R) 12:00 - 12:30	DAY OFF (R.) 12:45 - 1:30					8:00PM	9:00PM	11:00PM	1:00PM	12:00NN					
2:00PM	DAIG KAYO NG LOLA KO (R) 12:30 - 1:15	DAIG KAYO NG LOLA KO (R) 12:30 - 1:15	MOMMY DEAREST (P) 6:00 - 6:45					9:00PM	10:00PM	12:00PM	2:00PM	1:00PM					
3:00PM	AHA! (R.) 1:15 - 1:45	AHA! (R.) 1:15 - 1:45	LUTONG BAHAY (P) 6:45 - 7:30					10:00PM	11:00PM	1:00AM	3:00PM	2:00PM					
	WISH KO LANG (R.) 2:00 - 2:45	I BILIB (R) 1:45 - 2:15	DAY OFF (P) 7:30 - 8:15					11:00PM	12:00MN	2:00AM	4:00PM	3:00PM					
4:00PM	SARAP 'DI BA? (R.) 2:45 - 3:15	BALITANGHALI (P) 2:15 - 3:15					WEEKEND GETAWAY (P) 2:15 - 3:15	12:00MN	1:00AM	3:00AM	5:00PM	4:00PM					
	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	1:00AM	2:00AM	4:00AM	6:00PM	5:00PM					
5:00PM	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	2:00AM	3:00AM	5:00AM	7:00PM	6:00PM					
6:00PM	PINOY MD (P) 5:00 - 6:00						BORN TO BE WILD (P) 4:15 - 5:00	3:00AM	4:00AM	6:00AM	8:00PM						
	AHA! (P.) 6:00 - 6:30						WISH KO LANG (P) 5:00 - 5:45	4:00AM	5:00AM	7:00AM	9:00PM						
7:00PM	REGAL STUDIO PRESENTS (P) 6:30 - 7:15	MOMMY DEAREST (P) 6:00 - 6:45					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Tiktik: The Aswang Chronicles"	5:00PM	6:00PM	8:00PM	10:00AM	9:00AM					
8:00PM	TASTE BUDDIES (P.) 7:15 - 7:45	LUTONG BAHAY (P) 6:45 - 7:30					DAIG KAYO NG LOLA KO (P.) 7:45 - 8:30	6:00PM	7:00PM	9:00PM	11:00AM	10:00AM					
	POP TALK (P) 7:45 - 8:30	DAY OFF (P) 7:30 - 8:15					WISH KO LANG (R) 8:30 - 9:15	7:00PM	8:00PM	10:00PM	12:00NN	11:00AM					
9:00PM	i-LISTEN (P) 8:30 - 9:15	BUBBLE GANG FUN SIZE (P) 8:15 - 9:15					BIYAHE NI DREW (P.) 9:15 - 10:00	8:00PM	9:00PM	11:00PM	1:00PM	12:00NN					
	FARM TO TABLE (P) 9:15 - 10:00	IDOL SA KUSINA (P) 9:15 - 9:45					I JUANDER (P) 10:00 - 10:45	9:00PM	10:00PM	12:00MN	2:00PM	1:00PM					
10:00PM	PINAS SARAP (P.) 10:00 - 10:45	BALITANGHALI (R) 9:45 - 10:45					TUNAY NA BUHAY (P.) 10:45 - 11:15	10:00PM	11:00PM	1:00AM	3:00PM	2:00PM					
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	KARELASYON (P) 11:15 - 12:00	11:00PM	12:00MN	2:00AM	4:00PM	3:00PM					
	PINOY MD (R) 11:15 - 12:15	LUTONG BAHAY (R) 11:30 - 12:30						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 AUGUST 16 - 22, 2026 GRID (MANILA)							JAPAN (MLA + 1)	AU (MLA + 2)	NEW ZEALAND (MLA + 4)	ITALY (MLA - 6)	UK (MLA - 7)					
	SUNDAY AUGUST.16	MONDAY AUGUST.17	TUESDAY AUGUST.18	WEDNESDAY AUGUST.19	THURSDAY AUGUST.20	FRIDAY AUGUST.21	SATURDAY AUGUST.22										
