

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

MLA	GMA LIFE TV PROGRAMMING SEPTEMBER 6 - 12, 2026 GRID (MANILA)							JAPAN (MLA + 1)	AU (MLA + 2)	NEW ZEALAND (MLA + 4)	ITALY (MLA - 6)	UK (MLA - 7)	
	SUNDAY SEPTEMBER.6	MONDAY SEPTEMBER.7	TUESDAY SEPTEMBER.8	WEDNESDAY SEPTEMBER.9	THURSDAY SEPTEMBER.10	FRIDAY SEPTEMBER.11	SATURDAY SEPTEMBER.12						
12:00MN	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Becky & Badette"	con't of PINOY MD (R) 11:15 - 12:15 - 12:45	con't of LUTONG BAHAY (R) 11:30 - 12:30					1:00AM	2:00AM	4:00AM	6:00PM	5:00PM	
1:00AM		THE FINAL PITCH DUBAI (R) 12:45 - 1:15	BUBBLE GANG FUN SIZE (R) 12:30 - 1:30					2:00AM	3:00AM	5:00AM	7:00PM	6:00PM	
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	
4:00AM		PINAS SARAP (R) 2:45 - 3:30	REEL LIFE "I Heart Mondays" (R.) 2:45 - 4:45	REEL LIFE "Wa-Packed Tuesdays" (R.) 2:45 - 4:45	REEL LIFE "Once Upon a Wednesdays" (R.) 2:45 - 4:45	REEL LIFE "Hilarious Huwebes" (R.) 2:45 - 4:45	REEL LIFE "Senti Flicks" (R.) 2:45 - 4:45	5:00AM	6:00AM	8:00AM	10:00PM	9:00PM	
		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	I JUANDER (R) 6:15 - 7:00	LUTONG BAHAY (R) 6:30 - 7:15					8:00AM	9:00AM	11:00AM	1:00AM	12:00MN	
7:00AM	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	
8:00AM	THE FINAL PITCH DUBAI (P) 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	
	CELESTE UNSCRIPTED (P) 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	
9:00AM	BIYAHE NI DREW (R) 8:15 - 9:00	PINAS SARAP (R.) 8:45 - 9:30	BALITANGHALI (R) 10:15 - 11:15					12:00NN	1:00PM	3:00PM	5:00AM	4:00AM	
10:00AM	I JUANDER (R) 9:00 - 9:45	TURBO ZONE (R.) 11:30 - 12:00	IDOL SA KUSINA (R) 11:15 - 11:45					1:00PM	2:00PM	4:00PM	6:00AM	5:00AM	
	TASTE BUDDIES (R) 9:45 - 10:15	DAMI MONG ALAM, KUYA KIMI! (R) 12:00 - 12:30	BUBBLE GANG FUN SIZE (R) 11:45 - 12:45					2:00PM	3:00PM	5:00PM	7:00AM	6:00AM	
11:00AM	SARAP 'DI BA? (R.) 10:15 - 10:45	CELESTE UNSCRIPTED (R) 12:30 - 1:15	DAY OFF (R.) 12:45 - 1:30					3:00PM	4:00PM	6:00PM	8:00AM	7:00AM	
	TUNAY NA BUHAY (R) 10:45 - 11:15	AHA! (R.) 1:15 - 1:45	MOMMY DEAREST (R) 1:30 - 2:15					4:00PM	5:00PM	7:00PM	9:00AM	8:00AM	
12:00NN	CELESTE UNSCRIPTED (R) 11:15 - 12:00	I BILIB (R) 1:45 - 2:15	BALITANGHALI (P) 2:15 - 3:15					5:00PM	6:00PM	8:00PM	10:00AM	9:00AM	
