

GMA NEWS TV PROGRAMMING JULY 1 - 6, 2019 GRID (UNITED ARAB EMIRATES)															
UAE (MLA - 4)	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	UAE (MLA - 4)							
		JULY.1	JULY.2	JULY.3	JULY.4	JULY.5	JULY.6								
12:00MN	con't of REEL TIME MARATHON (R.) 11:30 - 2:30	BRIGADA (R.) 12:00 - 1:00	BALITANG BISDAK (P.) 12:00 - 12:30					12:00MN							
1:00AM		AGRIPRENEUR (R.) 1:00 - 1:30	ONE MINDANAO (P.) 12:30 - 1:00					1:00AM							
2:00AM		TURBO ZONE (R.) 1:30 - 2:00	STATE OF THE NATION with JESSICA SOHO (R.) 1:00 - 2:30					2:00AM							
3:00AM		ALISTO (R.) 2:00 - 2:30						3:00AM							
4:00AM	DOBOL B SA NEWS TV 2:30 - 8:30							4:00AM							
5:00AM								5:00AM							
6:00AM								6:00AM							
7:00AM								7:00AM							
8:00AM								8:00AM							
9:00AM								BAWAL ANG PASAWAY KAY MARENG WINNIE (R.) 8:30 - 9:15	INVESTIGATIVE DOCUMENTARIES (R.) 8:30 - 9:30	BALITANG AMIANAN (R.) 8:30 - 9:00					9:00AM
10:00AM								ALISTO (R.) 9:15 - 9:45	BORN IMPACT (P) 9:30 - 10:00	ONE WESTERN VISAYAS (R.) 9:00 - 9:45					10:00AM
11:00AM								AGRIPRENEUR (P) 9:45 - 10:15	TURBO ZONE (R.) 10:00 - 10:30	BALITANG BISDAK (R.) 9:45 - 10:30					11:00AM
12:00NN	REEL TIME (P) 10:15 - 11:15 "Bagets Vloggers"	MOTORCYCLE DIARIES (R) 10:30 - 11:15	ONE MINDANAO (R.) 10:30 - 11:15					12:00NN							
1:00PM	I JUANDER (P) 11:15 - 12:15	POWERHOUSE (P) 11:15 - 12:15		REEL TIME (P) 11:15 - 12:15			TONIGHT with ARNOLD CLAVIO (R) 11:15 - 12:15	1:00PM							
2:00PM	NATIONAL BASKETBALL LEAGUE (R) 12:15 - 2:15	DOKUMENTARYO (I-WITNESS CLASSICS) (P) 12:15 - 1:00						2:00PM							
3:00PM	REEL TIME (R) 1:00 - 2:00 "Bagets Vloggers"	GOOD NEWS with VICKY MORALES (R) 1:00 - 2:00	BRIGADA (R) 1:00 - 2:00	I JUANDER (R) 1:00 - 2:00	BAWAL ANG PASAWAY KAY MARENG WINNIE (R) 1:00 - 2:00	NATIONAL BASKETBALL LEAGUE (R) 12:15 - 4:15		3:00PM							
4:00PM	NEWS TV QRT (P.) 2:00 - 2:45	POWERHOUSE (R) 2:45 - 3:45						4:00PM							
5:00PM	NATIONAL BASKETBALL LEAGUE (P) 2:15 - 4:15	POWERHOUSE (R) 2:45 - 3:45		REEL TIME (R) 2:45 - 3:45			5:00PM								
6:00PM	MOTORCYCLE DIARIES (P.) 3:45 - 4:45	BRIGADA (P) 3:45 - 4:45	BAWAL ANG PASAWAY KAY MARENG WINNIE (P) 3:45 - 4:45	INVESTIGATIVE DOCUMENTARIES (P) 3:45 - 4:45	TONIGHT with ARNOLD CLAVIO (P) 3:45 - 4:45	TURBO ZONE (P) 4:15 - 4:45		6:00PM							
7:00PM	REEL TIME (R.) 4:15 - 5:15 "Bagets Vloggers"	NEWS TV QRT (R) 4:45 - 5:45						7:00PM							
8:00PM	INVESTIGATIVE DOCUMENTARIES (R) 5:15 - 6:15	STATE OF THE NATION with JESSICA SOHO (P) 5:45 - 7:00						8:00PM							
9:00PM	ALISTO (R.) 6:15 - 7:00	STATE OF THE NATION with JESSICA SOHO (P) 5:45 - 7:00						9:00PM							
10:00PM	NATIONAL BASKETBALL LEAGUE (R) 7:00 - 9:00	MOTORCYCLE DIARIES (R.) 7:00 - 8:00	GOOD NEWS with VICKY MORALES (R) 7:00 - 8:00	I JUANDER (R.) 7:00 - 8:00	NATIONAL BASKETBALL LEAGUE (P) 7:00 - 9:00			10:00PM							
11:00PM	GOOD NEWS with VICKY MORALES (P) 8:00 - 9:00	BRIGADA (R.) 8:00 - 9:00	BAWAL ANG PASAWAY KAY MARENG WINNIE (R) 8:00 - 9:00	STATE OF THE NATION with JESSICA SOHO (R.) 9:00 - 10:15					11:00PM						
12:00MN	BYAHENG DO30 (R.) 9:00 - 10:00	STATE OF THE NATION with JESSICA SOHO (R.) 9:00 - 10:15						12:00MN							
	I JUANDER (R.) 10:00 - 11:00	NEWS TV QRT (R) 10:15 - 11:00													
	REEL TIME (R.) 11:00 - 12:00 "Bagets Vloggers"	BALITANG AMIANAN (P.) 11:00 - 11:30													
		ONE WESTERN VISAYAS (P.) 11:30 - 12:00													
		AGRIPRENEUR (R) 9:00 - 9:30													
		BORN IMPACT (R) 9:30 - 10:00													
		TURBO ZONE (R.) 10:00 - 10:30													
		INVESTIGATIVE DOCUMENTARIES (R.) 10:30 - 11:30													
		REEL TIME MARATHON (R.) 11:30 - 2:30													

GMA NEWS TV PROGRAMMING JULY 7 - 13, 2019 GRID (UNITED ARAB EMIRATES)								
UAE (MLA - 4)	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	UAE (MLA - 4)
	JULY 7	JULY 8	JULY 9	JULY 10	JULY 11	JULY 12	JULY 13	
12:00MN					BALITANG BISDAK (P.) 12:00 - 12:30			12:00MN
1:00AM	con't of REEL TIME MARATHON (R.) 11:30 - 2:30	BRIGADA (R.) 12:00 - 1:00			ONE MINDANAO (P.) 12:30 - 1:00			1:00AM
2:00AM		AGRIPRENEUR (R.) 1:00 - 1:30			STATE OF THE NATION with JESSICA SOHO (R.) 1:00 - 2:30			2:00AM
		TURBO ZONE (R.) 1:30 - 2:00						
		ALISTO (R.) 2:00 - 2:30						
3:00AM								3:00AM
4:00AM								4:00AM
5:00AM								5:00AM
6:00AM								6:00AM
7:00AM								7:00AM
8:00AM								8:00AM
9:00AM	BAWAL ANG PASAWAY KAY MARENG WINNIE (R.) 8:30 - 9:15	INVESTIGATIVE DOCUMENTARIES (R.) 8:30 - 9:30			BALITANG AMIANAN (R.) 8:30 - 9:00			9:00AM
	ALISTO (R.) 9:15 - 9:45	BORN IMPACT (P) 9:30 - 10:00			ONE WESTERN VISAYAS (R.) 9:00 - 9:45			
10:00AM	AGRIPRENEUR (P) 9:45 - 10:15	TURBO ZONE (R.) 10:00 - 10:30			BALITANG BISDAK (R.) 9:45 - 10:30			10:00AM
11:00AM	REEL TIME (P) 10:15 - 11:15 "Sining sa Lansangan"	MOTORCYCLE DIARIES (R) 10:30 - 11:15			ONE MINDANAO (R.) 10:30 - 11:15			11:00AM
12:00NN	I JUANDER (P) 11:15 - 12:15	POWERHOUSE (P) 11:15 - 12:15			REEL TIME (P) 11:15 - 12:15		TONIGHT with ARNOLD CLAVIO (R) 11:15 - 12:15	12:00NN
1:00PM	NATIONAL BASKETBALL LEAGUE (R) 12:15 - 2:15	REEL TIME (R) 1:00 - 2:00 "Sining sa Lansangan"	GOOD NEWS with VICKY MORALES (R) 1:00 - 2:00	BRIGADA (R) 1:00 - 2:00	I JUANDER (R) 1:00 - 2:00	BAWAL ANG PASAWAY KAY MARENG WINNIE (R) 1:00 - 2:00		1:00PM
2:00PM							NATIONAL BASKETBALL LEAGUE (R) 12:15 - 4:15	2:00PM
3:00PM	NATIONAL BASKETBALL LEAGUE (P) 2:15 - 4:15	POWERHOUSE (R) 2:45 - 3:45			REEL TIME (R) 2:45 - 3:45			3:00PM
4:00PM		MOTORCYCLE DIARIES (P.) 3:45 - 4:45	BRIGADA (P) 3:45 - 4:45	BAWAL ANG PASAWAY KAY MARENG WINNIE (P) 3:45 - 4:45	INVESTIGATIVE DOCUMENTARIES (P) 3:45 - 4:45	TONIGHT with ARNOLD CLAVIO (P) 3:45 - 4:45	TURBO ZONE (P) 4:15 - 4:45	4:00PM
5:00PM	REEL TIME (R.) 4:15 - 5:15 "Sining sa Lansangan"				NEWS TV QRT (R) 4:45 - 5:45		ALISTO (P) 4:45 - 5:15	5:00PM
6:00PM	INVESTIGATIVE DOCUMENTARIES (R) 5:15 - 6:15				STATE OF THE NATION with JESSICA SOHO (P) 5:45 - 7:00		BIYAHENG DO30 (P) 5:15 - 6:15	6:00PM
7:00PM	ALISTO (R.) 6:15 - 7:00						BAWAL ANG PASAWAY KAY MARENG WINNIE (R) 6:15 - 7:00	7:00PM
8:00PM	NATIONAL BASKETBALL LEAGUE (R) 7:00 - 9:00	MOTORCYCLE DIARIES (R.) 7:00 - 8:00	GOOD NEWS with VICKY MORALES (R) 7:00 - 8:00	I JUANDER (R.) 7:00 - 8:00			NATIONAL BASKETBALL LEAGUE (P) 7:00 - 9:00	8:00PM
		GOOD NEWS with VICKY MORALES (P) 8:00 - 9:00	BRIGADA (R.) 8:00 - 9:00	BAWAL ANG PASAWAY KAY MARENG WINNIE (R) 8:00 - 9:00				
9:00PM	BYAHENG DO30 (R.) 9:00 - 10:00				STATE OF THE NATION with JESSICA SOHO (R.) 9:00 - 10:15		AGRIPRENEUR (R) 9:00 - 9:30	9:00PM
10:00PM							BORN IMPACT (R) 9:30 - 10:00	10:00PM
	I JUANDER (R.) 10:00 - 11:00				NEWS TV QRT (R) 10:15 - 11:00		TURBO ZONE (R.) 10:00 - 10:30	
11:00PM							INVESTIGATIVE DOCUMENTARIES (R.) 10:30 - 11:30	11:00PM
	REEL TIME (R.) 11:00 - 12:00 "Sining sa Lansangan"				BALITANG AMIANAN (P.) 11:00 - 11:30			
12:00MN					ONE WESTERN VISAYAS (P.) 11:30 - 12:00		REEL TIME MARATHON (R.) 11:30 - 2:30	12:00MN