12:00MN	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Tiktik: The Aswang Chronicles"	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					
		AHA! (R) 12:45 - 1:15	IDOL SA KUSINA (R) 1:30 - 2:00					3:00AM	4:00AM	6:00AM	8:00PM	7:00PM					
		FARM TO TABLE (R.) 1:15 2:00	DAY OFF (R.) 2:00 - 2:45														
2:00AM	MOMMY DEAREST WEEKEND CATCH-UP (R.) 2:00 - 4:45	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					
3:00AM		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					
4:00AM		BORN TO BE WILD (R) 3:30 - 4:15						6:00AM	7:00AM	9:00AM	11:00PM	10:00PM					
5:00AM		WISH KO LANG (R.) 4:15 - 5:00						MOMMY DEAREST (R) 4:45 - 5:30					7:00AM	8:00AM	10:00AM	12:00MN	11:00PM
		I BILIB (P) 4:45 - 5:15						BALITANGHALI (R) 5:30 - 6:30					8:00AM	9:00AM	11:00AM	1:00AM	12:00MN
6:00AM	DAMI MONG ALAM, KUYA KIMI! (P) 5:15 - 5:45	POP TALK (R.) 5:00 - 5:45	LUTONG BAHAY (R) 6:30 - 7:15					1:00PM	2:00PM	4:00PM	6:00AM	5:00AM					
7:00AM	BORN TO BE WILD (R.) 5:45 - 6:15	AHA! (R.) 5:45 - 6:15	BUBBLE GANG FUN SIZE (R) 7:15 - 8:15					2:00PM	3:00PM	5:00PM	7:00AM	6:00AM					
	DAIG KAYO NG LOLA KO (R) 6:15 - 7:00	I JUANDER (R) 6:15 - 7:00	IDOL SA KUSINA (R) 8:15 - 8:45					3:00PM	4:00PM	6:00PM	8:00AM	7:00AM					
8:00AM	SARAP "DI BA? (P) 7:00 - 7:30	I BILIB (R) 7:00 - 7:30	DAY OFF (R) 8:45 - 9:30					4:00PM	5:00PM	7:00PM	9:00AM	8:00AM					
9:00AM	CELESTE UNSCRIPTED (P) 7:30 - 8:15	TASTE BUDDIES (R) 7:30 - 8:00	WEEKEND GETAWAY (P) 2:15 - 3:15					5:00PM	6:00PM	8:00PM	10:00AM	9:00AM					
	BIYAHE NI DREW (R) 8:15 - 9:00	FARM TO TABLE (R.) 8:00 - 8:45	BALITANGHALI (P) 2:15 - 3:15					6:00PM	7:00PM	9:00PM	11:00AM	10:00AM					
10:00AM	I JUANDER (R) 9:00 - 9:45	PINAS SARAP (R.) 8:45 - 9:30	BUBBLE GANG FUN SIZE (P) 8:15 - 9:15					7:00PM	8:00PM	10:00PM	12:00NN	11:00AM					
11:00AM	TASTE BUDDIES (R) 9:45 - 10:15	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	I-LISTEN (R) 9:30 - 10:15	8:00PM	9:00PM	11:00PM	1:00PM	12:00NN					
	SARAP "DI BA? (R.) 10:15 - 10:45	ALL IN THE FAMILY WITH DR. TESS (R.) 10:15 - 10:45	BALITANGHALI (R) 10:15 - 11:15					9:00PM	10:00PM	12:00MN	2:00PM	1:00PM					
12:00NN	TUNAY NA BUHAY (R) 10:45 - 11:15	I-LISTEN (R.) 10:45 - 11:30	IDOL SA KUSINA (R) 11:15 - 11:45					10:00PM	11:00PM	1:00AM	3:00PM	2:00PM					