1:00PM	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Becky & Badette"	BALITANGHALI (P) 2:15 - 3:15					WEEKEND GETAWAY (P) 2:15 - 3:15	6:00PM	7:00PM	9:00PM	11:00AM	10:00AM	
2:00PM		WISH KO LANG (R.) 2:00 - 2:45	BALITANGHALI (P) 2:15 - 3:15					7:00PM	8:00PM	10:00PM	12:00NN	11:00AM	
3:00PM		THE FINAL PITCH DUBAI (R.) 2:45 - 3:15	BALITANGHALI (P) 2:15 - 3:15					8:00PM	9:00PM	11:00PM	1:00PM	12:00NN	
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	WISH KO LANG (P) 5:00 - 5:45	6:00PM	7:00PM	9:00PM	11:00AM	10:00AM
	AHA! (P.) 6:00 - 6:30						MOMMY DEAREST (P) 6:00 - 6:45					7:00PM	8:00PM
7:00PM	REGAL STUDIO PRESENTS (P) 6:30 - 7:15	LUTONG BAHAY (P) 6:45 - 7:30					REEL LIFE WEEKEND (P) 5:45 - 7:45 "Family of Two"	8:00PM	9:00PM	11:00PM	1:00PM	12:00NN	
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	9:00PM	10:00PM	12:00MN	2:00PM	1:00PM	
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	10:00PM	11:00PM	1:00AM	3:00PM	2:00PM	
	i-LISTEN (P) 8:30 - 9:15	IDOL SA KUSINA (P) 9:15 - 9:45					BIYAHE NI DREW (P.) 9:15 - 10:00	11:00PM	12:00MN	2:00AM	4:00PM	3:00PM	
10:00PM	FARM TO TABLE (P) 9:15 - 10:00	BALITANGHALI (R) 9:45 - 10:45					I JUANDER (P) 10:00 - 10:45	12:00MN	1:00AM	3:00AM	5:00PM	4:00PM	
	PINAS SARAP (P.) 10:00 - 10:45	LUTONG BAHAY (R) 11:30 - 12:30					KARELASYON (P) 11:15 - 12:00	1:00AM	2:00AM	4:00AM	6:00PM	5:00PM	
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	12:00MN	1:00AM	3:00AM	5:00PM	4:00PM	
12:00MN	PINOY MD (R) 11:15 - 12:15	LUTONG BAHAY (R) 11:30 - 12:30						1:00AM	2:00AM	4:00AM	6:00PM	5:00PM	

MLA	GMA LIFE TV PROGRAMMING SEPTEMBER 13 - 19, 2026 GRID (MANILA)							JAPAN (MLA + 1)	AU (MLA + 2)	NEW ZEALAND (MLA + 4)	ITALY (MLA - 6)	UK (MLA - 7)
	SUNDAY SEPTEMBER.13	MONDAY SEPTEMBER.14	TUESDAY SEPTEMBER.15	WEDNESDAY SEPTEMBER.16	THURSDAY SEPTEMBER.17	FRIDAY SEPTEMBER.18	SATURDAY SEPTEMBER.19					
12:00MN	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Family of Two"	con't of PINOY MD (R) 11:15 - 12:15 - 12:45	CHIKA KART (R) 11:30 - 1:00					1:00AM	2:00AM	4:00AM	6:00PM	5:00PM
1:00AM		THE FINAL PITCH DUBAI (R) 12:45 - 1:15	BUBBLE GANG FUN SIZE (R) 1:00 - 2:00					2:00AM	3:00AM	5:00AM	7:00PM	6:00PM
2:00AM		FARM TO TABLE (R.) 1:15 - 2:00	IDOL SA KUSINA (R) 2:00 - 2:45					3:00AM	4:00AM	6:00AM	8:00PM	7:00PM
