

GMA LIFE TV PROGRAMMING GRID JUNE 7 - 13, 2009 (JAPAN)									
TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TIME	
	JUNE 07	JUNE 08	JUNE 09	JUNE 10	JUNE 11	JUNE 12	JUNE 13		
12:00AM	Cont. of MAGPAKAILANMAN (P) 11:55 - 12:35	Cont. of DOOMENTARIES (R) 11:15 - 12:20	Cont. of PAANO BA ANG MANGARAP? (R) 11:55 - 12:25						12:00AM
	QUICKFIRE 2 (R) 12:35 - 12:45	MAYNILA (R) 12:20 - 1:10	BALITANGHALI (P) 12:25 - 1:05						
1:00	BALITANGHALI (R) 12:45 - 1:20	QUICKFIRE 3 (R) 1:10 - 1:20	DAY OFF (R) 1:05 - 1:50	BALIKBAYAN (R) 1:05 - 1:50	SECRETS OF THE MASTERS (R) 1:05 - 1:50	KA-TOQUE 2 (R) 1:05 - 1:50	FASHIONISTAS BY HEART (R) 1:05 - 1:50	1:00	
	KAY SUSAN TAYO (P) 1:20 - 1:50	LIFE AND STYLE WITH RICKY REYES (R) 1:20 - 2:05	THE SWEET LIFE (R) 1:50 - 2:35						
2:00	FANTASTIK MAN (P) 1:50 - 2:30	KIDS ON Q (R) 2:05 - 2:50	QUICKFIRE 2 (R) 2:35 - 2:45						2:00
	TRUE CONFECTIONS (R) 2:30 - 3:05	HOUSE LIFE (R) 2:50 - 3:35	THE BEAT (R) 2:45 - 3:25	HIRED (R) 2:45 - 3:25	REUNIONS (R) 2:45 - 3:25	RX MEN (R) 2:45 - 3:25	CHANCES ARE (R) 2:45 - 3:25	3:00	
3:00	FANS KITA (R) 3:05 - 3:55	FIT N' FAB (R) 3:35 - 4:15	NEWS ON Q (P) 3:25 - 4:05						
4:00			KUNG MAWAWALA KA (R) 4:05 - 4:25						4:00
			HABANG KAPILING KA (R) 4:25 - 4:55						
5:00	REEL LIFE (R) 3:55 - 5:55 "Ang Hiwaga ng Ibong Adarna"	EVENTS, INCORPORATED (R) 4:15 - 4:55	SANA AY IKAW NA NGA (R) 4:55 - 5:15						5:00
		FANTASTIK MAN (R) 4:55 - 5:40	IKAW LANG ANG MAMAHALIN (R) 5:15 - 5:40						
6:00		LOVELY DAY (R) 5:40 - 6:10	KATOQUE (R) 5:40 - 6:30	AY!!! ROBOT (R) 5:40 - 6:30	NOW NAI (R) 5:40 - 6:30	FANS KITA (R) 5:40 - 6:30	MAYNILA (R) 5:40 - 6:30	6:00	
	REEL LIFE (R) 5:55 - 7:45 "Kampanerang Kuba"	100% PINOY (R) 6:10 - 6:45	VALUE ADDED TREASURES (P) 6:30 - 7:30	EXTRANATURAL (P) 6:30 - 7:30	OVERSEAS FILIPINO WITNESS (P) 6:30 - 7:30	ACTS (P) 6:30 - 7:30	WOMEN OF WORTH (P) 6:30 - 7:30	7:00	
7:00		MAYNILA (R) 6:45 - 7:20						7:00	
8:00	QUICKFIRE (R) 7:45 - 7:55	KATOQUE (R) 7:20 - 8:05	FIT N' FAB (R) 7:30 - 8:15	FANTASTIK MAN (R) 7:30 - 8:15	HOUSE LIFE (R) 7:30 - 8:15	KIDS ON Q (R) 7:30 - 8:15	MAGPAKAILANMAN (R) 7:30 - 8:15	8:00	
	DOOMENTARIES (R) 7:55 - 9:00	WOMEN OF WORTH-2 (P) 8:05 - 9:05	NEWS ON Q (R) 8:15 - 8:55						
9:00			PAANO BA ANG MANGARAP? (R) 8:55 - 9:20						9:00
	KAY SUSAN TAYO (R) 9:00 - 9:35	PHILIPPINE EXPLORER (R) 9:05 - 9:25	IKAW LANG ANG MAMAHALIN (R) 9:20 - 9:45						
		QUICKFIRE 3 (R) 9:25 - 9:35	QUICKFIRE (R) 9:45 - 9:55						