GMA NEWS TV PROGRAMMING JULY 14 - 20, 2019 GRID (UNITED ARAB EMIRATES)															
UAE (MLA - 4)	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	UAE (MLA - 4)							
	JULY 14	JULY 15	JULY 16	JULY 17	JULY 18	JULY 19	JULY 20								
12:00MN	con't of REEL TIME MARATHON (R.) 11:30 - 2:30	BRIGADA (R.) 12:00 - 1:00	BALITANG BISDAK (P.) 12:00 - 12:30					12:00MN							
1:00AM		AGRIPRENEUR (R.) 1:00 - 1:30	ONE MINDANAO (P.) 12:30 - 1:00					1:00AM							
2:00AM		TURBO ZONE (R.) 1:30 - 2:00	STATE OF THE NATION with JESSICA SOHO (R.) 1:00 - 2:30					2:00AM							
3:00AM		ALISTO (R.) 2:00 - 2:30						3:00AM							
4:00AM	DOBOL B SA NEWS TV 2:30 - 8:30							4:00AM							
5:00AM								5:00AM							
6:00AM								6:00AM							
7:00AM								7:00AM							
8:00AM								8:00AM							
9:00AM								BAWAL ANG PASAWAY KAY MARENG WINNIE (R.) 8:30 - 9:15	INVESTIGATIVE DOCUMENTARIES (R.) 8:30 - 9:30	BALITANG AMIANAN (R.) 8:30 - 9:00					9:00AM
10:00AM								ALISTO (R.) 9:15 - 9:45	BORN IMPACT (P) 9:30 - 10:00	ONE WESTERN VISAYAS (R.) 9:00 - 9:45					10:00AM
11:00AM								AGRIPRENEUR (P) 9:45 - 10:15	TURBO ZONE (R.) 10:00 - 10:30	BALITANG BISDAK (R.) 9:45 - 10:30					11:00AM
12:00NN	REEL TIME (P) 10:15 - 11:15 "Ifatar"	MOTORCYCLE DIARIES (R) 10:30 - 11:15	ONE MINDANAO (R.) 10:30 - 11:15					12:00NN							
1:00PM	IJUANDER (P) 11:15 - 12:15	POWERHOUSE (P) 11:15 - 12:15		REEL TIME (P) 11:15 - 12:15			TONIGHT with ARNOLD CLAVIO (R) 11:15 - 12:15	1:00PM							
2:00PM	NATIONAL BASKETBALL LEAGUE (R) 12:15 - 2:15	DOKUMENTARYO (I-WITNESS CLASSICS) (P) 12:15 - 1:00						2:00PM							
3:00PM	REEL TIME (R) 1:00 - 2:00 "Ifatar"	GOOD NEWS with VICKY MORALES (R) 1:00 - 2:00	BRIGADA (R) 1:00 - 2:00	IJUANDER (R) 1:00 - 2:00	BAWAL ANG PASAWAY KAY MARENG WINNIE (R) 1:00 - 2:00	NATIONAL BASKETBALL LEAGUE (R) 12:15 - 4:15		3:00PM							
4:00PM	NEWS TV QRT (P.) 2:00 - 2:45							4:00PM							
5:00PM	NATIONAL BASKETBALL LEAGUE (P) 2:15 - 4:15	POWERHOUSE (R) 2:45 - 3:45		REEL TIME (R) 2:45 - 3:45			5:00PM								
6:00PM	REEL TIME (R.) 4:15 - 5:15 "Ifatar"	MOTORCYCLE DIARIES (P.) 3:45 - 4:45	BRIGADA (P) 3:45 - 4:45	BAWAL ANG PASAWAY KAY MARENG WINNIE (P) 3:45 - 4:45	INVESTIGATIVE DOCUMENTARIES (P) 3:45 - 4:45	TONIGHT with ARNOLD CLAVIO (P) 3:45 - 4:45	TURBO ZONE (P) 4:15 - 4:45	6:00PM							
7:00PM	INVESTIGATIVE DOCUMENTARIES (R) 5:15 - 6:15	NEWS TV QRT (R) 4:45 - 5:45						7:00PM							
8:00PM	ALISTO (R.) 6:15 - 7:00	STATE OF THE NATION with JESSICA SOHO (P) 5:45 - 7:00						8:00PM							
9:00PM	NATIONAL BASKETBALL LEAGUE (R) 7:00 - 9:00	MOTORCYCLE DIARIES (R.) 7:00 - 8:00	GOOD NEWS with VICKY MORALES (R) 7:00 - 8:00	IJUANDER (R.) 7:00 - 8:00	NATIONAL BASKETBALL LEAGUE (P) 7:00 - 9:00			9:00PM							
10:00PM	BYAHENG DO30 (R.) 9:00 - 10:00	GOOD NEWS with VICKY MORALES (P) 8:00 - 9:00	BRIGADA (R.) 8:00 - 9:00	BAWAL ANG PASAWAY KAY MARENG WINNIE (R) 8:00 - 9:00	STATE OF THE NATION with JESSICA SOHO (R.) 9:00 - 10:15			10:00PM							
11:00PM	IJUANDER (R.) 10:00 - 11:00	NEWS TV QRT (R) 10:15 - 11:00						11:00PM							
12:00MN	REEL TIME (R.) 11:00 - 12:00 "Ifatar"	BALITANG AMIANAN (P.) 11:00 - 11:30					AGRIPRENEUR (R) 9:00 - 9:30	12:00MN							
		ONE WESTERN VISAYAS (P.) 11:30 - 12:00					BORN IMPACT (R) 9:30 - 10:00								
						TURBO ZONE (R.) 10:00 - 10:30									
						INVESTIGATIVE DOCUMENTARIES (R.) 10:30 - 11:30									
						REEL TIME MARATHON (R.) 11:30 - 2:30									

GMA NEWS TV PROGRAMMING JULY 21 - 27, 2019 GRID (UNITED ARAB EMIRATES)														
UAE (MLA - 4)	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	UAE (MLA - 4)						
	JULY 21	JULY 22	JULY 23	JULY 24	JULY 25	JULY 26	JULY 27							
12:00MN	con't of REEL TIME MARATHON (R.) 11:30 - 2:30	BRIGADA (R.) 12:00 - 1:00	BALITANG BISDAK (P.) 12:00 - 12:30						12:00MN					
1:00AM		AGRIPRENEUR (R.) 1:00 - 1:30	ONE MINDANAO (P.) 12:30 - 1:00						1:00AM					
2:00AM		TURBO ZONE (R.) 1:30 - 2:00	STATE OF THE NATION with JESSICA SOHO (R.) 1:00 - 2:30						2:00AM					
3:00AM		OUR POWER (R.) 2:00 - 2:30							3:00AM					
4:00AM	DOBOL B SA NEWS TV 2:30 - 8:30							4:00AM						
5:00AM								5:00AM						
6:00AM								6:00AM						
7:00AM								7:00AM						
8:00AM	OUR POWER (P) 8:30 - 9:15							8:00AM						
9:00AM								INVESTIGATIVE DOCUMENTARIES (R.) 8:30 - 9:30	BALITANG AMIANAN (R.) 8:30 - 9:00					9:00AM
10:00AM								ALISTO (R.) 9:15 - 9:45	ONE WESTERN VISAYAS (R.) 9:00 - 9:45					10:00AM
11:00AM								AGRIPRENEUR (P) 9:45 - 10:15	BORN IMPACT (P) 9:30 - 10:00	BALITANG BISDAK (R.) 9:45 - 10:30				
12:00NN	REEL TIME (P) 10:15 - 11:15 "Ginto ng Malarayat"	TURBO ZONE (R.) 10:00 - 10:30	ONE MINDANAO (R.) 10:30 - 11:15					12:00NN						
1:00PM	I JUANDER (P) 11:15 - 12:15	POWERHOUSE (P) 11:15 - 12:15		REEL TIME (P) 11:15 - 12:15			TONIGHT with ARNOLD CLAVIO (R) 11:15 - 11:45	1:00PM						
2:00PM	NATIONAL BASKETBALL LEAGUE (R) 12:15 - 2:15	DOKUMENTARYO (I-WITNESS CLASSICS) (P) 12:15 - 1:00						NATIONAL BASKETBALL LEAGUE (R) 12:15 - 4:15						
3:00PM		REEL TIME (R) 1:00 - 2:00 "Ginto ng Malarayat"	GOOD NEWS with VICKY MORALES (R) 1:00 - 2:00	BRIGADA (R) 1:00 - 2:00	I JUANDER (R) 1:00 - 2:00	BAWAL ANG PASAWAY KAY MARENG WINNIE (R) 1:00 - 2:00	2:00PM							
4:00PM	NATIONAL BASKETBALL LEAGUE (P) 2:15 - 4:15	NEWS TV QRT (P.) 2:00 - 2:45						ALISTO (P) 4:15 - 4:45						
5:00PM		POWERHOUSE (R) 2:45 - 3:45	REEL TIME (R) 2:45 - 3:45				3:00PM							
6:00PM	REEL TIME (R.) 4:15 - 5:15 "Ginto ng Malarayat"	MOTORCYCLE DIARIES (P.) 3:45 - 4:45	BRIGADA (P) 3:45 - 4:45	BAWAL ANG PASAWAY KAY MARENG WINNIE (P) 3:45 - 4:45	INVESTIGATIVE DOCUMENTARIES (P) 3:45 - 4:45	TONIGHT with ARNOLD CLAVIO (P) 3:45 - 4:45	4:00PM							
7:00PM	INVESTIGATIVE DOCUMENTARIES (R) 5:15 - 6:15	NEWS TV QRT (R) 4:45 - 5:45						BIYAHENG DO30 (P) 4:45 - 5:45						
8:00PM		OUR POWER (R.) 6:15 - 7:00	STATE OF THE NATION with JESSICA SOHO (P) 5:45 - 7:00						GMA REGIONAL TV WEEKEND NEWS (P) 5:45 - 6:15					
9:00PM	NATIONAL BASKETBALL LEAGUE (R) 7:00 - 9:00	MOTORCYCLE DIARIES (R.) 7:00 - 8:00	GOOD NEWS with VICKY MORALES (R) 7:00 - 8:00	I JUANDER (R.) 7:00 - 8:00	NATIONAL BASKETBALL LEAGUE (P) 7:00 - 9:00			BAWAL ANG PASAWAY KAY MARENG WINNIE (R) 6:15 - 7:00						
10:00PM		GOOD NEWS with VICKY MORALES (P) 8:00 - 9:00	BRIGADA (R.) 8:00 - 9:00	BAWAL ANG PASAWAY KAY MARENG WINNIE (R) 8:00 - 9:00	STATE OF THE NATION with JESSICA SOHO (R.) 9:00 - 10:15			AGRIPRENEUR (R) 9:00 - 9:30						
11:00PM	BYAHENG DO30 (R.) 9:00 - 10:00	STATE OF THE NATION with JESSICA SOHO (R.) 9:00 - 10:15					BORN IMPACT (R) 9:30 - 10:00	9:00PM						
12:00MN	I JUANDER (R.) 10:00 - 11:00	NEWS TV QRT (R) 10:15 - 11:00					TURBO ZONE (R.) 10:00 - 10:30	10:00PM						
	REEL TIME (R) 11:00 - 12:00 "Ginto ng Malarayat"	BALITANG AMIANAN (P.) 11:00 - 11:30					INVESTIGATIVE DOCUMENTARIES (R.) 10:30 - 11:30	11:00PM						
		ONE WESTERN VISAYAS (P.) 11:30 - 12:00					REEL TIME MARATHON (R.) 11:30 - 2:00	12:00MN						

GMA NEWS TV PROGRAMMING JULY 28 - 31, 2019 GRID (UNITED ARAB EMIRATES)								
UAE (MLA - 4)	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	UAE (MLA - 4)
	JULY 28	JULY 29	JULY 30	JULY 31				
12:00MN					BALITANG BISDAK (P.) 12:00 - 12:30			12:00MN
1:00AM	con't of REEL TIME MARATHON (R.) 11:30 - 2:00	BRIGADA (R.) 12:00 - 1:00			ONE MINDANAO (P.) 12:30 - 1:00			1:00AM
2:00AM		AGRIPRENEUR (R.) 1:00 - 1:30			STATE OF THE NATION with JESSICA SOHO (R.) 1:00 - 2:30			2:00AM
		TURBO ZONE (R.) 1:30 - 2:00						
3:00AM	GMA REGIONAL TV WEEKEND NEWS (R) 2:00 - 2:30	ALISTO (R.) 2:00 - 2:30						3:00AM
4:00AM								4:00AM
5:00AM								5:00AM
6:00AM								6:00AM
7:00AM								7:00AM
8:00AM								8:00AM
9:00AM								9:00AM
10:00AM								10:00AM
11:00AM								11:00AM
12:00NN								12:00NN
1:00PM								1:00PM
2:00PM								2:00PM
3:00PM								3:00PM
4:00PM								4:00PM
5:00PM								5:00PM
6:00PM								6:00PM
7:00PM								7:00PM
8:00PM								8:00PM
9:00PM								9:00PM
10:00PM								10:00PM
11:00PM								11:00PM
12:00MN								12:00MN