3:00AM	MOMMY DEAREST WEEKEND CATCH-UP (R.) 2:00 - 4:45	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
4:00AM		BORN TO BE WILD (R) 3:30 - 4:15						5:00AM	6:00AM	8:00AM	10:00PM	9:00PM
		WISH KO LANG (R.) 4:15 - 5:00										
5:00AM	I BILIB (P) 4:45 - 5:15	KALERKS (P) 5:00 - 5:45	MOMMY DEAREST (R) 4:45 - 5:30					6:00AM	7:00AM	9:00AM	11:00PM	10:00PM
	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
	DAIG KAYO NG LOLA KO (R) 6:15 - 7:00	I JUANDER (R) 6:15 - 7:00	CHIKA KART (R) 6:30 - 8:00					8:00AM	9:00AM	11:00AM	1:00AM	12:00MN
	THE FINAL PITCH DUBAI (P) 7:00 - 7:30	I BILIB (R) 7:00 - 7:30	BUBBLE GANG FUN SIZE (R) 8:00 - 9:00					9:00AM	10:00AM	12:00NN	2:00AM	1:00AM
8:00AM	CELESTE UNSCRIPTED (P) 7:30 - 8:15	FARM TO TABLE (R.) 8:00 - 8:45	IDOL SA KUSINA (R) 9:00 - 9:30					10:00AM	11:00AM	1:00PM	3:00AM	2:00AM
	BIYAHE NI DREW (R) 8:15 - 9:00	PINAS SARAP (R.) 8:45 - 9:30	KALERKS (R) 9:30 - 10:15					11:00AM	12:00NN	2:00PM	4:00AM	3:00AM
10:00AM	TASTE BUDDIES (R) 9:45 - 10:15	ALL IN THE FAMILY WITH DR. TESS (R.) 10:15 - 10:45	BALITANGHALI (R) 10:15 - 11:15					12:00NN	1:00PM	3:00PM	5:00AM	4:00AM
	SARAP 'DI BA? (R.) 10:15 - 10:45	I-LISTEN (R.) 10:45 - 11:30	IDOL SA KUSINA (R) 11:15 - 11:45					1:00PM	2:00PM	4:00PM	6:00AM	5:00AM
11:00AM	TUNAY NA BUHAY (R) 10:45 - 11:15	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
12:00NN	CELESTE UNSCRIPTED (R) 11:15 - 12:00	DAMI MONG ALAM, KUYA KIMI! (R) 12:00 - 12:30	MOMMY DEAREST (R) 12:45 - 1:30					3:00PM	4:00PM	6:00PM	8:00AM	7:00AM
	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Family of Two"	CELESTE UNSCRIPTED (R) 12:30 - 1:15	POP TALK (R.) 1:30 - 2:15					4:00PM	5:00PM	7:00PM	9:00AM	8:00AM
		AHA! (R.) 1:15 - 1:45	PINOY MD (R.) 1:30 - 2:15					5:00PM	6:00PM	8:00PM	10:00AM	9:00AM
2:00PM	WISH KO LANG (R.) 2:00 - 2:45	I BILIB (R) 1:45 - 2:15	TASTE BUDDIES (R.) 1:30 - 2:15					6:00PM	7:00PM	9:00PM	11:00AM	10:00AM
	THE FINAL PITCH DUBAI (R.) 2:45 - 3:15	BALITANGHALI (P) 2:15 - 3:15					7:00PM	8:00PM	10:00PM	12:00NN	11:00AM	
3:00PM	BIYAHE NI DREW (R) 3:15 - 4:00	KALERKS (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
4:00PM	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