1:00PM	CELESTE UNSCRIPTED (R) 11:15 - 12:00	TURBO ZONE (R) 11:30 - 12:00	BUBBLE GANG FUN SIZE (R) 11:45 - 12:45					11:00PM	12:00MN	2:00AM	4:00PM	3:00PM					
	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Tiktik: The Aswang Chronicles"	DAMI MONG ALAM, KUYA KIMI! (R) 12:00 - 12:30	DAY OFF (R.) 12:45 - 1:30					12:00MN	1:00AM	3:00AM	5:00PM	4:00PM					
CELESTE UNSCRIPTED (R) 12:30 - 1:15		MOMMY DEAREST (R) 1:30 - 2:15					1:00AM	2:00AM	4:00AM	6:00PM	5:00PM						
AHA! (R.) 1:15 - 1:45		BALITANGHALI (P) 2:15 - 3:15					2:00AM	3:00AM	5:00AM	7:00PM	6:00PM						
2:00PM	WISH KO LANG (R.) 2:00 - 2:45	I BILIB (R) 1:45 - 2:15	WEEKEND GETAWAY (P) 2:15 - 3:15					3:00AM	4:00AM	6:00AM	8:00PM	7:00AM					
3:00PM	SARAP "DI BA? (R.) 2:45 - 3:15	BALITANGHALI (P) 2:15 - 3:15					4:00PM	5:00PM	7:00PM	9:00AM	8:00AM						
4:00PM	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	5:00PM	6:00PM	8:00PM	10:00AM	9:00AM					
5:00PM	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	6:00PM	7:00PM	9:00PM	11:00AM	10:00AM					
6:00PM	PINOY MD (P) 5:00 - 6:00						BORN TO BE WILD (P) 4:15 - 5:00	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 "Resiklo"	8:00PM	9:00PM	11:00PM	1:00PM	12:00NN
	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						
8:00PM	TASTE BUDDIES (P.) 7:15 - 7:45	DAY OFF (P) 7:30 - 8:15					DAIG KAYO NG LOLA KO (P.) 7:45 - 8:30	10:00PM	11:00PM	1:00AM	3:00PM		2:00PM				
9:00PM	POP TALK (P) 7:45 - 8:30	BUBBLE GANG FUN SIZE (P) 8:15 - 9:15					WISH KO LANG (R) 8:30 - 9:15	11:00PM	12:00MN	2:00AM	4:00PM	3:00PM					
10:00PM	i-LISTEN (P) 8:30 - 9:15	IDOL SA KUSINA (P) 9:15 - 9:45					BIYAHE NI DREW (P.) 9:15 - 10:00	12:00MN	1:00AM	3:00AM	5:00PM	4:00PM					
	FARM TO TABLE (P) 9:15 - 10:00	BALITANGHALI (R) 9:45 - 10:45					I JUANDER (P) 10:00 - 10:45	1:00AM	2:00AM	4:00AM	6:00PM	5:00PM					
11:00PM	PINAS SARAP (P.) 10:00 - 10:45	LUTONG BAHAY (R) 11:30 - 12:30					KARELASYON (P) 11:15 - 12:00	2:00AM	3:00AM	5:00AM	7:00PM	6:00PM					
12:00MN	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	3:00AM	4:00AM	6:00AM	8:00PM	7:00PM					
	PINOY MD (R) 11:15 - 12:15							4:00AM	5:00AM	7:00AM	9:00PM	8:00PM					

MLA	GMA LIFE TV PROGRAMMING AUGUST 23 - 29, 2026 GRID (MANILA)							JAPAN (MLA + 1)	AU (MLA + 2)	NEW ZEALAND (MLA + 4)	ITALY (MLA - 6)	UK (MLA - 7)					
	SUNDAY AUGUST.23	MONDAY AUGUST.24	TUESDAY AUGUST.25	WEDNESDAY AUGUST.26	THURSDAY AUGUST.27	FRIDAY AUGUST.28	SATURDAY AUGUST.29										