DOBOL B SA NEWS TV 2:30 - 8:30

UAE/ DUBAI (MNL -4)	GMA PINOY TV PROGRAM SCHEDULE JULY 1 - 6, 2019 UNITED ARAB EMIRATES/ DUBAI/ OMAN						UAE/ DUBAI (MNL -4)	
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
	JULY. 01	JULY. 02	JULY. 03	JULY. 04	JULY. 05	JULY. 06		
12:00MN	Cont. of THE BOOBAY AND TEKLA SHOW (P.) 11:45 - 12:45	STUDIO 7 (R.) 12:00 - 12:45	SAHAYA (P) 12:00 - 12:45				12:00MN	
1:00AM	TADHANA (R) 12:45 - 1:20 (with English Closed Captions)	THE ATOM ARAULLO SPECIALS (P.) 12:45 - 1:30	KARA MIA (P) 12:45 - 1:30				1:00AM	
2:00AM	I-WITNESS (R) 1:20 - 1:55 (with English Closed Captions)	24 ORAS (R.) 1:30 - 2:00	DAHIL SA PAG-IBIG (P.) 1:30 - 2:00				2:00AM	
3:00AM	24 ORAS (R.) 1:55 - 2:30	FAMILY TV MASS (R.) 2:00 - 3:00	LOVE YOU TWO (P.) 2:00 - 2:45				3:00AM	
4:00AM	LOVE YOU TWO MARATHON (R) 2:30 - 5:30 (with English Closed Captions)	DADDY'S GURL (R.) 3:00 - 4:00 (with English Closed Captions)	WOWOWIN (R.) 2:45 - 4:15				4:00AM	
5:00AM		MAGPAKAILANMAN (R.) 4:00 - 5:15 (with English closed captions)	SAKSI (P) 4:15 - 4:45				5:00AM	
6:00AM	REPORTERS NOTEBOOK (P.) 5:30 - 6:00	UNANG HIRIT (P) 5:15 - 7:45				6:00AM		
7:00AM	FAMILY TV MASS (P) 6:00 - 7:00	SAHAYA MARATHON (R) 5:15 - 8:15 (with English Closed Captions)				7:00AM		
8:00AM	KARA MIA MARATHON (R) 7:00 - 10:00 (with English Closed Captions)	KAPUSO MO, JESSICA SOHO (P) 7:45 - 9:00	REPORTERS NOTEBOOK (R.) 7:45 - 8:15	TADHANA (P.) 7:45 - 8:30 (with English Closed Captions)	DAIG KAYO NG LOLA KO (P.) 7:45 - 8:30 (with English Closed Captions)	WISH KO LANG (P.) 7:45 - 8:30 (with English Closed Captions)	8:00AM	
9:00AM		IMBESTIGADOR (P.) 8:15 - 9:00	I-WITNESS (P) 8:30 - 9:00	BORN TO BE WILD (P.) 8:30 - 9:00	FRONT ROW (P.) 8:30 - 9:00	DRAGON LADY (P.) 8:15 - 8:45 (with English Closed Captions)	9:00AM	
10:00AM	THE BOOBAY AND TEKLA SHOW (R.) 10:00 - 11:00	DRAGON LADY (P.) 9:00 - 9:40 (with English Closed Captions)				"PAMANA: SAVING OUR HERITAGE" (R) 8:45 - 10:45	10:00AM	
11:00AM	SUNDAY PINASAYA (P) 11:00 - 1:00	BIHAG (P.) 9:40 - 10:20 (with English Closed Captions)				KAPUSO MO JESSICA SOHO (R) 10:45 - 12:00	11:00AM	
12:00NN		DAHIL SA PAG-IBIG (R.) 10:20 - 11:00 (with English Closed Captions)						
1:00PM	"PAMANA: SAVING OUR HERITAGE" (P) 1:00 - 3:00	KARA MIA (R) 11:00 - 11:45 (with English Closed Captions)				EAT BULAGA (P) 12:00 - 2:30	1:00PM	
2:00PM	DEAR UGE (P.) 1:45 - 2:45	IMBESTIGADOR (R.) 1:45 - 2:15	PEPITO MANALOTO, ANG TUNAY NA KUWENTO (P.) 1:45 - 2:45	DAIG KAYO NG LOLA KO (R.) 1:45 - 2:15 (with English Closed Captions)	TADHANA (R.) 1:45 - 2:15 (with English Closed Captions)	DRAGON LADY (R.) 2:30 - 3:00 (with English Closed Captions)	3:00PM	
3:00PM		FRONT ROW (R.) 2:15 - 2:45	BORN TO BE WILD (R.) 2:15 - 2:45	WISH KO LANG (R.) 2:15 - 2:45 (with English Closed Captions)				
4:00PM	DAIG KAYO NG LOLA KO (R.) 3:00 - 3:45 (with English Closed Captions)	DRAGON LADY (R.) 2:45 - 3:15 (with English Closed Captions)				FRONT ROW (R.) 3:00 - 3:30	4:00PM	
5:00PM	BORN TO BE WILD (R) 3:45 - 4:15	24 ORAS (P) 3:15 - 4:25				WISH KO LANG (R.) 3:30 - 4:00 (with English Closed Captions)	5:00PM	
6:00PM	I-WITNESS (R) 4:15 - 4:45 (with English Closed Captions)	BIHAG (R.) 4:25 - 4:55 (with English Closed Captions)				MAGPAKAILANMAN (R.) 4:00 - 5:15 (with English closed captions)	6:00PM	
7:00PM	24 ORAS WEEKEND (P.) 4:45 - 5:15	WOWOWIN (P.) 4:55 - 6:20				BUBBLE GANG (P) 5:15 - 6:15	7:00PM	
8:00PM	DADDY'S GURL (R.) 5:15 - 6:00 (with English Closed Captions)	SAHAYA (R) 6:20 - 7:00 (with English Closed Captions)				PEPITO MANALOTO, ANG TUNAY NA KUWENTO (R.) 6:15 - 7:00 (with English Closed Captions)	8:00PM	
9:00PM	MAGPAKAILANMAN (P) 6:00 - 7:15 (with English closed captions)	KARA MIA (R) 7:00 - 7:40 (with English Closed Captions)				24 ORAS WEEKEND (P) 7:00 - 7:30	9:00PM	
10:00PM	STUDIO 7 (P.) 7:15 - 8:15	LOVE YOU TWO (R.) 7:40 - 8:20 (with English Closed Captions)				EAT BULAGA (R.) 7:30 - 10:00	10:00PM	
11:00PM	SUNDAY PINASAYA (R.) 8:15 - 10:15	24 ORAS (R) 8:20 - 9:35				DADDY'S GURL (P.) 10:00 - 10:45	11:00PM	
12:00MN	STARSTRUCK VII (PART 1) (P.) 10:15 - 11:00	EAT BULAGA (R.) 9:35 - 12:00				THE ATOM ARAULLO SPECIALS (R.) 10:45 - 11:45	12:00MN	
	STARSTRUCK VII (PART 2) (P.) 11:00 - 12:00					THE BOOBAY AND TEKLA SHOW (P.) 11:45 - 12:45		

UAE/ DUBAI (MNL -4)	GMA PINOY TV PROGRAM SCHEDULE JULY 7 - 13, 2019 UNITED ARAB EMIRATES/ DUBAI/ OMAN							UAE/ DUBAI (MNL -4)
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	JULY 07	JULY 08	JULY 09	JULY 10	JULY 11	JULY 12	JULY 13	
12:00MN	Cont. of THE BOOBAY AND TEKLA SHOW (P.) 11:45 - 12:45	STUDIO 7 (R.) 12:00 - 12:45	SAHAYA (P) 12:00 - 12:45					12:00MN
1:00AM	TADHANA (R) 12:45 - 1:20 (with English Closed Captions)	DADDY'S GURL (R.) 12:45 - 1:30 (with English Closed Captions)	KARA MIA (P) 12:45 - 1:30					1:00AM
2:00AM	I-WITNESS (R) 1:20 - 1:55 (with English Closed Captions)	24 ORAS (R.) 1:30 - 2:00	DAHIL SA PAG-IBIG (P.) 1:30 - 2:00					2:00AM
3:00AM	24 ORAS (R.) 1:55 - 2:30	FAMILY TV MASS (R.) 2:00 - 3:00	LOVE YOU TWO (P.) 2:00 - 2:45					3:00AM
4:00AM	LOVE YOU TWO MARATHON (R) 2:30 - 5:30 (with English Closed Captions)	FRONT ROW (R.) 3:00 - 3:30	WOWOWIN (R.) 2:45 - 4:15					4:00AM
5:00AM		STARSTRUCK VII (PART 1) (R.) 3:30 - 4:15	SAKSI (P) 4:15 - 4:45					5:00AM
6:00AM		STARSTRUCK VII (PART 2) (R.) 4:15 - 5:15	VALUE ADDED TREASURES (P) 4:45 - 5:15	EXTRA-NATURAL (P) 4:45 - 5:15	OVERSEAS FILIPINO WITNESS (O.F.W.) (P) 4:45 - 5:15	ACTS (P) 4:45 - 5:15	WOMEN OF WORTH (P) 4:45 - 5:15	6:00AM
7:00AM	REPORTERS NOTEBOOK (P.) 5:30 - 6:00	UNANG HIRIT (P) 5:15 - 7:45					SAHAYA MARATHON (R) 5:15 - 8:30 (with English Closed Captions)	7:00AM
8:00AM	FAMILY TV MASS (P) 6:00 - 7:00	KAPUSO MO, JESSICA SOHO (P) 7:45 - 9:00	REPORTERS NOTEBOOK (R.) 7:45 - 8:15	TADHANA (P.) 7:45 - 8:30 (with English Closed Captions)	DAIG KAYO NG LOLA KO (P.) 7:45 - 8:30 (with English Closed Captions)	WISH KO LANG (P.) 7:45 - 8:30 (with English Closed Captions)	8:00AM	
9:00AM	KARA MIA MARATHON (R) 7:00 - 10:00 (with English Closed Captions)	IMBESTIGADOR (P.) 8:15 - 9:00	I-WITNESS (P) 8:30 - 9:00	BORN TO BE WILD (P.) 8:30 - 9:00	FRONT ROW (P.) 8:30 - 9:00	DRAGON LADY (P.) 8:30 - 9:00	9:00AM	
10:00AM	DRAGON LADY (P.) 9:00 - 9:40 (with English Closed Captions)					DEAR UGE (R.) 9:00 - 9:45	10:00AM	
11:00AM	THE BOOBAY AND TEKLA SHOW (R.) 10:00 - 11:00	BIHAG (P.) 9:40 - 10:20 (with English Closed Captions)					PEPITO MANALOTO, ANG TUNAY NA KUWENTO (R.) 9:45 - 10:30 (with English Closed Captions)	11:00AM
12:00NN	DAHIL SA PAG-IBIG (R.) 10:20 - 11:00 (with English Closed Captions)					KAPUSO MO JESSICA SOHO (R) 10:30 - 12:00	12:00NN	
1:00PM	SUNDAY PINASAYA (P) 11:00 - 1:00	KARA MIA (R) 11:00 - 11:45 (with English Closed Captions)					EAT BULAGA (P) 12:00 - 2:30	1:00PM
2:00PM	DAIG KAYO NG LOLA KO (R.) 1:00 - 1:45 (with English Closed Captions)	EAT BULAGA (P) 11:45 - 1:45					2:00PM	
3:00PM	BORN TO BE WILD (R) 1:45 - 2:15	STUDIO 7 (R.) 1:45 - 2:45	DEAR UGE (P.) 1:45 - 2:45	PEPITO MANALOTO, ANG TUNAY NA KUWENTO (P.) 1:45 - 2:45	DAIG KAYO NG LOLA KO (R.) 1:45 - 2:15 (with English Closed Captions)	TADHANA (R.) 1:45 - 2:15 (with English Closed Captions)	3:00PM	
4:00PM	STORIES FOR THE SOUL (P.) 2:15 - 3:15	BORN TO BE WILD (R.) 2:15 - 2:45					WISH KO LANG (R.) 2:15 - 2:45 (with English Closed Captions)	4:00PM
5:00PM	DRAGON LADY (R.) 2:45 - 3:15 (with English Closed Captions)					DRAGON LADY (R.) 2:30 - 3:00 (with English Closed Captions)	5:00PM	
6:00PM	KAPUSO MO JESSICA SOHO (R) 3:15 - 4:45	24 ORAS (P) 3:15 - 4:25					FRONT ROW (R.) 3:00 - 3:30	6:00PM
7:00PM	24 ORAS WEEKEND (P.) 4:45 - 5:15	BIHAG (R.) 4:25 - 4:55 (with English Closed Captions)					WISH KO LANG (R.) 3:30 - 4:00 (with English Closed Captions)	7:00PM
8:00PM	DADDY'S GURL (R.) 5:15 - 6:00 (with English Closed Captions)	WOWOWIN (P) 4:55 - 6:20					MAGPAKAILANMAN (R.) 4:00 - 5:15 (with English closed captions)	8:00PM
9:00PM	MAGPAKAILANMAN (P) 6:00 - 7:15 (with English closed captions)	SAHAYA (R) 6:20 - 7:00 (with English Closed Captions)					BUBBLE GANG (P) 5:15 - 6:15	9:00PM
10:00PM	STUDIO 7 (P.) 7:15 - 8:15	KARA MIA (R) 7:00 - 7:40 (with English Closed Captions)					PEPITO MANALOTO, ANG TUNAY NA KUWENTO (R.) 6:15 - 7:00 (with English Closed Captions)	10:00PM
11:00PM	SUNDAY PINASAYA (R.) 8:15 - 10:15	LOVE YOU TWO (R.) 7:40 - 8:20 (with English Closed Captions)					24 ORAS WEEKEND (P) 7:00 - 7:30	11:00PM
12:00MN	STARSTRUCK VII (PART 1) (P.) 10:15 - 11:00	24 ORAS (R) 8:20 - 9:35					EAT BULAGA (R.) 7:30 - 10:00	12:00MN
	STARSTRUCK VII (PART 2) (P.) 11:00 - 12:00	EAT BULAGA (R.) 9:35 - 12:00					DADDY'S GURL (P.) 10:00 - 10:45	
							BUBBLE GANG (R.) 10:45 - 11:45	
							THE BOOBAY AND TEKLA SHOW (P.) 11:45 - 12:45	