	PINOY MD (P) 5:00 - 6:00						BORN TO BE WILD (P) 4:15 - 5:00	10:00PM	11:00PM	1:00AM	3:00PM	2:00PM
6:00PM	AHA! (P.) 6:00 - 6:30						WISH KO LANG (P) 5:00 - 5:45	11:00PM	12:00NN	2:00AM	4:00PM	3:00PM
	REGAL STUDIO PRESENTS (P) 6:30 - 7:15	MOMMY DEAREST (P) 6:00 - 6:45					7:00PM	8:00PM	10:00PM	12:00NN	11:00AM	
7:00PM	TASTE BUDDIES (P.) 7:15 - 7:45	CHIKA KART (P) 6:45 - 8:15					8:00PM	9:00PM	11:00PM	1:00PM	12:00NN	
8:00PM	POP TALK (P) 7:45 - 8:30	BUBBLE GANG FUN SIZE (P) 8:15 - 9:15					9:00PM	10:00PM	12:00MN	2:00PM	1:00PM	
	I-LISTEN (P) 8:30 - 9:15	IDOL SA KUSINA (P) 9:15 - 9:45					10:00PM	11:00PM	1:00AM	3:00PM	2:00PM	
	FARM TO TABLE (P) 9:15 - 10:00	BALITANGHALI (R) 9:45 - 10:45					11:00PM	12:00MN	2:00AM	4:00PM	3:00PM	
10:00PM	PINAS SARAP (P.) 10:00 - 10:45	BIYAHE NI DREW (P.) 9:15 - 10:00					12:00MN	1:00AM	3:00AM	5:00PM	4:00PM	
	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	1:00AM	2:00AM	4:00AM	6:00PM	5:00PM
11:00PM	PINOY MD (R) 11:15 - 12:15	CHIKA KART (R) 11:30 - 1:00					KARELASYON (P) 11:15 - 12:00	2:00AM	3:00AM	5:00AM	7:00PM	6:00PM
12:00MN								3:00AM	4:00AM	6:00AM	8:00PM	7:00PM

MLA	GMA LIFE TV PROGRAMMING SEPTEMBER 20 - 26, 2026 GRID (MANILA)							JAPAN (MLA + 1)	AU (MLA + 2)	NEW ZEALAND (MLA + 4)	ITALY (MLA - 6)	UK (MLA - 7)					
	SUNDAY SEPTEMBER.20	MONDAY SEPTEMBER.21	TUESDAY SEPTEMBER.22	WEDNESDAY SEPTEMBER.23	THURSDAY SEPTEMBER.24	FRIDAY SEPTEMBER.25	SATURDAY SEPTEMBER.26										
12:00MN	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Playtime"	con't of PINOY MD (R) 11:15 - 12:15 - CELESTE UNSCRIPTED (R) 12:15 - 12:45	CHIKA KART (R) 11:30 - 1:00					1:00AM	2:00AM	4:00AM	6:00PM	5:00PM					
1:00AM		THE FINAL PITCH DUBAI (R) 12:45 - 1:15	BUBBLE GANG FUN SIZE (R) 1:00 - 2:00					2:00AM	3:00AM	5:00AM	7:00PM	6:00PM					
2:00AM		FARM TO TABLE (R.) 1:15 - 2:00	IDOL SA KUSINA (R) 2:00 - 2:45					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	IDOL SA KUSINA (R) 2:00 - 2:45					4:00AM	5:00AM	7:00AM	9:00PM	8:00PM					
4:00AM		PINAS SARAP (R) 2:45 - 3:30	REEL LIFE "I Heart Mondays" (R.) 2:45 - 4:45	REEL LIFE "Wa-Packed Tuesdays" (R.) 2:45 - 4:45	REEL LIFE "Once Upon a Wednesdays" (R.) 2:45 - 4:45	REEL LIFE "Hilarious Huwebes" (R.) 2:45 - 4:45	REEL LIFE "Senti Flicks" (R.) 2:45 - 4:45	5:00AM	6:00AM	8:00AM	10:00PM	9:00PM					