10:00	NOW NAI (R) 9:35 - 10:05	LIFE AND STYLE WITH RICKY REYES (R) 9:35 - 10:20	AT YOUR SERVICE (STAR POWER) (R) 9:55 - 10:40	RX MEN (R) 9:55 - 10:40	EVENTS, INCORPORATED (R) 9:55 - 10:40	THE BEAT (R) 9:55 - 10:40	LIFE AND STYLE WITH RICKY REYES (R) 9:55 - 10:40	10:00	
	GO NEGOSYO (R) 10:05 - 10:35	KIDS ON Q (R) 10:20 - 11:05	DAY OFF (R) 10:40 - 11:25	BALIKBAYAN (R) 10:40 - 11:25	SECRETS OF THE MASTERS (R) 10:40 - 11:25	KA-TOQUE 2 (R) 10:40 - 11:25	FASHIONISTAS BY HEART (R) 10:40 - 11:25	11:00	
11:00	HENY'S KITCHEN (R) 10:35 - 11:05	HOUSE LIFE (R) 11:05 - 11:50	KUNG MAWAWALA KA (R) 11:25 - 11:50						11:00
	PHILIPPINE EXPLORER (P) 11:05 - 11:35		HABANG KAPILING KA (R) 11:50 - 12:10						
12:00PM	FANS KITA (R) 11:35 - 12:15	EVENTS, INCORPORATED (R) 11:50 - 12:30	DAISY SIETE "LANDAS" (R) 12:10 - 12:40						12:00PM
1:00	LOVELY DAY (R) 12:15 - 12:45	KATOQUE (R) 12:30 - 1:15	THE SWEET LIFE (R) 12:40 - 1:20	THE SWEET LIFE (R) 12:40 - 1:30					1:00
	QUICKFIRE 3 (P) 12:45 - 12:55	FIT N' FAB (R) 1:15 - 2:05	THE BEAT (R) 1:20 - 2:10	HIRED (R) 1:30 - 2:10	REUNIONS (R) 1:30 - 2:10	RX MEN (R) 1:30 - 2:10	CHANCES ARE (R) 1:30 - 2:10	2:00	
2:00	REEL LIFE (R) 12:55 - 2:55 "Ang Hiwaga ng Ibong Adarna"	MAGPAKAILANMAN (R) 2:05 - 2:50	NEWS ON Q (R) 2:10 - 2:50						
3:00		FASHIONISTAS BY HEART (R) 2:50 - 3:35	SECRETS OF THE MASTERS (R) 2:50 - 3:35	DAY OFF (R) 2:50 - 3:35	BALIKBAYAN (R) 2:50 - 3:35	KA-TOQUE 2 (R) 2:50 - 3:35	NOW NAI (P) 2:50 - 3:30	3:00	
4:00	REEL LIFE (R) 2:55 - 4:55 "Kampanerang Kuba"	HENY'S KITCHEN (P) 3:35 - 4:10	KAY SUSAN TAYO (R) 3:35 - 4:10	100% PINOY (R) 3:35 - 4:10	TRUE CONFECTIONS (R) 3:35 - 4:10	PHILIPPINE EXPLORER (R) 3:35 - 4:10	GO NEGOSYO (P) 3:30 - 4:00	4:00	
		SANA AY IKAW NA NGA (P) 4:10 - 4:35					DOOMENTARIES (P) 4:00 - 5:00		
		IKAW LANG ANG MAMAHALIN (P) 4:35 - 5:00							
5:00	LIFE AND STYLE WITH RICKY REYES (P) 4:55 - 5:40	BALITANGHALI (P) 5:00 - 5:40					QUICKFIRE 2 (R) 5:00 - 5:10	5:00	
		QUICKFIRE (P) 5:40 - 5:50					BALITANGHALI (P) 5:10 - 5:40		
6:00	KIDS ON Q (P) 5:40 - 6:25	HABANG KAPILING KA (P) 5:50 - 6:15						6:00	
		KUNG MAWAWALA KA (P) 6:15 - 6:40					REEL LIFE (P) 5:50 - 7:50 "Ama Namin"		
7:00	OVERSEAS FILIPINO WITNESS-2 (P) 6:25 - 7:25	DAY OFF (P) 6:40 - 7:25	BALIKBAYAN (P) 6:40 - 7:25	SECRETS OF THE MASTERS (P) 6:40 - 7:25	KA-TOQUE 2 (P) 6:40 - 7:25	FASHIONISTAS BY HEART (P) 6:40 - 7:25		7:00	
8:00	AY!!! ROBOT (P) 7:25 - 8:10	PAANO BA ANG MANGARAP? (P) 7:25 - 7:55						8:00	