12:00MN	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Resiklo"	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					
		THE FINAL PITCH DUBAI (R) 12:45 - 1:15	IDOL SA KUSINA (R) 1:30 - 2:00					3:00AM	4:00AM	6:00AM	8:00PM	7:00PM					
		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					
2:00AM	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					
3:00AM		PINAS SARAP (R) 2:45 - 3:30						6:00AM	7:00AM	9:00AM	11:00PM	10:00PM					
4:00AM		BORN TO BE WILD (R) 3:30 - 4:15						7:00AM	8:00AM	10:00AM	12:00MN	11:00PM					
5:00AM		WISH KO LANG (R.) 4:15 - 5:00						MOMMY DEAREST (R) 4:45 - 5:30					8:00AM	9:00AM	11:00AM	1:00AM	12:00MN
	I BILIB (P) 4:45 - 5:15	BALITANGHALI (R) 5:30 - 6:30					9:00AM	10:00AM	12:00NN	2:00AM	1:00AM						
	DAMI MONG ALAM, KUYA KIMI! (P) 5:15 - 5:45	LUTONG BAHAY (R) 6:30 - 7:15					10:00AM	11:00AM	1:00PM	3:00AM	2:00AM						
6:00AM	BORN TO BE WILD (R.) 5:45 - 6:15	I JUANDER (R) 6:15 - 7:00	BUBBLE GANG FUN SIZE (R) 7:15 - 8:15					11:00AM	12:00NN	2:00PM	4:00AM	3:00AM					
7:00AM	DAIG KAYO NG LOLA KO (R) 6:15 - 7:00		IDOL SA KUSINA (R) 8:15 - 8:45					12:00NN	1:00PM	3:00PM	5:00AM	4:00AM					
	THE FINAL PITCH DUBAI (P) 7:00 - 7:30		DAY OFF (R) 8:45 - 9:30					1:00PM	2:00PM	4:00PM	6:00AM	5:00AM					
	CELESTE UNSCRIPTED (P) 7:30 - 8:15		BALITANGHALI (P) 2:15 - 3:15					2:00PM	3:00PM	5:00PM	7:00AM	6:00AM					
8:00AM	TASTE BUDDIES (R) 7:30 - 8:00	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	I-LISTEN (R) 9:30 - 10:15	3:00PM	4:00PM	6:00PM	8:00AM	7:00AM					
9:00AM	BIYAHE NI DREW (R) 8:15 - 9:00	BALITANGHALI (P) 2:15 - 3:15						4:00PM	5:00PM	7:00PM	9:00AM	8:00AM					
10:00AM	I JUANDER (R) 9:00 - 9:45	WEEKEND GETAWAY (P) 2:15 - 3:15						5:00PM	6:00PM	8:00PM	10:00AM	9:00AM					
	TASTE BUDDIES (R) 9:45 - 10:15	REEL LIFE WEEKEND (P) 5:45 - 7:45 "El Presidente"						6:00PM	7:00PM	9:00PM	11:00AM	10:00AM					
	SARAP 'DI BA? (R.) 10:15 - 10:45	DAY OFF (P) 7:30 - 8:15					7:00PM	8:00PM	10:00PM	12:00NN	11:00AM						
11:00AM	TUNAY NA BUHAY (R) 10:45 - 11:15	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	TURBO ZONE (P.) 3:15 - 3:45	8:00PM	9:00PM	11:00PM	1:00PM	12:00NN					
12:00NN	CELESTE UNSCRIPTED (R) 11:15 - 12:00							BUBBLE GANG FUN SIZE (P) 8:15 - 9:15					9:00PM	10:00PM	12:00MN	2:00PM	1:00PM
	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Resiklo"							IDOL SA KUSINA (R) 11:15 - 11:45					10:00PM	11:00PM	1:00AM	3:00PM	2:00PM