		BORN TO BE WILD (R) 3:30 - 4:15															
	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					
5:00AM	I BILIB (P) 4:45 - 5:15	KALERKS (P) 5:00 - 5:45	BALITANGHALI (R) 5:30 - 6:30					7:00AM	8:00AM	10:00AM	12:00MN	11:00PM					
6:00AM	DAMI MONG ALAM, KUYA KIMI! (P) 5:15 - 5:45	AHA! (R.) 5:45 - 6:15	CHIKA KART (R) 6:30 - 8:00					8:00AM	9:00AM	11:00AM	1:00AM	12:00MN					
	BORN TO BE WILD (R.) 5:45 - 6:15	I JUANDER (R) 6:15 - 7:00	BUBBLE GANG FUN SIZE (R) 8:00 - 9:00					9:00AM	10:00AM	12:00NN	2:00AM	1:00AM					
	DAIG KAYO NG LOLA KO (R) 6:15 - 7:00	I BILIB (R) 7:00 - 7:30	IDOL SA KUSINA (R) 9:00 - 9:30					10:00AM	11:00AM	1:00PM	3:00AM	2:00AM					
7:00AM	THE FINAL PITCH DUBAI (P) 7:00 - 7:30	TASTE BUDDIES (R) 7:30 - 8:00	I JUANDER (R.) 9:30 - 10:15	PINAS SARAP (R.) 9:30 - 10:15	TURBO ZONE (R.) 9:30 - 10:15	FARM TO TABLE (R) 9:30 - 10:15	I-LISTEN (R) 9:30 - 10:15	11:00AM	12:00NN	2:00PM	4:00AM	3:00AM					
8:00AM	CELESTE UNSCRIPTED (P) 7:30 - 8:15	FARM TO TABLE (R.) 8:00 - 8:45						BALITANGHALI (R) 10:15 - 11:15					12:00NN	1:00PM	3:00PM	5:00AM	4:00AM
	BIYAHE NI DREW (R) 8:15 - 9:00	PINAS SARAP (R.) 8:45 - 9:30						IDOL SA KUSINA (R) 11:15 - 11:45					1:00PM	2:00PM	4:00PM	6:00AM	5:00AM
9:00AM	I JUANDER (R) 9:00 - 9:45	KALERKS (R.) 9:30 - 10:15	BUBBLE GANG FUN SIZE (R) 11:45 - 12:45					2:00PM	3:00PM	5:00PM	7:00AM	6:00AM					
10:00AM	TASTE BUDDIES (R) 9:45 - 10:15	ALL IN THE FAMILY WITH DR. TESS (R.) 10:15 - 10:45	MOMMY DEAREST (R) 12:45 - 1:30					3:00PM	4:00PM	6:00PM	8:00AM	7:00AM					
	SARAP 'DI BA? (R.) 10:15 - 10:45	TURBO ZONE (R) 11:30 - 12:00	CHIKA KART (P) 6:45 - 8:15					4:00PM	5:00PM	7:00PM	9:00AM	8:00AM					
11:00AM	TUNAY NA BUHAY (R) 10:45 - 11:15	DAMI MONG ALAM, KUYA KIMI! (R) 12:00 - 12:30	BUBBLE GANG FUN SIZE (P) 8:15 - 9:15					5:00PM	6:00PM	8:00PM	10:00AM	9:00AM					
	CELESTE UNSCRIPTED (R) 11:15 - 12:00	CELESTE UNSCRIPTED (R) 12:30 - 1:15	IDOL SA KUSINA (P) 9:15 - 9:45					6:00PM	7:00PM	9:00PM	11:00AM	10:00AM					
12:00NN	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Playtime"	AHA! (R.) 1:15 - 1:45	BALITANGHALI (R) 9:45 - 10:45					7:00PM	8:00PM	10:00PM	12:00NN	11:00AM					
1:00PM		I BILIB (R) 1:45 - 2:15	MOMMY DEAREST (P) 6:00 - 6:45					8:00PM	9:00PM	11:00PM	1:00PM	12:00NN					