	FIT N' FAB (P) 8:10 - 8:45	DAISY SIETE "LANDAS" (P) 7:55 - 8:20							
9:00	EVENTS, INCORPORATED (P) 8:45 - 9:20	THE SWEET LIFE (P) 8:20 - 9:10					REEL LIFE (P) 7:50 - 9:50 "Darna and the Giants"	9:00	
		QUICKFIRE 2 (P) 9:10 - 9:20							
10:00	KATOQUE (P) 9:20 - 10:10	THE BEAT (P) 9:20 - 10:05	HIRED (P) 9:20 - 10:00	REUNIONS (P) 9:20 - 10:00	RX MEN (P) 9:20 - 10:00	CHANCES ARE (P) 9:20 - 10:00		10:00	
	HOUSE LIFE (P) 10:10 - 10:45	HENY'S KITCHEN (R) 10:05 - 10:35	GO NEGOSYO (R) 10:00 - 10:20	100% PINOY (R) 10:00 - 10:20	TRUE CONFECTIONS (R) 10:00 - 10:20	PHILIPPINE EXPLORER (R) 10:00 - 10:20	100% PINOY (P) 9:50 - 10:25		
		SANA AY IKAW NA NGA (R) 10:20 - 10:45							
11:00	TRUE CONFECTIONS (R) 10:45 - 11:15	SANA AY IKAW NA NGA (R) 10:35 - 10:55	VALUE ADDED TREASURES (R) 10:45 - 11:45	EXTRANATURAL (R) 10:45 - 11:45	OVERSEAS FILIPINO WITNESS (R) 10:45 - 11:45	ACTS (R) 10:45 - 11:45	LOVELY DAY (P) 10:25 - 10:55	11:00	
		WOMEN OF WORTH (R) 10:55 - 11:45	AT YOUR SERVICE (STAR POWER) (P) 10:55 - 11:45						
12:00MN	DOOMENTARIES (R) 11:15 - 12:20	QUICKFIRE (R) 11:45 - 11:55						12:00MN	
		PAANO BA ANG MANGARAP? (R) 11:55 - 12:25					MAGPAKAILANMAN (P) 11:55 - 12:35		

GMA LIFE TV PROGRAMMING GRID JUNE 14 - 20, 2009 (JAPAN)									
TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TIME	
	JUNE 14	JUNE 15	JUNE 16	JUNE 17	JUNE 18	JUNE 19	JUNE 20		
12:00AM	Cont. of MAGPAKAILANMAN (P) 11:55 - 12:35	Cont. of DOCUMENTARIES (R) 11:15 - 12:20	Cont. of PAANO BA ANG MANGARAP? (R) 11:55 - 12:25						12:00AM
	QUICKFIRE 2 (R) 12:35 - 12:45	MAYNILA (R) 12:20 - 1:10	BALITANGHALI (P) 12:25 - 1:05						
1:00	BALITANGHALI (R) 12:45 - 1:20	QUICKFIRE 3 (R) 1:10 - 1:20	DAY OFF (R) 1:05 - 1:50	BALIKBAYAN (R) 1:05 - 1:50	SECRETS OF THE MASTERS (R) 1:05 - 1:50	KA-TOQUE 2 (R) 1:05 - 1:50	FASHIONISTAS BY HEART (R) 1:05 - 1:50	1:00	
	KAY SUSAN TAYO (P) 1:20 - 1:50	LIFE AND STYLE WITH RICKY REYES (R) 1:20 - 2:05	THE SWEET LIFE (R) 1:50 - 2:35						2:00
2:00	FANTASTIK MAN (R) 1:50 - 2:30	KIDS ON Q (R) 2:05 - 2:50	QUICKFIRE 2 (R) 2:35 - 2:45						
	TRUE CONFECTIONS (R) 2:30 - 3:05	HOUSE LIFE (R) 2:50 - 3:35	THE BEAT (R) 2:45 - 3:25	HIRED (R) 2:45 - 3:25	REUNIONS (R) 2:45 - 3:25	RX MEN (R) 2:45 - 3:25	CHANCES ARE (R) 2:45 - 3:25	3:00	
3:00	FANS KITA (R) 3:05 - 3:55	FIT N' FAB (R) 3:35 - 4:15	NEWS ON Q (P) 3:25 - 4:05						
4:00			KUNG MAWAWALA KA (R) 4:05 - 4:25					4:00	