UAE/ DUBAI (MNL -4)	GMA PINOY TV PROGRAM SCHEDULE JULY 14 - 20, 2019 UNITED ARAB EMIRATES/ DUBAI/ OMAN							UAE/ DUBAI (MNL -4)
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	JULY 14	JULY 15	JULY 16	JULY 17	JULY 18	JULY 19	JULY 20	
12:00MN	Cont. of THE BOOBAY AND TEKLA SHOW (P.) 11:45 - 12:45	STUDIO 7 (R.) 12:00 - 12:45	SAHAYA (P) 12:00 - 12:45					12:00MN
1:00AM	TADHANA (R) 12:45 - 1:20 (with English Closed Captions)	DADDY'S GURL (R.) 12:45 - 1:30 (with English Closed Captions)	KARA MIA (P) 12:45 - 1:30					1:00AM
2:00AM	I-WITNESS (R) 1:20 - 1:55 (with English Closed Captions)	24 ORAS (R.) 1:30 - 2:00	DAHIL SA PAG-IBIG (P.) 1:30 - 2:00					2:00AM
3:00AM	24 ORAS (R.) 1:55 - 2:30	FAMILY TV MASS (R.) 2:00 - 3:00	LOVE YOU TWO (P.) 2:00 - 2:45					2:00AM
4:00AM	LOVE YOU TWO MARATHON (R) 2:30 - 5:30 (with English Closed Captions)	FRONT ROW (R.) 3:00 - 3:30	WOWOWIN (R.) 2:45 - 4:15					3:00AM
5:00AM		STARSTRUCK VII (PART 1) (R.) 3:30 - 4:15	SAKSI (P) 4:15 - 4:45					3:00AM
6:00AM		STARSTRUCK VII (PART 2) (R.) 4:15 - 5:15	VALUE ADDED TREASURES (P) 4:45 - 5:15	EXTRA-NATURAL (P) 4:45 - 5:15	OVERSEAS FILIPINO WITNESS (O.F.W.) (P) 4:45 - 5:15	ACTS (P) 4:45 - 5:15	WOMEN OF WORTH (P) 4:45 - 5:15	4:00AM
6:00AM	REPORTERS NOTEBOOK (P.) 5:30 - 6:00	UNANG HIRIT (P) 5:15 - 7:45					SAHAYA MARATHON (R) 5:15 - 8:30 (with English Closed Captions)	5:00AM
7:00AM	FAMILY TV MASS (P) 6:00 - 7:00							6:00AM
8:00AM	KARA MIA MARATHON (R) 7:00 - 10:00 (with English Closed Captions)	KAPUSO MO, JESSICA SOHO (P) 7:45 - 9:00	REPORTERS NOTEBOOK (R.) 7:45 - 8:15	TADHANA (P.) 7:45 - 8:30 (with English Closed Captions)	DAIG KAYO NG LOLA KO (P.) 7:45 - 8:30 (with English Closed Captions)	WISH KO LANG (P.) 7:45 - 8:30 (with English Closed Captions)		7:00AM
9:00AM		IMBESTIGADOR (P.) 8:15 - 9:00	I-WITNESS (P) 8:30 - 9:00	BORN TO BE WILD (P.) 8:30 - 9:00	FRONT ROW (P.) 8:30 - 9:00	DRAGON LADY (P.) 8:30 - 9:00	DEAR UGE (R.) 9:00 - 9:45	8:00AM
10:00AM	THE BOOBAY AND TEKLA SHOW (R.) 10:00 - 11:00	BIHAG (P.) 9:40 - 10:20 (with English Closed Captions)					PEPITO MANALOTO, ANG TUNAY NA KUWENTO (R.) 9:45 - 10:30 (with English Closed Captions)	9:00AM
11:00AM	SUNDAY PINASAYA (P) 11:00 - 1:00	KARA MIA (R) 11:00 - 11:45 (with English Closed Captions)					KAPUSO MO JESSICA SOHO (R) 10:30 - 12:00	10:00AM
12:00NN	DAIG KAYO NG LOLA KO (R.) 1:00 - 1:30 (with English Closed Captions)	EAT BULAGA (P) 11:45 - 1:45					EAT BULAGA (P) 12:00 - 2:30	11:00AM
1:00PM	BORN TO BE WILD (R) 1:30 - 2:00							12:00NN
2:00PM	I-WITNESS (R) 2:00 - 2:30 (with English Closed Captions)	STUDIO 7 (R.) 1:45 - 2:45	DEAR UGE (P.) 1:45 - 2:45	PEPITO MANALOTO, ANG TUNAY NA KUWENTO (P.) 1:45 - 2:45	DAIG KAYO NG LOLA KO (R.) 1:45 - 2:15 (with English Closed Captions)	TADHANA (R.) 1:45 - 2:15 (with English Closed Captions)		1:00PM
3:00PM	IMBESTIGADOR (R) 2:30 - 3:15	DRAGON LADY (R.) 2:45 - 3:15 (with English Closed Captions)					DRAGON LADY (R.) 2:30 - 3:00 (with English Closed Captions)	2:00PM
4:00PM	KAPUSO MO JESSICA SOHO (R) 3:15 - 4:45	24 ORAS (P) 3:15 - 4:25					FRONT ROW (R.) 3:00 - 3:30	3:00PM
5:00PM	24 ORAS WEEKEND (P.) 4:45 - 5:15	BIHAG (R.) 4:25 - 4:55 (with English Closed Captions)					WISH KO LANG (R.) 3:30 - 4:00 (with English Closed Captions)	4:00PM
6:00PM	DADDY'S GURL (R.) 5:15 - 6:00 (with English Closed Captions)	WOWOWIN (P.) 4:55 - 6:20					MAGPAKAILANMAN (R.) 4:00 - 5:15 (with English closed captions)	5:00PM
7:00PM	MAGPAKAILANMAN (P) 6:00 - 7:15 (with English closed captions)	SAHAYA (R) 6:20 - 7:00 (with English Closed Captions)					BUBBLE GANG (P) 5:15 - 6:15	6:00PM
8:00PM	STUDIO 7 (P.) 7:15 - 8:15	KARA MIA (R) 7:00 - 7:40 (with English Closed Captions)					PEPITO MANALOTO, ANG TUNAY NA KUWENTO (R.) 6:15 - 7:00 (with English Closed Captions)	7:00PM
9:00PM	SUNDAY PINASAYA (R.) 8:15 - 10:15	LOVE YOU TWO (R.) 7:40 - 8:20 (with English Closed Captions)					24 ORAS WEEKEND (P) 7:00 - 7:30	8:00PM
10:00PM	STARSTRUCK VII (PART 1) (P.) 10:15 - 11:00	24 ORAS (R) 8:20 - 9:35					EAT BULAGA (R.) 7:30 - 10:00	9:00PM
11:00PM	STARSTRUCK VII (PART 2) (P.) 11:00 - 12:00	EAT BULAGA (R.) 9:35 - 12:00					DADDY'S GURL (P.) 10:00 - 10:45	10:00PM
12:00MN							BUBBLE GANG (R.) 10:45 - 11:45	11:00PM
							THE BOOBAY AND TEKLA SHOW (P.) 11:45 - 12:45	12:00MN