								TURBO ZONE (R) 11:30 - 12:00	WISH KO LANG (P) 5:00 - 5:45					11:00PM	12:00MN	2:00AM	4:00PM
1:00PM	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Resiklo"	DAMI MONG ALAM, KUYA KIMI! (R) 12:00 - 12:30	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	12:00MN	1:00AM	3:00AM	5:00PM	4:00PM					
2:00PM		CELESTE UNSCRIPTED (R) 12:30 - 1:15						MOMMY DEAREST (P) 6:00 - 6:45					1:00AM	2:00AM	4:00AM	6:00PM	5:00PM
3:00PM		AHA! (R.) 1:15 - 1:45						LUTONG BAHAY (P) 6:45 - 7:30					2:00AM	3:00AM	5:00AM	7:00PM	6:00PM
		WISH KO LANG (R.) 2:00 - 2:45						DAY OFF (P) 7:30 - 8:15					3:00AM	4:00AM	6:00AM	8:00PM	7:00AM
	THE FINAL PITCH DUBAI (R.) 2:45 - 3:15	BUBBLE GANG FUN SIZE (P) 8:15 - 9:15					4:00AM	5:00AM	7:00AM	9:00AM	8:00AM						
4:00PM	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	5:00PM	6:00PM	8:00PM	10:00AM	9:00AM					
5:00PM	WEEKEND GETAWAY (R) 4:00 - 5:00	MOMMY DEAREST (P) 6:00 - 6:45						6:00PM	7:00PM	9:00PM	11:00AM	10:00AM					
	PINOY MD (P) 5:00 - 6:00	LUTONG BAHAY (P) 6:45 - 7:30						7:00PM	8:00PM	10:00PM	12:00NN	11:00AM					
		AHA! (P.) 6:00 - 6:30						DAY OFF (P) 7:30 - 8:15					8:00PM	9:00PM	11:00PM	1:00PM	12:00NN
6:00PM	REEL LIFE WEEKEND (P) 5:45 - 7:45 "El Presidente"	REGAL STUDIO PRESENTS (P) 6:30 - 7:15	BUBBLE GANG FUN SIZE (P) 8:15 - 9:15					9:00PM	10:00PM	12:00MN	2:00PM	1:00PM					
7:00PM		TASTE BUDDIES (P.) 7:15 - 7:45	IDOL SA KUSINA (P) 9:15 - 9:45					10:00PM	11:00PM	1:00AM	3:00PM	2:00PM					
8:00PM		POP TALK (P) 7:45 - 8:30	BALITANGHALI (R) 9:45 - 10:45					11:00PM	12:00MN	2:00AM	4:00PM	3:00PM					
9:00PM		i-LISTEN (P) 8:30 - 9:15	BALITANGHALI (R) 9:45 - 10:45					12:00MN	1:00AM	3:00AM	5:00PM	4:00PM					
10:00PM	FARM TO TABLE (P) 9:15 - 10:00	BORN TO BE WILD (R) 10:45 - 11:30	THE FINAL PITCH DUBAI (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	1:00AM	2:00AM	4:00AM	6:00PM	5:00PM					
11:00PM	PINAS SARAP (P.) 10:00 - 10:45						LUTONG BAHAY (R) 11:30 - 12:30					2:00AM	3:00AM	5:00AM	7:00PM	6:00PM	
	ALL IN THE FAMILY WITH DR. TESS (P) 10:45 - 11:15						KARELASYON (P) 11:15 - 12:00					3:00AM	4:00AM	6:00AM	8:00PM	7:00AM	
	PINOY MD (R) 11:15 - 12:15						KARELASYON (P) 11:15 - 12:00					4:00AM	5:00AM	7:00AM	9:00PM	8:00PM	
12:00MN																	

MLA	GMA LIFE TV PROGRAMMING AUGUST 30 - 31, 2026 GRID (MANILA)							JAPAN (MLA + 1)	AU (MLA + 2)	NEW ZEALAND (MLA + 4)	ITALY (MLA - 6)	UK (MLA - 7)					