			HABANG KAPILING KA (R) 4:25 - 4:55						
5:00	REEL LIFE (R) 3:55 - 5:55 "Ama Namin"	EVENTS, INCORPORATED (R) 4:15 - 4:55	SANA AY IKAW NA NGA (R) 4:55 - 5:15					5:00	
		FANTASTIK MAN (R) 4:55 - 5:40	IKAW LANG ANG MAMAHALIN (R) 5:15 - 5:40						
6:00		LOVELY DAY (R) 5:40 - 6:10	KATOQUE (R) 5:40 - 6:30	AY!!! ROBOT (R) 5:40 - 6:30	NOW NAI (R) 5:40 - 6:30	FANS KITA (R) 5:40 - 6:30	MAYNILA (R) 5:40 - 6:30	6:00	
	REEL LIFE (R) 5:55 - 7:45 "Darna and the Giants"	100% PINOY (R) 6:10 - 6:45	VALUE ADDED TREASURES (P) 6:30 - 7:30	EXTRANATURAL (P) 6:30 - 7:30	OVERSEAS FILIPINO WITNESS (P) 6:30 - 7:30	ACTS (P) 6:30 - 7:30	WOMEN OF WORTH (P) 6:30 - 7:30	7:00	
7:00		MAYNILA (R) 6:45 - 7:20							
8:00	QUICKFIRE (R) 7:45 - 7:55	KATOQUE (R) 7:20 - 8:05	FIT N' FAB (R) 7:30 - 8:15	FANTASTIK MAN (R) 7:30 - 8:15	HOUSE LIFE (R) 7:30 - 8:15	KIDS ON Q (R) 7:30 - 8:15	MAGPAKAILANMAN (R) 7:30 - 8:15	8:00	
	DOCUMENTARIES (R) 7:55 - 9:00	WOMEN OF WORTH-2 (P) 8:05 - 9:05	NEWS ON Q (R) 8:15 - 8:55						
9:00	KAY SUSAN TAYO (R) 9:00 - 9:35	PHILIPPINE EXPLORER (R) 9:05 - 9:25	PAANO BA ANG MANGARAP? (R) 8:55 - 9:20					9:00	
		QUICKFIRE 3 (R) 9:25 - 9:35	KAW LANG ANG MAMAHALIN (R) 9:20 - 9:45						
	NOW NAI (R) 9:35 - 10:05	LIFE AND STYLE WITH RICKY REYES (R) 9:35 - 10:20	QUICKFIRE (R) 9:45 - 9:55						
10:00	GO NEGOSYO (R) 10:05 - 10:35	KIDS ON Q (R) 10:20 - 11:05	AT YOUR SERVICE (STAR POWER) (R) 9:55 - 10:40	RX MEN (R) 9:55 - 10:40	EVENTS, INCORPORATED (R) 9:55 - 10:40	THE BEAT (R) 9:55 - 10:40	LIFE AND STYLE WITH RICKY REYES (R) 9:55 - 10:40	10:00	
	HENY'S KITCHEN (R) 10:35 - 11:05	HOUSE LIFE (R) 11:05 - 11:50	DAY OFF (R) 10:40 - 11:25	BALIKBAYAN (R) 10:40 - 11:25	SECRETS OF THE MASTERS (R) 10:40 - 11:25	KA-TOQUE 2 (R) 10:40 - 11:25	FASHIONISTAS BY HEART (R) 10:40 - 11:25	11:00	
11:00	PHILIPPINE EXPLORER (P) 11:05 - 11:35		KUNG MAWAWALA KA (R) 11:25 - 11:50						
12:00PM	FANS KITA (R) 11:35 - 12:15	EVENTS, INCORPORATED (R) 11:50 - 12:30	HABANG KAPILING KA (R) 11:50 - 12:10					12:00PM	
	LOVELY DAY (R) 12:15 - 12:45		DAISY SIETE "LANDAS" (R) 12:10 - 12:40						
1:00	QUICKFIRE 3 (P) 12:45 - 12:55	KATOQUE (R) 12:30 - 1:15	THE SWEET LIFE (R) 12:40 - 1:20	THE SWEET LIFE (R) 12:40 - 1:30					1:00
2:00	REEL LIFE (R) 12:55 - 2:55 "Ama Namin"	FIT N' FAB (R) 1:15 - 2:05	THE BEAT (R) 1:20 - 2:10	HIRED (R) 1:30 - 2:10	REUNIONS (R) 1:30 - 2:10	RX MEN (R) 1:30 - 2:10	CHANCES ARE (R) 1:30 - 2:10	2:00	
		MAGPAKAILANMAN (R) 2:05 - 2:50	NEWS ON Q (R) 2:10 - 2:50						