UAE/ DUBAI (MNL -4)	GMA PINOY TV PROGRAM SCHEDULE JULY 21 - 27, 2019 UNITED ARAB EMIRATES/ DUBAI/ OMAN							UAE/ DUBAI (MNL -4)	
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
	JULY 21	JULY 22	JULY 23	JULY 24	JULY 25	JULY 26	JULY 27		
12:00MN	Cont. of THE BOOBAY AND TEKLA SHOW (P.) 11:45 - 12:45	STUDIO 7 (R.) 12:00 - 12:45	SAHAYA (P) 12:00 - 12:45					12:00MN	
1:00AM	TADHANA (R) 12:45 - 1:20 (with English Closed Captions)	DADDY'S GURL (R.) 12:45 - 1:30 (with English Closed Captions)	KARA MIA (P) 12:45 - 1:30					1:00AM	
2:00AM	I-WITNESS (R) 1:20 - 1:55 (with English Closed Captions)	24 ORAS (R.) 1:30 - 2:00	DAHIL SA PAG-IBIG (P.) 1:30 - 2:00					2:00AM	
3:00AM	24 ORAS (R.) 1:55 - 2:30	FAMILY TV MASS (R.) 2:00 - 3:00	LOVE YOU TWO (P.) 2:00 - 2:45					3:00AM	
4:00AM	LOVE YOU TWO MARATHON (R) 2:30 - 5:30 (with English Closed Captions)	FRONT ROW (R.) 3:00 - 3:30	WOWOWIN (R.) 2:45 - 4:15					4:00AM	
5:00AM		STARSTRUCK VII (PART 1) (R.) 3:30 - 4:15	SAKSI (P) 4:15 - 4:45					5:00AM	
6:00AM		STARSTRUCK VII (PART 2) (R.) 4:15 - 5:15	VALUE ADDED TREASURES (P) 4:45 - 5:15	EXTRA-NATURAL (P) 4:45 - 5:15	OVERSEAS FILIPINO WITNESS (O.F.W.) (P) 4:45 - 5:15	ACTS (P) 4:45 - 5:15	WOMEN OF WORTH (P) 4:45 - 5:15	6:00AM	
7:00AM	REPORTERS NOTEBOOK (P.) 5:30 - 6:00	UNANG HIRIT (P) 5:15 - 7:45					SAHAYA MARATHON (R) 5:15 - 8:30 (with English Closed Captions)	7:00AM	
8:00AM	FAMILY TV MASS (P) 6:00 - 7:00	KAPUSO MO, JESSICA SOHO (P) 7:45 - 9:00	REPORTERS NOTEBOOK (R.) 7:45 - 8:15	TADHANA (P.) 7:45 - 8:30 (with English Closed Captions)	DAIG KAYO NG LOLA KO (P.) 7:45 - 8:30 (with English Closed Captions)	WISH KO LANG (P.) 7:45 - 8:30 (with English Closed Captions)	8:00AM		
9:00AM	KARA MIA MARATHON (R) 7:00 - 10:00 (with English Closed Captions)	IMBESTIGADOR (P.) 8:15 - 9:00	I-WITNESS (P) 8:30 - 9:00	BORN TO BE WILD (P.) 8:30 - 9:00	FRONT ROW (P.) 8:30 - 9:00	HANGGANG SA DULO NG BUHAY KO (P.) 8:30 - 9:00	9:00AM		
10:00AM	DRAGON LADY (P.) 9:00 - 9:40 (with English Closed Captions)	HANGGANG SA DULO NG BUHAY KO (P.) 9:00 - 9:40 (with English Closed Captions)					DEAR UGE (R.) 9:00 - 9:45	10:00AM	
11:00AM	THE BOOBAY AND TEKLA SHOW (R.) 10:00 - 11:00	BIHAG (P.) 9:40 - 10:20 (with English Closed Captions)					PEPITO MANALOTO, ANG TUNAY NA KUWENTO (R.) 9:45 - 10:30 (with English Closed Captions)	11:00AM	
12:00NN	SUNDAY PINASAYA (P) 11:00 - 1:00	DAHIL SA PAG-IBIG (R.) 10:20 - 11:00 (with English Closed Captions)					KAPUSO MO JESSICA SOHO (R) 10:30 - 12:00	12:00NN	
1:00PM	DAIG KAYO NG LOLA KO (R.) 1:00 - 1:30 (with English Closed Captions)	KARA MIA (R) 11:00 - 11:45 (with English Closed Captions)					EAT BULAGA (P) 12:00 - 2:30	1:00PM	
2:00PM	BORN TO BE WILD (R) 1:30 - 2:00	EAT BULAGA (P) 11:45 - 1:45					EAT BULAGA (P) 12:00 - 2:30	2:00PM	
3:00PM	I-WITNESS (R) 2:00 - 2:30 (with English Closed Captions)	STUDIO 7 (R.) 1:45 - 2:45	DEAR UGE (P.) 1:45 - 2:45	PEPITO MANALOTO, ANG TUNAY NA KUWENTO (P.) 1:45 - 2:45	DAIG KAYO NG LOLA KO (R.) 1:45 - 2:15 (with English Closed Captions)	TADHANA (R.) 1:45 - 2:15 (with English Closed Captions)	3:00PM		
4:00PM	IMBESTIGADOR (R) 2:30 - 3:15	DRAGON LADY (R.) 2:45 - 3:15 (with English Closed Captions)	HANGGANG SA DULO NG BUHAY KO (R.) 2:45 - 3:15 (with English Closed Captions)					HANGGANG SA DULO NG BUHAY KO (R.) 2:30 - 3:00 (with English Closed Captions)	4:00PM
5:00PM	KAPUSO MO JESSICA SOHO (R) 3:15 - 4:45	24 ORAS (P) 3:15 - 4:25					FRONT ROW (R.) 3:00 - 3:30	5:00PM	
6:00PM	24 ORAS WEEKEND (P.) 4:45 - 5:15	BIHAG (R.) 4:25 - 4:55 (with English Closed Captions)					WISH KO LANG (R.) 3:30 - 4:00 (with English Closed Captions)	6:00PM	
7:00PM	DADDY'S GURL (R.) 5:15 - 6:00 (with English Closed Captions)	WOWOWIN (P.) 4:55 - 6:20					MAGPAKAILANMAN (R.) 4:00 - 5:15 (with English closed captions)	7:00PM	
8:00PM	MAGPAKAILANMAN (P) 6:00 - 7:15 (with English closed captions)	SAHAYA (R) 6:20 - 7:00 (with English Closed Captions)					BUBBLE GANG (P) 5:15 - 6:15	8:00PM	
9:00PM	STUDIO 7 (P.) 7:15 - 8:15	KARA MIA (R) 7:00 - 7:40 (with English Closed Captions)					PEPITO MANALOTO, ANG TUNAY NA KUWENTO (R.) 6:15 - 7:00 (with English Closed Captions)	9:00PM	
10:00PM	SUNDAY PINASAYA (R.) 8:15 - 10:15	LOVE YOU TWO (R.) 7:40 - 8:20 (with English Closed Captions)					24 ORAS WEEKEND (P) 7:00 - 7:30	10:00PM	
11:00PM	STARSTRUCK VII (PART 1) (P.) 10:15 - 11:00	24 ORAS (R) 8:20 - 9:35					EAT BULAGA (R.) 7:30 - 10:00	11:00PM	
12:00MN	STARSTRUCK VII (PART 2) (P.) 11:00 - 12:00	EAT BULAGA (R.) 9:35 - 12:00					DADDY'S GURL (P.) 10:00 - 10:45	12:00MN	
							BUBBLE GANG (R.) 10:45 - 11:45		
							THE BOOBAY AND TEKLA SHOW (P.) 11:45 - 12:45		

UAE/ DUBAI (MNL -4)	GMA PINOY TV PROGRAM SCHEDULE JULY 28 - 31, 2019 UNITED ARAB EMIRATES/ DUBAI/ OMAN							UAE/ DUBAI (MNL -4)
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	JULY 28	JULY 29	JULY 30	JULY 31				
12:00MN	Cont. of THE BOOBAY AND TEKLA SHOW (P.) 11:45 - 12:45	STUDIO 7 (R.) 12:00 - 12:45	SAHAYA (P) 12:00 - 12:45					12:00MN
1:00AM	TADHANA (R) 12:45 - 1:20 (with English Closed Captions)	THE ATOM ARAULLO SPECIALS (P.) 12:45 - 1:30	KARA MIA (P) 12:45 - 1:30					1:00AM
2:00AM	I-WITNESS (R) 1:20 - 1:55 (with English Closed Captions)	24 ORAS (R.) 1:30 - 2:00	DAHIL SA PAG-IBIG (P.) 1:30 - 2:00					2:00AM
3:00AM	24 ORAS (R.) 1:55 - 2:30	FAMILY TV MASS (R.) 2:00 - 3:00	LOVE YOU TWO (P.) 2:00 - 2:45					3:00AM
4:00AM	LOVE YOU TWO MARATHON (R) 2:30 - 5:30 (with English Closed Captions)	FRONT ROW (R.) 3:00 - 3:30	WOWOWIN (R.) 2:45 - 4:15					4:00AM
5:00AM		STARSTRUCK VII (PART 1) (R.) 3:30 - 4:15	SAKSI (P) 4:15 - 4:45					5:00AM
6:00AM		STARSTRUCK VII (PART 2) (R.) 4:15 - 5:15	VALUE ADDED TREASURES (P) 4:45 - 5:15	EXTRA-NATURAL (P) 4:45 - 5:15	OVERSEAS FILIPINO WITNESS (O.F.W.) (P) 4:45 - 5:15	ACTS (P) 4:45 - 5:15	WOMEN OF WORTH (P) 4:45 - 5:15	6:00AM
7:00AM	REPORTERS NOTEBOOK (P.) 5:30 - 6:00	UNANG HIRIT (P) 5:15 - 7:45					7:00AM	
8:00AM	FAMILY TV MASS (P) 6:00 - 7:00	SAHAYA MARATHON (R) 5:15 - 8:30 (with English Closed Captions)					8:00AM	
9:00AM	KARA MIA MARATHON (R) 7:00 - 10:00 (with English Closed Captions)	KAPUSO MO, JESSICA SOHO (P) 7:45 - 9:00	REPORTERS NOTEBOOK (R.) 7:45 - 8:15	TADHANA (P.) 7:45 - 8:30 (with English Closed Captions)	DAIG KAYO NG LOLA KO (P.) 7:45 - 8:30 (with English Closed Captions)	WISH KO LANG (P.) 7:45 - 8:30 (with English Closed Captions)	9:00AM	
10:00AM	THE BOOBAY AND TEKLA SHOW (R.) 10:00 - 11:00	IMBESTIGADOR (P.) 8:15 - 9:00	I-WITNESS (P) 8:30 - 9:00	BORN TO BE WILD (P.) 8:30 - 9:00	FRONT ROW (P.) 8:30 - 9:00	HANGGANG SA DULO NG BUHAY KO (P.) 8:30 - 9:00	10:00AM	
11:00AM		HANGGANG SA DULO NG BUHAY KO (P.) 9:00 - 9:40 (with English Closed Captions)					DEAR UGE (R.) 9:00 - 9:45	11:00AM
12:00NN		BIHAG (P.) 9:40 - 10:20 (with English Closed Captions)					PEPITO MANALOTO, ANG TUNAY NA KUWENTO (R.) 9:45 - 10:30 (with English Closed Captions)	12:00NN
1:00PM	SUNDAY PINASAYA (P) 11:00 - 1:00	DAHIL SA PAG-IBIG (R.) 10:20 - 11:00 (with English Closed Captions)					1:00PM	
2:00PM	DAIG KAYO NG LOLA KO (R.) 1:00 - 1:30 (with English Closed Captions)	KARA MIA (R) 11:00 - 11:45 (with English Closed Captions)					2:00PM	
3:00PM	BORN TO BE WILD (R) 1:30 - 2:00	EAT BULAGA (P) 11:45 - 1:45					3:00PM	
4:00PM	I-WITNESS (R) 2:00 - 2:30 (with English Closed Captions)	STUDIO 7 (R.) 1:45 - 2:45	DEAR UGE (P.) 1:45 - 2:45	PEPITO MANALOTO, ANG TUNAY NA KUWENTO (P.) 1:45 - 2:45	DAIG KAYO NG LOLA KO (R.) 1:45 - 2:15 (with English Closed Captions)	TADHANA (R.) 1:45 - 2:15 (with English Closed Captions)	4:00PM	
5:00PM	IMBESTIGADOR (R) 2:30 - 3:15	HANGGANG SA DULO NG BUHAY KO (R.) 2:45 - 3:15 (with English Closed Captions)					HANGGANG SA DULO NG BUHAY KO (R.) 2:30 - 3:00 (with English Closed Captions)	5:00PM
6:00PM	KAPUSO MO JESSICA SOHO (R) 3:15 - 4:45	24 ORAS (P) 3:15 - 4:25					FRONT ROW (R.) 3:00 - 3:30	6:00PM
7:00PM		BIHAG (R.) 4:25 - 4:55 (with English Closed Captions)					WISH KO LANG (R.) 3:30 - 4:00 (with English Closed Captions)	7:00PM
8:00PM		WOWOWIN (P.) 4:55 - 6:20					MAGPAKAILANMAN (R.) 4:00 - 5:15 (with English closed captions)	8:00PM
9:00PM	DADDY'S GURL (R.) 5:15 - 6:00 (with English Closed Captions)	SAHAYA (R) 6:20 - 7:00 (with English Closed Captions)					BUBBLE GANG (P) 5:15 - 6:15	9:00PM
10:00PM	MAGPAKAILANMAN (P) 6:00 - 7:15 (with English closed captions)	KARA MIA (R) 7:00 - 7:40 (with English Closed Captions)					PEPITO MANALOTO, ANG TUNAY NA KUWENTO (R.) 6:15 - 7:00 (with English Closed Captions)	10:00PM
11:00PM	STUDIO 7 (P.) 7:15 - 8:15	LOVE YOU TWO (R.) 7:40 - 8:20 (with English Closed Captions)					24 ORAS WEEKEND (P) 7:00 - 7:30	11:00PM
12:00MN	SUNDAY PINASAYA (R.) 8:15 - 10:15	24 ORAS (R) 8:20 - 9:35					EAT BULAGA (R.) 7:30 - 10:00	12:00MN
	STARSTRUCK VII (PART 1) (P.) 10:15 - 11:00	EAT BULAGA (R.) 9:35 - 12:00					DADDY'S GURL (P.) 10:00 - 10:45	
	STARSTRUCK VII (PART 2) (P.) 11:00 - 12:00						THE ATOM ARAULLO SPECIALS (R.) 10:45 - 11:45	
							THE BOOBAY AND TEKLA SHOW (P.) 11:45 - 12:45	