		POP TALK (R.) 1:30 - 2:15	CHIKA KART (P) 6:45 - 8:15					9:00PM	10:00PM	12:00MN	2:00PM	1:00PM					
2:00PM	WISH KO LANG (R.) 2:00 - 2:45	REGAL STUDIO PRESENTS (S17) (R) 3:15 - 4:00	BUBBLE GANG FUN SIZE (P) 8:15 - 9:15					10:00PM	11:00PM	1:00AM	3:00PM	2:00PM					
3:00PM	THE FINAL PITCH DUBAI (R.) 2:45 - 3:15	KARELASYON (R) 3:15 - 4:00	IDOL SA KUSINA (P) 9:15 - 9:45					11:00PM	12:00MN	2:00AM	4:00PM	3:00PM					
4:00PM	BIYAHE NI DREW (R) 3:15 - 4:00	DAMI MONG ALAM, KUYA KIMI! (R) 3:15 - 4:00	BALITANGHALI (R) 9:45 - 10:45					12:00MN	1:00AM	3:00AM	5:00PM	4:00PM					
	WEEKEND GETAWAY (R) 4:00 - 5:00	TUNAY NA BUHAY (R) 3:15 - 4:00	MOMMY DEAREST (P) 6:00 - 6:45					1:00AM	2:00AM	4:00AM	6:00PM	5:00PM					
5:00PM	PINOY MD (P) 5:00 - 6:00	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00	REEL LIFE "Wa-Packed Tuesdays" (P.) 4:00 - 6:00					2:00AM	3:00AM	5:00AM	7:00PM	6:00PM					
6:00PM	AHA! (P.) 6:00 - 6:30	REEL LIFE "Once Upon a Wednesdays" (P.) 4:00 - 6:00	REEL LIFE "Hilarious Huwebes" (P.) 4:00 - 6:00					3:00AM	4:00AM	6:00AM	8:00PM	7:00PM					
		REEL LIFE "Senti Friday" (P.) 4:00 - 6:00	REEL LIFE "Senti Friday" (P.) 4:00 - 6:00					4:00AM	5:00AM	7:00AM	9:00PM	8:00PM					
		WISH KO LANG (P) 5:00 - 5:45	WISH KO LANG (P) 5:00 - 5:45					5:00AM	6:00AM	8:00AM	10:00AM	9:00AM					
7:00PM	REGAL STUDIO PRESENTS (P) 6:30 - 7:15	MOMMY DEAREST (P) 6:00 - 6:45					6:00PM	7:00PM	9:00PM	11:00AM	10:00AM						
	TASTE BUDDIES (P.) 7:15 - 7:45	CHIKA KART (P) 6:45 - 8:15					7:00PM	8:00PM	10:00PM	12:00NN	11:00AM						
8:00PM	POP TALK (P) 7:45 - 8:30	BUBBLE GANG FUN SIZE (P) 8:15 - 9:15					8:00PM	9:00PM	11:00PM	1:00PM	12:00NN						
9:00PM	i-LISTEN (P) 8:30 - 9:15	IDOL SA KUSINA (P) 9:15 - 9:45					9:00PM	10:00PM	12:00MN	2:00PM	1:00PM						
	FARM TO TABLE (P) 9:15 - 10:00	BALITANGHALI (R) 9:45 - 10:45					10:00PM	11:00PM	1:00AM	3:00PM	2:00PM						
10:00PM	PINAS SARAP (P.) 10:00 - 10:45	MOMMY DEAREST (P) 6:00 - 6:45					11:00PM	12:00MN	2:00AM	4:00PM	3:00PM						
	ALL IN THE FAMILY WITH DR. TESS (P) 10:45 - 11:15	BALITANGHALI (R) 9:45 - 10:45					12:00MN	1:00AM	3:00AM	5:00PM	4:00PM						
11:00PM	PINOY MD (R) 11:15 - 12:15	CHIKA KART (R) 11:30 - 1:00					1:00AM	2:00AM	4:00AM	6:00PM	5:00PM						