3:00		FASHIONISTAS BY HEART (R) 2:50 - 3:35	SECRETS OF THE MASTERS (R) 2:50 - 3:35	DAY OFF (R) 2:50 - 3:35	BALIKBAYAN (R) 2:50 - 3:35	KA-TOQUE 2 (R) 2:50 - 3:35	NOW NAI (P) 2:50 - 3:30	3:00	
4:00	REEL LIFE (R) 2:55 - 4:55 "Darna and the Giants"	HENY'S KITCHEN (P) 3:35 - 4:10	KAY SUSAN TAYO (R) 3:35 - 4:10	100% PINOY (R) 3:35 - 4:10	TRUE CONFECTIONS (R) 3:35 - 4:10	PHILIPPINE EXPLORER (R) 3:35 - 4:10	GO NEGOSYO (P) 3:30 - 4:00	4:00	
		SANA AY IKAW NA NGA (P) 4:10 - 4:35					DOCUMENTARIES (P) 4:00 - 5:00		
		IKAW LANG ANG MAMAHALIN (P) 4:35 - 5:00							
5:00	LIFE AND STYLE WITH RICKY REYES (P) 4:55 - 5:40	BALITANGHALI (P) 5:00 - 5:40					BALITANGHALI (P) 5:00 - 5:30	5:00	
		QUICKFIRE (P) 5:40 - 5:50					QUICKFIRE (P) 5:30 - 5:40		
6:00	KIDS ON Q (P) 5:40 - 6:25	HABANG KAPILING KA (P) 5:50 - 6:15					REEL LIFE (P) 5:40 - 7:30 "Princessa Naranja"	6:00	
	OVERSEAS FILIPINO WITNESS-2 (P) 6:25 - 7:25	KUNG MAWAWALA KA (P) 6:15 - 6:40							
7:00		DAY OFF (P) 6:40 - 7:25	BALIKBAYAN (P) 6:40 - 7:25	SECRETS OF THE MASTERS (P) 6:40 - 7:25	KA-TOQUE 2 (P) 6:40 - 7:25	FASHIONISTAS BY HEART (P) 6:40 - 7:25	7:00		
	AY!!! ROBOT (P) 7:25 - 8:10	PAANO BA ANG MANGARAP? (P) 7:25 - 7:55					REEL LIFE (P) 7:30 - 9:20 "Darna at ang Babaeng Tuod"	8:00	
8:00	FIT N' FAB (P) 8:10 - 8:45	DAISY SIETE "LANDAS" (P) 7:55 - 8:20							
		THE SWEET LIFE (P) 8:20 - 9:10							
9:00	EVENTS, INCORPORATED (P) 8:45 - 9:20	QUICKFIRE 2 (P) 9:10 - 9:20					LIFE TUNES (P) 9:20 - 9:50	9:00	
	KATOQUE (P) 9:20 - 10:10	THE BEAT (P) 9:20 - 10:05	HIRED (P) 9:20 - 10:00	REUNIONS (P) 9:20 - 10:00	RX MEN (P) 9:20 - 10:00	CHANCES ARE (P) 9:20 - 10:00			
10:00	HOUSE LIFE (P) 10:10 - 10:45	HENY'S KITCHEN (R) 10:05 - 10:35	GO NEGOSYO (R) 10:00 - 10:20	100% PINOY (R) 10:00 - 10:20	TRUE CONFECTIONS (R) 10:00 - 10:20	PHILIPPINE EXPLORER (R) 10:00 - 10:20	100% PINOY (P) 9:50 - 10:25	10:00	
		SANA AY IKAW NA NGA (R) 10:20 - 10:45					LOVELY DAY (P) 10:25 - 10:55		
11:00	TRUE CONFECTIONS (R) 10:45 - 11:15	SANA AY IKAW NA NGA (R) 10:35 - 10:55	VALUE ADDED TREASURES (R) 10:45 - 11:45	EXTRANATURAL (R) 10:45 - 11:45	OVERSEAS FILIPINO WITNESS (R) 10:45 - 11:45	ACTS (R) 10:45 - 11:45	AT YOUR SERVICE (STAR POWER) (P) 10:55 - 11:45	11:00	
		WOMEN OF WORTH (R) 10:55 - 11:45							
12:00MN	DOCUMENTARIES (R) 11:15 - 12:20	QUICKFIRE (R) 11:45 - 11:55						12:00MN	
		PAANO BA ANG MANGARAP? (R) 11:55 - 12:25					MAGPAKAILANMAN (P) 11:55 - 12:35		