GMA LIFE TV PROGRAMMING JULY 1 - 6, 2019 GRID (UNITED ARAB EMIRATES)										
UAE (MLA - 4)	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	UAE (MLA - 4)		
		JULY 1	JULY 2	JULY 3	JULY 4	JULY 5	JULY 6			
12:00MN	TUNAY NA BUHAY (R) 12:00 - 12:30 HOME BASE PLUS (R.) 12:30 - 1:00	MAYNILA (R.) 12:00 - 1:00	REEL LIFE 1 (R.) 12:00 - 2:00						12:00MN	
1:00AM	BALITANGHALI (R.) 1:00 - 1:45								1:00AM	
2:00AM	LIFE TUNES (P.) 1:45 - 2:15		MARS (R.) 2:00 - 2:45						2:00AM	
3:00AM	TROPANG POTCHI (P) 2:15 - 2:45 I BILIB (P) 2:45 - 3:00 SARAP 'DI BA? (R) 3:00 - 3:30	AHA! (R.) 2:15 - 2:45 PINAS SARAP (R.) 2:45 - 3:30	KUSINA MASTER (R) 2:45 - 3:15						3:00AM	
4:00AM	PINOY MD (P) 3:30 - 4:15 ANG PINAKA... (R.) 4:15 - 5:00	TASTE BUDDIES (R.) 3:30 - 4:00 BIYAHE NI DREW (R.) 4:00 - 4:45	IMPOSTORA (2017) (R.) 3:15 - 4:00						4:00AM	
5:00AM	I BILIB (R) 4:45 - 5:00		THE HALF SISTERS (R.) 4:00 - 4:45						5:00AM	
6:00AM	IKA-6 NA UTOS WEEKEND CATCH-UP (R) 5:00 - 7:45	THE HALF SISTERS WEEKEND CATCH-UP (R) 5:00 - 7:45		REEL LIFE 2 (R.) 5:30 - 7:30						6:00AM
7:00AM									7:00AM	
8:00AM	REEL LIFE (R) 7:45 - 9:45 "Boy Pick-Up: The Movie"	PINAS SARAP (R.) 7:45 - 8:30	MARS (R.) 7:30 - 8:15						8:00AM	
9:00AM	D WORLD OF GANDANG RICKY REYES (R) 8:30 - 9:00		QUICKFIRE (R) 8:15 - 8:30						9:00AM	
10:00AM	SARAP 'DI BA? (R) 9:45 - 10:15	MAYNILA (R.) 9:00 - 10:00	IMPOSTORA (2017) (R.) 8:30 - 9:00						10:00AM	
11:00AM	BALITANGHALI (P) 10:15 - 11:00	I BILIB (R) 10:00 - 10:15	THE HALF SISTERS (R.) 9:00 - 9:45						11:00AM	
12:00NN	TROPANG POTCHI (R) 11:00 - 11:30	KUSINA MASTER (R) 9:45 - 10:15						12:00NN		
1:00PM	BALITANGHALI (P) 10:15 - 11:30		BALITANGHALI (P) 10:15 - 11:30						1:00PM	
2:00PM	DAY OFF (R) 11:30 - 12:15	QUICKFIRE (P) 11:30 - 11:45		LOVING WHAT YOU DO (P) 11:00 - 11:30						2:00PM
3:00PM	D WORLD OF GANDANG RICKY REYES (P) 12:15 - 1:00	ANG PINAKA (R) 11:45 - 12:30	IDOL SA KUSINA (R) 11:45 - 12:30	POP TALK (R) 11:45 - 12:30	PINOY MD (R) 11:45 - 12:30	BIYAHE NI DREW (R) 11:45 - 12:30	HOME BASE PLUS (P) 11:30 - 12:00		3:00PM	
4:00PM	ANG PINAKA... (P) 1:00 - 1:45	REEL LIFE 1 (P.) 12:30 - 2:30					PINAS SARAP (R.) 12:00 - 12:45		4:00PM	
5:00PM	TASTE BUDDIES (P.) 1:45 - 2:15	REEL LIFE 1 (P.) 12:30 - 2:30					IDOL SA KUSINA (R) 12:45 - 1:30		5:00PM	
6:00PM	FOODTRIP (Season 4) (P) 2:15 - 2:45	IKA-6 NA UTOS (P) 2:30 - 3:00					SARAP 'DI BA? (P.) 1:30 - 2:00		6:00PM	
7:00PM	IDOL SA KUSINA (P) 2:45 - 3:15	THE HALF SISTERS (P.) 3:00 - 3:30					REEL LIFE (P) 2:00 - 4:00 "Above The Clouds"		7:00PM	
8:00PM	PINOY MD (R.) 3:15 - 4:00	TASTE BUDDIES (R.) 3:30 - 4:00	FOODTRIP (R.) 3:30 - 4:00	LOVING WHAT YOU DO (R.) 3:30 - 4:00	GLOW UP (R.) 3:30 - 4:00	TUNAY NA BUHAY (R) 3:30 - 4:00		8:00PM		
9:00PM	BALITANGHALI (R.) 4:00 - 4:45	BALITANGHALI (R.) 4:00 - 5:15					BALITANGHALI (R.) 4:00 - 4:45		9:00PM	
10:00PM	AHA! (P.) 4:45 - 5:15	BALITANGHALI (R.) 4:00 - 5:15					BIYAHE NI DREW (P.) 4:45 - 5:45		10:00PM	
11:00PM	POPTALK (P) 5:15 - 5:45	REEL LIFE 2 (P.) 5:15 - 7:15					GLOW UP (P.) 5:45 - 6:15		11:00PM	
12:00MN	PINAS SARAP (P.) 5:45 - 6:45	IMPOSTORA (P.) 7:15 - 8:00					TUNAY NA BUHAY (P.) 6:15 - 6:45		12:00MN	
1:00AM	MAYNILA (P) 6:45 - 7:45	MARS (P.) 8:00 - 8:45					DAY OFF (P.) 6:45 - 7:30		1:00AM	
2:00AM	D WORLD OF GANDANG RICKY REYES (R.) 7:45 - 8:30	MARS (P.) 8:00 - 8:45					HOME BASE PLUS (R) 7:30 - 8:00		2:00AM	
3:00AM	LOVING WHAT YOU DO (R.) 8:30 - 9:00	AHA! (R) 8:45 - 9:15	HOME BASE PLUS (R) 8:45 - 9:15	TUNAY NA BUHAY (R) 8:45 - 9:15	POP TALK (R) 8:45 - 9:15	GLOW UP (R) 8:45 - 9:15	REEL LIFE (R.) 8:00 - 10:00 "Above The Clouds"		3:00AM	
4:00AM	TASTE BUDDIES (R.) 9:00 - 9:30	IKA-6 NA UTOS (R) 9:15 - 10:00						4:00AM		
5:00AM	FOODTRIP (Season 4) (R.) 9:30 - 10:00	KUSINA MASTER (P) 10:00 - 10:30					ANG PINAKA... (R.) 10:00 - 10:45		5:00AM	
6:00AM	IDOL SA KUSINA (R.) 10:00 - 10:45	BALITANGHALI (R.) 10:30 - 11:45					SARAP 'DI BA? (R.) 10:45 - 11:15		6:00AM	
7:00AM	BIYAHE NI DREW (R.) 10:45 - 11:30	BALITANGHALI (R.) 10:30 - 11:45					DAY OFF (R.) 11:15 - 12:00		7:00AM	
8:00AM	POP TALK (R.) 11:30 - 12:00	QUICKFIRE (R) 11:45 - 12:00						8:00AM		

GMA LIFE TV PROGRAMMING JULY 7 - 13, 2019 GRID (UNITED ARAB EMIRATES)									
UAE (MLA - 4)	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	UAE (MLA - 4)	
	JULY 7	JULY 8	JULY 9	JULY 10	JULY 11	JULY 12	JULY 13		
12:00MN	TUNAY NA BUHAY (R) 12:00 - 12:30	MAYNILA (R.) 12:00 - 1:00	REEL LIFE 1 (R.) 12:00 - 2:00						12:00MN
1:00AM	HOME BASE PLUS (R.) 12:30 - 1:00								1:00AM
2:00AM	BALITANGHALI (R.) 1:00 - 1:45								2:00AM
3:00AM	LIFE TUNES (P.) 1:45 - 2:15								3:00AM
4:00AM	TROPANG POTCHI (P) 2:15 - 2:45	AHA! (R.) 2:15 - 2:45	MARS (R.) 2:00 - 2:45						4:00AM
5:00AM	I BILIB (P) 2:45 - 3:00	PINAS SARAP (R.) 2:45 - 3:30	KUSINA MASTER (R) 2:45 - 3:15						5:00AM
6:00AM	SARAP 'DI BA? (R) 3:00 - 3:30	TASTE BUDDIES (R.) 3:30 - 4:00	IMPOSTORA (2017) (R.) 3:15 - 4:00						6:00AM
7:00AM	PINOY MD (P) 3:30 - 4:15	BIYAHE NI DREW (R.) 4:00 - 4:45	THE HALF SISTERS (R.) 4:00 - 4:45						7:00AM
8:00AM	ANG PINAKA... (R.) 4:15 - 5:00	I BILIB (R) 4:45 - 5:00	IKA-6 NA UTOS (R) 4:45 - 5:30						8:00AM
9:00AM	IKA-6 NA UTOS WEEKEND CATCH-UP (R) 5:00 - 7:45	THE HALF SISTERS WEEKEND CATCH-UP (R) 5:00 - 7:45	REEL LIFE 2 (R.) 5:30 - 7:30						9:00AM
10:00AM	REEL LIFE (R) 7:45 - 9:45 "Above The Clouds"	PINAS SARAP (R.) 7:45 - 8:30	MARS (R.) 7:30 - 8:15						10:00AM
11:00AM	SARAP 'DI BA? (R) 9:45 - 10:15	D WORLD OF GANDANG RICKY REYES (R.) 8:30 - 9:00	QUICKFIRE (R) 8:15 - 8:30						11:00AM
12:00NN	BALITANGHALI (P) 10:15 - 11:00	MAYNILA (R.) 9:00 - 10:00	IMPOSTORA (2017) (R.) 8:30 - 9:00						12:00NN
1:00PM	TROPANG POTCHI (R) 11:00 - 11:30	I BILIB (R) 10:00 - 10:15	THE HALF SISTERS (R.) 9:00 - 9:45						1:00PM
2:00PM	DAY OFF (R) 11:30 - 12:15	BALITANGHALI (P) 10:15 - 11:30					BALITANGHALI (P) 10:15 - 11:00	11:00AM	
3:00PM	D WORLD OF GANDANG RICKY REYES (P) 12:15 - 1:00	QUICKFIRE (P) 11:30 - 11:45					LOVING WHAT YOU DO (P) 11:00 - 11:30	11:00AM	
4:00PM	ANG PINAKA... (P) 1:00 - 1:45	ANG PINAKA (R) 11:45 - 12:30	IDOL SA KUSINA (R) 11:45 - 12:30	POP TALK (R) 11:45 - 12:30	PINOY MD (R) 11:45 - 12:30	BIYAHE NI DREW (R) 11:45 - 12:30	HOME BASE PLUS (P) 11:30 - 12:00	12:00NN	
5:00PM	TASTE BUDDIES (P.) 1:45 - 2:15	REEL LIFE 1 (P.) 12:30 - 2:30					PINAS SARAP (R.) 12:00 - 12:45	12:00NN	
6:00PM	FOODTRIP (Season 4) (P) 2:15 - 2:45	IKA-6 NA UTOS (P) 2:30 - 3:00					IDOL SA KUSINA (R) 12:45 - 1:30	1:00PM	
7:00PM	IDOL SA KUSINA (P) 2:45 - 3:15	THE HALF SISTERS (P.) 3:00 - 3:30					SARAP 'DI BA? (P.) 1:30 - 2:00	1:00PM	
8:00PM	PINOY MD (R.) 3:15 - 4:00	TASTE BUDDIES (R.) 3:30 - 4:00	FOODTRIP (R.) 3:30 - 4:00	LOVING WHAT YOU DO (R.) 3:30 - 4:00	GLOW UP (R.) 3:30 - 4:00	TUNAY NA BUHAY (R) 3:30 - 4:00	REEL LIFE (P) 2:00 - 4:00 "1st ko si 3rd"	2:00PM	
9:00PM	BALITANGHALI (R.) 4:00 - 4:45	BALITANGHALI (R.) 4:00 - 5:15					BALITANGHALI (R.) 4:00 - 4:45	4:00PM	
10:00PM	AHA! (P.) 4:45 - 5:15						BIYAHE NI DREW (P.) 4:45 - 5:45	5:00PM	
11:00PM	POPTALK (P) 5:15 - 5:45						GLOW UP (P.) 5:45 - 6:15	6:00PM	
12:00MN	PINAS SARAP (P.) 5:45 - 6:45	REEL LIFE 2 (P.) 5:15 - 7:15					TUNAY NA BUHAY (P.) 6:15 - 6:45	6:00PM	
1:00AM	MAYNILA (P) 6:45 - 7:45	IMPOSTORA (P.) 7:15 - 8:00					DAY OFF (P.) 6:45 - 7:30	7:00PM	
2:00AM	D WORLD OF GANDANG RICKY REYES (R.) 7:45 - 8:30	MARS (P.) 8:00 - 8:45					HOME BASE PLUS (R) 7:30 - 8:00	7:00PM	
3:00AM	LOVING WHAT YOU DO (R.) 8:30 - 9:00	AHA! (R) 8:45 - 9:15	HOME BASE PLUS (R) 8:45 - 9:15	TUNAY NA BUHAY (R) 8:45 - 9:15	POP TALK (R) 8:45 - 9:15	GLOW UP (R) 8:45 - 9:15	REEL LIFE (R.) 8:00 - 10:00 "1st ko si 3rd"	8:00PM	
4:00AM	TASTE BUDDIES (R.) 9:00 - 9:30	IKA-6 NA UTOS (R) 9:15 - 10:00						9:00PM	
5:00AM	FOODTRIP (Season 4) (R.) 9:30 - 10:00	KUSINA MASTER (P) 10:00 - 10:30					ANG PINAKA... (R.) 10:00 - 10:45	10:00PM	
6:00AM	IDOL SA KUSINA (R.) 10:00 - 10:45	BALITANGHALI (R.) 10:30 - 11:45					SARAP 'DI BA? (R.) 10:45 - 11:15	11:00PM	
7:00AM	BIYAHE NI DREW (R.) 10:45 - 11:30						DAY OFF (R.) 11:15 - 12:00	11:00PM	
8:00AM	POP TALK (R.) 11:30 - 12:00	QUICKFIRE (R) 11:45 - 12:00						12:00MN	