12:00MN		CHIKA KART (R) 11:30 - 1:00					1:00AM	2:00AM	4:00AM	6:00PM	5:00PM						

MLA	GMA LIFE TV PROGRAMMING SEPTEMBER 27 - 30, 2026 GRID (MANILA)							JAPAN (MLA + 1)	AU (MLA + 2)	NEW ZEALAND (MLA + 5)	ITALY (MLA - 6)	UK (MLA - 7)
	SUNDAY SEPTEMBER.27	MONDAY SEPTEMBER.28	TUESDAY SEPTEMBER.29	WEDNESDAY SEPTEMBER.30	THURSDAY	FRIDAY	SATURDAY					
12:00MN	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Pasional"	con't of PINOY MD (R) 11:15 - CELESTE UNSCRIPTED (R) 12:15 - 12:45	CHIKA KART (R) 11:30 - 1:00					1:00AM	2:00AM	5:00AM	6:00PM	5:00PM
1:00AM		THE FINAL PITCH DUBAI (R) 12:45 - 1:15	BUBBLE GANG FUN SIZE (R) 1:00 - 2:00					2:00AM	3:00AM	6:00AM	7:00PM	6:00PM
2:00AM		FARM TO TABLE (R.) 1:15 - 2:00	IDOL SA KUSINA (R) 2:00 - 2:45					3:00AM	4:00AM	7:00AM	8:00PM	7:00PM
3:00AM	MOMMY DEAREST WEEKEND CATCH-UP (R.) 2:00 - 4:45	BIYAHE NI DREW (R.) 2:00 - 2:45	IDOL SA KUSINA (R) 2:00 - 2:45					4:00AM	5:00AM	8:00AM	9:00PM	8:00PM
4:00AM		PINAS SARAP (R) 2:45 - 3:30	REEL LIFE "I Heart Mondays" (R.) 2:45 - 4:45	REEL LIFE "Wa-Packed Tuesdays" (R.) 2:45 - 4:45	REEL LIFE "Once Upon a Wednesdays" (R.) 2:45 - 4:45	REEL LIFE "Hilarious Huwebes" (R.) 2:45 - 4:45	REEL LIFE "Senti Flicks" (R.) 2:45 - 4:45	5:00AM	6:00AM	9:00AM	10:00PM	9:00PM
		BORN TO BE WILD (R) 3:30 - 4:15										
	WISH KO LANG (R.) 4:15 - 5:00	MOMMY DEAREST (R) 4:45 - 5:30						6:00AM	7:00AM	10:00AM	11:00PM	10:00PM
5:00AM	I BILIB (P) 4:45 - 5:15	KALERKS (P) 5:00 - 5:45	BALITANGHALI (R) 5:30 - 6:30					7:00AM	8:00AM	11:00AM	12:00MN	11:00PM
6:00AM	DAMI MONG ALAM, KUYA KIMI! (P) 5:15 - 5:45	AHA! (R.) 5:45 - 6:15	CHIKA KART (R) 6:30 - 8:00					8:00AM	9:00AM	12:00NN	1:00AM	12:00MN
	BORN TO BE WILD (R.) 5:45 - 6:15	I JUANDER (R) 6:15 - 7:00	BUBBLE GANG FUN SIZE (R) 8:00 - 9:00					9:00AM	10:00AM	1:00PM	2:00AM	1:00AM
	DAIG KAYO NG LOLA KO (R) 6:15 - 7:00	I BILIB (R) 7:00 - 7:30	IDOL SA KUSINA (R) 9:00 - 9:30					10:00AM	11:00AM	2:00PM	3:00AM	2:00AM
7:00AM	THE FINAL PITCH DUBAI (P) 7:00 - 7:30	TASTE BUDDIES (R) 7:30 - 8:00	KALERKS (R) 9:30 - 10:15					11:00AM	12:00NN	3:00PM	4:00AM	3:00AM
8:00AM	CELESTE UNSCRIPTED (P) 7:30 - 8:15	FARM TO TABLE (R.) 8:00 - 8:45	BALITANGHALI (R) 10:15 - 11:15					12:00NN	1:00PM	4:00PM	5:00AM	4:00AM