	SUNDAY AUGUST 30	MONDAY AUGUST 31	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY										
12:00MN	REEL LIFE WEEKEND (R) 12:00 - 2:00 "El Presidente"	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					
		THE FINAL PITCH DUBAI (R) 12:45 - 1:15															
		FARM TO TABLE (R.) 1:15 - 2:00	IDOL SA KUSINA (R) 1:30 - 2:00					3:00AM	4:00AM	6:00AM	8:00PM	7:00PM					
2:00AM	MOMMY DEAREST WEEKEND CATCH-UP (R.) 2:00 - 4:45	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					
3:00AM		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					
4:00AM		BORN TO BE WILD (R) 3:30 - 4:15						6:00AM	7:00AM	9:00AM	11:00PM						
		WISH KO LANG (R.) 4:15 - 5:00						MOMMY DEAREST (R) 4:45 - 5:30					7:00AM	8:00AM	10:00AM	12:00MN	11:00PM
5:00AM		I BILIB (P) 4:45 - 5:15						BALITANGHALI (R) 5:30 - 6:30					8:00AM	9:00AM	11:00AM	1:00AM	12:00MN
6:00AM	DAMI MONG ALAM, KUYA KIMI! (P) 5:15 - 5:45	POP TALK (R.) 5:00 - 5:45	LUTONG BAHAY (R) 6:30 - 7:15					9:00AM	10:00AM	12:00NN	2:00AM	1:00AM					
7:00AM	BORN TO BE WILD (R.) 5:45 - 6:15	AHA! (R.) 5:45 - 6:15	BUBBLE GANG FUN SIZE (R) 7:15 - 8:15					10:00AM	11:00AM	1:00PM	3:00AM	2:00AM					
	DAIG KAYO NG LOLA KO (R) 6:15 - 7:00	I JUANDER (R) 6:15 - 7:00	IDOL SA KUSINA (R) 8:15 - 8:45					11:00AM	12:00NN	2:00PM	4:00AM	3:00AM					
8:00AM	THE FINAL PITCH DUBAI (P) 7:00 - 7:30	I BILIB (R) 7:00 - 7:30	DAY OFF (R) 8:45 - 9:30					12:00NN	1:00PM	3:00PM	5:00AM	4:00AM					
9:00AM	CELESTE UNSCRIPTED (P) 7:30 - 8:15	TASTE BUDDIES (R) 7:30 - 8:00	BALITANGHALI (R) 10:15 - 11:15					1:00PM	2:00PM	4:00PM	6:00AM	5:00AM					
	BIYAHE NI DREW (R) 8:15 - 9:00	FARM TO TABLE (R.) 8:00 - 8:45	IDOL SA KUSINA (R) 11:15 - 11:45					2:00PM	3:00PM	5:00PM	7:00AM	6:00AM					
10:00AM	I JUANDER (R) 9:00 - 9:45	PINAS SARAP (R.) 8:45 - 9:30	BUBBLE GANG FUN SIZE (R) 11:45 - 12:45					3:00PM	4:00PM	6:00PM	8:00AM	7:00AM					
11:00AM	TASTE BUDDIES (R) 9:45 - 10:15	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	I-LISTEN (R) 9:30 - 10:15	4:00PM	5:00PM	7:00PM	9:00AM	8:00AM					
	SARAP 'DI BA? (R.) 10:15 - 10:45	ALL IN THE FAMILY WITH DR. TESS (R.) 10:15 - 10:45	DAY OFF (R.) 12:45 - 1:30					5:00PM	6:00PM	8:00PM	10:00AM	9:00AM					
12:00NN	TUNAY NA BUHAY (R) 10:45 - 11:15	I-LISTEN (R.) 10:45 - 11:30	MOMMY DEAREST (R) 1:30 - 2:15					6:00PM	7:00PM	9:00PM	11:00AM	10:00AM					