GMA LIFE TV PROGRAMMING JULY 14 - 20, 2019 GRID (UNITED ARAB EMIRATES)								
UAE (MLA - 4)	SUNDAY JULY 14	MONDAY JULY 15	TUESDAY JULY 16	WEDNESDAY JULY 17	THURSDAY JULY 18	FRIDAY JULY 19	SATURDAY JULY 20	UAE (MLA - 4)
12:00MN	TUNAY NA BUHAY (R) 12:00 - 12:30 HOME BASE PLUS (R.) 12:30 - 1:00	MAYNILA (R.) 12:00 - 1:00	REEL LIFE 1 (R.) 12:00 - 2:00					12:00MN
1:00AM	BALITANGHALI (R.) 1:00 - 1:45							1:00AM
2:00AM	LIFE TUNES (P.) 1:45 - 2:15		MARS PA MORE! (R.) 2:00 - 2:45					2:00AM
3:00AM	TROPANG POTCHI (P) 2:15 - 2:45 I BILIB (P) 2:45 - 3:00 SARAP 'DI BA? (R) 3:00 - 3:30	AHA! (R.) 2:15 - 2:45 PINAS SARAP (R.) 2:45 - 3:30 TASTE BUDDIES (R.) 3:30 - 4:00	KUSINA MASTER (R) 2:45 - 3:15					3:00AM
4:00AM	PINOY MD (P) 3:30 - 4:15 ANG PINAKA... (R.) 4:15 - 5:00	BIYAHE NI DREW (R.) 4:00 - 4:45 I BILIB (R) 4:45 - 5:00	IMPOSTORA (2017) (R.) 3:15 - 4:00					4:00AM
5:00AM	THE HALF SISTERS WEEKEND CATCH-UP (R) 5:00 - 7:45		THE HALF SISTERS (R.) 4:00 - 4:45					5:00AM
6:00AM	IKA-6 NA UTOS WEEKEND CATCH-UP (R) 5:00 - 7:45		IKA-6 NA UTOS (R) 4:45 - 5:30					6:00AM
7:00AM	REEL LIFE (R) 7:45 - 9:45 "1st ko si 3rd"		REEL LIFE 2 (R.) 5:30 - 7:30					7:00AM
8:00AM	SARAP 'DI BA? (R) 9:45 - 10:15		MARS PA MORE! (R.) 7:30 - 8:15					8:00AM
9:00AM	BALITANGHALI (P) 10:15 - 11:00		QUICKFIRE (R) 8:15 - 8:30					9:00AM
10:00AM	TROPANG POTCHI (R) 11:00 - 11:30		IMPOSTORA (2017) (R.) 8:30 - 9:00					10:00AM
11:00AM	DAY OFF (R) 11:30 - 12:15		THE HALF SISTERS (R.) 9:00 - 9:45					11:00AM
12:00NN	D WORLD OF GANDANG RICKY REYES (P) 12:15 - 1:00		KUSINA MASTER (R) 9:45 - 10:15					12:00NN
1:00PM	ANG PINAKA... (P) 1:00 - 1:45		BALITANGHALI (P) 10:15 - 11:30					1:00PM
2:00PM	TASTE BUDDIES (P.) 1:45 - 2:15		QUICKFIRE (P) 11:30 - 11:45					2:00PM
3:00PM	FOODTRIP (Season 4) (P) 2:15 - 2:45		HOME BASE PLUS (P) 11:30 - 12:00					3:00PM
4:00PM	IDOL SA KUSINA (P) 2:45 - 3:15		PINAS SARAP (R.) 12:00 - 12:45					4:00PM
5:00PM	PINOY MD (R.) 3:15 - 4:00		IDOL SA KUSINA (R) 12:45 - 1:30					5:00PM
6:00PM	BALITANGHALI (R.) 4:00 - 4:45		SARAP 'DI BA? (P.) 1:30 - 2:00					6:00PM
7:00PM	AHA! (P.) 4:45 - 5:15		REEL LIFE 1 (P.) 12:30 - 2:30					7:00PM
8:00PM	POPTALK (P) 5:15 - 5:45		REEL LIFE (P) 2:00 - 4:00 "Boses"					8:00PM
9:00PM	PINAS SARAP (P.) 5:45 - 6:45		IKA-6 NA UTOS (P) 2:30 - 3:00					9:00PM
10:00PM	MAYNILA (P) 6:45 - 7:45		THE HALF SISTERS (P.) 3:00 - 3:30					10:00PM
11:00PM	D WORLD OF GANDANG RICKY REYES (R.) 7:45 - 8:30		PINOY MD (R.) 11:45 - 12:30					11:00PM
12:00MN	LOVING WHAT YOU DO (R.) 8:30 - 9:00		BIYAHE NI DREW (R) 11:45 - 12:30					12:00MN
1:00AM	TASTE BUDDIES (R.) 9:00 - 9:30		BALITANGHALI (R.) 4:00 - 4:45					1:00AM
2:00AM	FOODTRIP (Season 4) (R.) 9:30 - 10:00		BIYAHE NI DREW (P.) 4:45 - 5:45					2:00AM
3:00AM	IDOL SA KUSINA (R.) 10:00 - 10:45		GLOW UP (P.) 5:45 - 6:15					3:00AM
4:00AM	BIYAHE NI DREW (R.) 10:45 - 11:30		TUNAY NA BUHAY (P.) 6:15 - 6:45					4:00AM
5:00AM	POP TALK (R.) 11:30 - 12:00		DAY OFF (P.) 6:45 - 7:30					5:00AM
6:00AM			HOME BASE PLUS (R) 7:30 - 8:00					6:00AM
7:00AM			REEL LIFE (R.) 8:00 - 10:00 "Boses"					7:00AM
8:00AM			MARS PA MORE! (P.) 8:00 - 8:45					8:00AM
9:00AM			LOVING WHAT YOU DO (R.) 8:30 - 9:00					9:00AM
10:00AM			TUNAY NA BUHAY (R) 8:45 - 9:15					10:00AM
11:00AM			POP TALK (R) 8:45 - 9:15					11:00AM
12:00MN			GLOW UP (R) 8:45 - 9:15					12:00MN
1:00AM			QUICKFIRE (R) 11:45 - 12:00					1:00AM