	BIYAHE NI DREW (R) 8:15 - 9:00	PINAS SARAP (R.) 8:45 - 9:30	IDOL SA KUSINA (R) 11:15 - 11:45					1:00PM	2:00PM	5:00PM	6:00AM	5:00AM
10:00AM	SEAFARER SOCIAL SUMMIT (P) 9:45 - 10:15	I JUANDER (R.) 9:30 - 10:15	BUBBLE GANG FUN SIZE (R) 11:45 - 12:45					2:00PM	3:00PM	6:00PM	7:00AM	6:00AM
	SARAP 'DI BA? (R.) 10:15 - 10:45	TURBO ZONE (R.) 11:30 - 12:00	MOMMY DEAREST (R) 12:45 - 1:30					3:00PM	4:00PM	7:00PM	8:00AM	7:00AM
11:00AM	TUNAY NA BUHAY (R) 10:45 - 11:15	POP TALK (R.) 1:30 - 2:15	BALITANGHALI (P) 2:15 - 3:15					4:00PM	5:00PM	8:00PM	9:00AM	8:00AM
12:00NN	CELESTE UNSCRIPTED (R) 11:15 - 12:00	PINOY MD (R.) 1:30 - 2:15	WEEKEND GETAWAY (P) 2:15 - 3:15					5:00PM	6:00PM	9:00PM	10:00AM	9:00AM
1:00PM	REEL LIFE WEEKEND (R) 12:00 - 2:00 "Pasional"	SEAFARER SOCIAL SUMMIT (R) 1:45 - 2:15	WISH KO LANG (R.) 2:00 - 2:45					6:00PM	7:00PM	10:00PM	11:00AM	10:00AM
2:00PM		THE FINAL PITCH DUBAI (R.) 2:45 - 3:15	REEL LIFE "I Heart Mondays" (P.) 4:00 - 6:00					7:00PM	8:00PM	11:00PM	12:00NN	11:00AM
3:00PM		BIYAHE NI DREW (R) 3:15 - 4:00	REEL LIFE "Wa-Packed Tuesdays" (P.) 4:00 - 6:00					8:00PM	9:00PM	12:00NN	1:00PM	12:00NN
4:00PM	WEEKEND GETAWAY (R) 4:00 - 5:00	MOMMY DEAREST (P) 6:00 - 6:45					9:00PM	10:00PM	1:00AM	2:00PM	1:00PM	
5:00PM	PINOY MD (P) 5:00 - 6:00	CHIKA KART (P) 6:45 - 8:15					10:00PM	11:00PM	2:00AM	3:00PM	2:00PM	
6:00PM	AHA! (P.) 6:00 - 6:30	BUBBLE GANG FUN SIZE (P) 8:15 - 9:15					11:00PM	12:00MN	3:00AM	4:00PM	3:00PM	
7:00PM	REGAL STUDIO PRESENTS (P) 6:30 - 7:15	IDOL SA KUSINA (P) 9:15 - 9:45					12:00MN	1:00AM	4:00AM	5:00PM	4:00PM	
8:00PM	TASTE BUDDIES (P.) 7:15 - 7:45	BALITANGHALI (R) 9:45 - 10:45					1:00AM	2:00AM	5:00AM	6:00PM	5:00PM	
9:00PM	POP TALK (P) 7:45 - 8:30	CHIKA KART (R) 11:30 - 1:00					2:00AM	3:00AM	6:00PM	7:00PM	6:00PM	
10:00PM	i-LISTEN (P) 8:30 - 9:15	KARELASYON (P) 11:15 - 12:00					3:00AM	4:00AM	7:00PM	8:00AM	7:00AM	
11:00PM	FARM TO TABLE (P) 9:15 - 10:00	KARELASYON (P) 11:15 - 12:00					4:00AM	5:00AM	8:00PM	9:00AM	8:00AM	
12:00MN	PINAS SARAP (P.) 10:00 - 10:45	KARELASYON (P) 11:15 - 12:00					5:00AM	6:00PM	9:00PM	10:00AM	9:00AM	
	ALL IN THE FAMILY WITH DR. TESS (P) 10:45 - 11:15	KARELASYON (P) 11:15 - 12:00					6:00PM	7:00PM	10:00PM	11:00AM	10:00AM	
	PINOY MD (R) 11:15 - 12:15	KARELASYON (P) 11:15 - 12:00					7:00PM	8:00PM	11:00PM	12:00NN	11:00AM	