1:00PM	CELESTE UNSCRIPTED (R) 11:15 - 12:00	TURBO ZONE (R) 11:30 - 12:00	BALITANGHALI (P) 2:15 - 3:15					7:00PM	8:00PM	10:00PM	12:00NN	11:00AM					
	REEL LIFE WEEKEND (R) 12:00 - 2:00 "El Presidente"	DAMI MONG ALAM, KUYA KIMI! (R) 12:00 - 12:30	WEEKEND GETAWAY (P) 2:15 - 3:15					8:00PM	9:00PM	11:00PM	1:00PM	12:00NN					
2:00PM	WISH KO LANG (R.) 2:00 - 2:45	CELESTE UNSCRIPTED (R) 12:30 - 1:15	BUBBLE GANG FUN SIZE (P) 8:15 - 9:15					9:00PM	10:00PM	12:00PM	2:00PM	1:00PM					
3:00PM	AHA! (R.) 1:15 - 1:45	AHA! (R.) 1:15 - 1:45	IDOL SA KUSINA (P) 9:15 - 9:45					10:00PM	11:00PM	1:00AM	3:00PM	2:00PM					
	I BILIB (R) 1:45 - 2:15	I BILIB (R) 1:45 - 2:15	BALITANGHALI (R) 9:45 - 10:45					11:00PM	12:00MN	2:00AM	4:00PM	3:00PM					
4:00PM	THE FINAL PITCH DUBAI (R.) 2:45 - 3:15	MOMMY DEAREST (P) 6:00 - 6:45					REEL LIFE WEEKEND (P) 5:45 - 7:45	12:00MN	1:00AM	3:00AM	5:00PM	4:00PM					
5:00PM	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	1:00AM	2:00AM	4:00AM	6:00PM	5:00PM				
	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	2:00AM	3:00AM	5:00AM	7:00PM	6:00PM				
PINOY MD (P) 5:00 - 6:00	BORN TO BE WILD (P) 4:15 - 5:00						3:00AM	4:00AM	6:00AM	8:00PM	7:00PM						
6:00PM	AHA! (P.) 6:00 - 6:30						MOMMY DEAREST (P) 6:00 - 6:45					4:00AM	5:00AM	7:00AM	9:00PM	8:00PM	
7:00PM	REGAL STUDIO PRESENTS (P) 6:30 - 7:15	LUTONG BAHAY (P) 6:45 - 7:30					DAIG KAYO NG LOLA KO (P.) 7:45 - 8:30	5:00PM	6:00PM	8:00PM	10:00AM	9:00AM					
	TASTE BUDDIES (P.) 7:15 - 7:45	DAY OFF (P) 7:30 - 8:15						6:00PM	7:00PM	9:00PM	11:00AM	10:00AM					
8:00PM	POP TALK (P) 7:45 - 8:30	BUBBLE GANG FUN SIZE (P) 8:15 - 9:15						7:00PM	8:00PM	10:00PM	12:00NN	11:00AM					
9:00PM	I-LISTEN (P) 8:30 - 9:15	IDOL SA KUSINA (P) 9:15 - 9:45					8:00PM	9:00PM	11:00PM	1:00PM	12:00NN						
	FARM TO TABLE (P) 9:15 - 10:00	BALITANGHALI (R) 9:45 - 10:45					9:00PM	10:00PM	12:00MN	2:00AM	4:00PM	3:00PM					
10:00PM	PINAS SARAP (P.) 10:00 - 10:45	MOMMY DEAREST (P) 6:00 - 6:45					REEL LIFE WEEKEND (P) 5:45 - 7:45	10:00PM	11:00PM	1:00AM	3:00PM	2:00PM					
11:00PM	ALL IN THE FAMILY WITH DR. TESS (P) 10:45 - 11:15	BORN TO BE WILD (R) 10:45 - 11:30	THE FINAL PITCH DUBAI (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	11:00PM	12:00MN	2:00AM	4:00PM	3:00PM				
	PINOY MD (R) 11:15 - 12:15	LUTONG BAHAY (R) 11:30 - 12:30						KARELASYON (P) 11:15 - 12:00	12:00MN	1:00AM	3:00AM	5:00PM	4:00PM				
12:00MN								1:00AM	2:00AM	4:00AM	6:00PM	5:00PM					