GMA LIFE TV PROGRAMMING JULY 21 - 27, 2019 GRID (UNITED ARAB EMIRATES)									
UAE (MLA - 4)	SUNDAY JULY 21	MONDAY JULY 22	TUESDAY JULY 23	WEDNESDAY JULY 24	THURSDAY JULY 25	FRIDAY JULY 26	SATURDAY JULY 27	UAE (MLA - 4)	
12:00MN	TUNAY NA BUHAY (R) 12:00 - 12:30	MAYNILA (R.) 12:00 - 1:00	REEL LIFE 1 (R.) 12:00 - 2:00						12:00MN
1:00AM	HOME BASE PLUS (R.) 12:30 - 1:00								1:00AM
2:00AM	BALITANGHALI (R.) 1:00 - 1:45								2:00AM
3:00AM	LIFE TUNES (P.) 1:45 - 2:15								3:00AM
4:00AM	TROPANG POTCHI (P) 2:15 - 2:45	AHA! (R.) 2:15 - 2:45	MARS PA MORE! (R.) 2:00 - 2:45						4:00AM
5:00AM	I BILIB (P) 2:45 - 3:00	PINAS SARAP (R.) 2:45 - 3:30	KUSINA MASTER (R) 2:45 - 3:15						5:00AM
6:00AM	SARAP 'DI BA? (R) 3:00 - 3:30	TASTE BUDDIES (R.) 3:30 - 4:00	IMPOSTORA (2017) (R.) 3:15 - 4:00						6:00AM
7:00AM	PINOY MD (P) 3:30 - 4:15	BIYAHE NI DREW (R.) 4:00 - 4:45	THE HALF SISTERS (R.) 4:00 - 4:45						7:00AM
8:00AM	ANG PINAKA... (R.) 4:15 - 5:00	I BILIB (R) 4:45 - 5:00	IKA-6 NA UTOS (R) 4:45 - 5:30						8:00AM
9:00AM	IKA-6 NA UTOS WEEKEND CATCH-UP (R) 5:00 - 7:45	THE HALF SISTERS WEEKEND CATCH-UP (R) 5:00 - 7:45	REEL LIFE 2 (R.) 5:30 - 7:30						9:00AM
10:00AM	REEL LIFE (R) 7:45 - 9:45 "Boses"	PINAS SARAP (R.) 7:45 - 8:30	MARS PA MORE! (R.) 7:30 - 8:15						10:00AM
11:00AM	SARAP 'DI BA? (R) 9:45 - 10:15	D WORLD OF GANDANG RICKY REYES (R) 8:30 - 9:00	QUICKFIRE (R) 8:15 - 8:30						11:00AM
12:00NN	BALITANGHALI (P) 10:15 - 11:00	MAYNILA (R.) 9:00 - 10:00	IMPOSTORA (2017) (R.) 8:30 - 9:00						12:00NN
1:00PM	TROPANG POTCHI (R) 11:00 - 11:30	I BILIB (R) 10:00 - 10:15	KUSINA MASTER (R) 9:45 - 10:15						1:00PM
2:00PM	DAY OFF (R) 11:30 - 12:15	BALITANGHALI (P) 10:15 - 11:30					BALITANGHALI (P) 10:15 - 11:00	11:00AM	
3:00PM	D WORLD OF GANDANG RICKY REYES (P) 12:15 - 1:00	QUICKFIRE (P) 11:30 - 11:45					SIYENSIKAT (P) 11:00 - 11:30	11:00AM	
4:00PM	ANG PINAKA... (P) 1:00 - 1:45	ANG PINAKA (R) 11:45 - 12:30	IDOL SA KUSINA (R) 11:45 - 12:30	POP TALK (R) 11:45 - 12:30	PINOY MD (R) 11:45 - 12:30	BIYAHE NI DREW (R) 11:45 - 12:30	HOME BASE PLUS (P) 11:30 - 12:00	12:00NN	
5:00PM	TASTE BUDDIES (P.) 1:45 - 2:15	REEL LIFE 1 (P.) 12:30 - 2:30					PINAS SARAP (R.) 12:00 - 12:45	12:00NN	
6:00PM	FOODTRIP (Season 4) (P) 2:15 - 2:45	IKA-6 NA UTOS (P) 2:30 - 3:00					IDOL SA KUSINA (R) 12:45 - 1:30	1:00PM	
7:00PM	IDOL SA KUSINA (P) 2:45 - 3:15	THE HALF SISTERS (P.) 3:00 - 3:30					SARAP 'DI BA? (P.) 1:30 - 2:00	1:00PM	
8:00PM	PINOY MD (R.) 3:15 - 4:00	TASTE BUDDIES (R.) 3:30 - 4:00	FOODTRIP (R.) 3:30 - 4:00	SIYENSIKAT (R.) 3:30 - 4:00	GLOW UP (R.) 3:30 - 4:00	TUNAY NA BUHAY (R) 3:30 - 4:00	REEL LIFE (P) 2:00 - 4:00 "Signos"	2:00PM	
9:00PM	BALITANGHALI (R.) 4:00 - 4:45	BALITANGHALI (R.) 4:00 - 5:15					BALITANGHALI (R.) 4:00 - 4:45	4:00PM	
10:00PM	AHA! (P.) 4:45 - 5:15						BIYAHE NI DREW (P.) 4:45 - 5:45	5:00PM	
11:00PM	POPTALK (P) 5:15 - 5:45						GLOW UP (P.) 5:45 - 6:15	6:00PM	
12:00MN	PINAS SARAP (P.) 5:45 - 6:45	REEL LIFE 2 (P.) 5:15 - 7:15					TUNAY NA BUHAY (P.) 6:15 - 6:45	7:00PM	
1:00AM	MAYNILA (P) 6:45 - 7:45	IMPOSTORA (P.) 7:15 - 8:00					DAY OFF (P.) 6:45 - 7:30	7:00PM	
2:00AM	D WORLD OF GANDANG RICKY REYES (R.) 7:45 - 8:30	MARS PA MORE! (P.) 8:00 - 8:45					HOME BASE PLUS (R) 7:30 - 8:00	8:00PM	
3:00AM	SIYENSIKAT (R.) 8:30 - 9:00	AHA! (R) 8:45 - 9:15	HOME BASE PLUS (R) 8:45 - 9:15	TUNAY NA BUHAY (R) 8:45 - 9:15	POP TALK (R) 8:45 - 9:15	GLOW UP (R) 8:45 - 9:15	REEL LIFE (R.) 8:00 - 10:00 "Signos"	9:00PM	
4:00AM	TASTE BUDDIES (R.) 9:00 - 9:30	IKA-6 NA UTOS (R) 9:15 - 10:00						10:00PM	
5:00AM	FOODTRIP (Season 4) (R.) 9:30 - 10:00	KUSINA MASTER (P) 10:00 - 10:30					ANG PINAKA... (R.) 10:00 - 10:45	10:00PM	
6:00AM	IDOL SA KUSINA (R.) 10:00 - 10:45	BALITANGHALI (R.) 10:30 - 11:45					SARAP 'DI BA? (R.) 10:45 - 11:15	11:00PM	
7:00AM	BIYAHE NI DREW (R.) 10:45 - 11:30						DAY OFF (R.) 11:15 - 12:00	11:00PM	
8:00AM	POP TALK (R.) 11:30 - 12:00	QUICKFIRE (R) 11:45 - 12:00						12:00MN	

GMA LIFE TV PROGRAMMING JULY 28 - 31, 2019 GRID (UNITED ARAB EMIRATES)									
UAE (MLA - 4)	SUNDAY JULY 28	MONDAY JULY 29	TUESDAY JULY 30	WEDNESDAY JULY 31	THURSDAY	FRIDAY	SATURDAY	UAE (MLA - 4)	
12:00MN	TUNAY NA BUHAY (R) 12:00 - 12:30	MAYNILA (R.) 12:00 - 1:00	REEL LIFE 1 (R.) 12:00 - 2:00						12:00MN
1:00AM	HOME BASE PLUS (R.) 12:30 - 1:00								1:00AM
	BALITANGHALI (R.) 1:00 - 1:45								
2:00AM	LIFE TUNES (P.) 1:45 - 2:15								2:00AM
	TROPANG POTCHI (P) 2:15 - 2:45	AHA! (R.) 2:15 - 2:45	MARS PA MORE! (R.) 2:00 - 2:45						
3:00AM	I BILIB (P) 2:45 - 3:00	PINAS SARAP (R.) 2:45 - 3:30	KUSINA MASTER (R) 2:45 - 3:15						3:00AM
	SARAP 'DI BA? (R) 3:00 - 3:30	TASTE BUDDIES (R.) 3:30 - 4:00	IMPOSTORA (2017) (R.) 3:15 - 4:00						
4:00AM	PINOY MD (P) 3:30 - 4:15	BIYAHE NI DREW (R.) 4:00 - 4:45	THE HALF SISTERS (R.) 4:00 - 4:45						4:00AM
	ANG PINAKA... (R.) 4:15 - 5:00	I BILIB (R) 4:45 - 5:00	IKA-6 NA UTOS (R) 4:45 - 5:30						5:00AM
6:00AM	IKA-6 NA UTOS WEEKEND CATCH-UP (R) 5:00 - 7:45	THE HALF SISTERS WEEKEND CATCH-UP (R) 5:00 - 7:45	REEL LIFE 2 (R.) 5:30 - 7:30						6:00AM
7:00AM									7:00AM
8:00AM	REEL LIFE (R) 7:45 - 9:45 "Signos"	PINAS SARAP (R.) 7:45 - 8:30	MARS PA MORE! (R.) 7:30 - 8:15						8:00AM
			QUICKFIRE (R) 8:15 - 8:30						
9:00AM		D WORLD OF GANDANG RICKY REYES (R) 8:30 - 9:00	IMPOSTORA (2017) (R.) 8:30 - 9:00						9:00AM
		MAYNILA (R.) 9:00 - 10:00	THE HALF SISTERS (R.) 9:00 - 9:45						
10:00AM	SARAP 'DI BA? (R) 9:45 - 10:15	I BILIB (R) 10:00 - 10:15	KUSINA MASTER (R) 9:45 - 10:15						10:00AM
11:00AM	BALITANGHALI (P) 10:15 - 11:00	BALITANGHALI (P) 10:15 - 11:30					BALITANGHALI (P) 10:15 - 11:00	11:00AM	
	TROPANG POTCHI (R) 11:00 - 11:30	QUICKFIRE (P) 11:30 - 11:45					SIYENSİKAT (P) 11:00 - 11:30		
12:00NN	DAY OFF (R) 11:30 - 12:15	ANG PINAKA (R) 11:45 - 12:30	IDOL SA KUSINA (R) 11:45 - 12:30	POP TALK (R) 11:45 - 12:30	PINOY MD (R) 11:45 - 12:30	BIYAHE NI DREW (R) 11:45 - 12:30	HOME BASE PLUS (P) 11:30 - 12:00	12:00NN	
1:00PM	D WORLD OF GANDANG RICKY REYES (P) 12:15 - 1:00	REEL LIFE 1 (P.) 12:30 - 2:30					PINAS SARAP (R.) 12:00 - 12:45	1:00PM	
	ANG PINAKA... (P) 1:00 - 1:45						IDOL SA KUSINA (R) 12:45 - 1:30		
2:00PM	TASTE BUDDIES (P.) 1:45 - 2:15	IKA-6 NA UTOS (P) 2:30 - 3:00					SARAP 'DI BA? (P.) 1:30 - 2:00	2:00PM	
	FOODTRIP (Season 4) (P) 2:15 - 2:45	THE HALF SISTERS (P.) 3:00 - 3:30					REEL LIFE (P) 2:00 - 4:00		
3:00PM	IDOL SA KUSINA (P) 2:45 - 3:15							3:00PM	
4:00PM	PINOY MD (R.) 3:15 - 4:00	TASTE BUDDIES (R.) 3:30 - 4:00	FOODTRIP (R.) 3:30 - 4:00	SIYENSİKAT (R.) 3:30 - 4:00	GLOW UP (R.) 3:30 - 4:00	TUNAY NA BUHAY (R) 3:30 - 4:00	BALITANGHALI (R.) 4:00 - 4:45	4:00PM	
	BALITANGHALI (R.) 4:00 - 4:45	BALITANGHALI (R.) 4:00 - 5:15							
5:00PM	AHA! (P.) 4:45 - 5:15						BIYAHE NI DREW (P.) 4:45 - 5:45	5:00PM	
	POPTALK (P) 5:15 - 5:45	REEL LIFE 2 (P.) 5:15 - 7:15					GLOW UP (P.) 5:45 - 6:15		
6:00PM	PINAS SARAP (P.) 5:45 - 6:45						TUNAY NA BUHAY (P.) 6:15 - 6:45	6:00PM	
	MAYNILA (P) 6:45 - 7:45	IMPOSTORA (P.) 7:15 - 8:00					DAY OFF (P.) 6:45 - 7:30		
8:00PM	D WORLD OF GANDANG RICKY REYES (R.) 7:45 - 8:30	MARS PA MORE! (P.) 8:00 - 8:45					HOME BASE PLUS (R) 7:30 - 8:00	8:00PM	
	SIYENSİKAT (R.) 8:30 - 9:00						REEL LIFE (R.) 8:00 - 10:00		
9:00PM	TASTE BUDDIES (R.) 9:00 - 9:30	AHA! (R) 8:45 - 9:15	HOME BASE PLUS (R) 8:45 - 9:15	TUNAY NA BUHAY (R) 8:45 - 9:15	POP TALK (R) 8:45 - 9:15	GLOW UP (R) 8:45 - 9:15		9:00PM	
	FOODTRIP (Season 4) (R.) 9:30 - 10:00	IKA-6 NA UTOS (R) 9:15 - 10:00							
10:00PM	IDOL SA KUSINA (R.) 10:00 - 10:45	KUSINA MASTER (P) 10:00 - 10:30					ANG PINAKA... (R.) 10:00 - 10:45	10:00PM	
	BIYAHE NI DREW (R.) 10:45 - 11:30	BALITANGHALI (R.) 10:30 - 11:45					SARAP 'DI BA? (R.) 10:45 - 11:15		
11:00PM	POP TALK (R.) 11:30 - 12:00						DAY OFF (R.) 11:15 - 12:00	11:00PM	
12:00MN		QUICKFIRE (R) 11:45 - 12:00						12:00MN	