



Program Grid

Eastern	MONDAY Jan 23, 2023	TUESDAY Jan 24, 2023	WEDNESDAY Jan 25, 2023	THURSDAY Jan 26, 2023	FRIDAY Jan 27, 2023	SATURDAY Jan 28, 2023	SUNDAY Jan 29, 2023				
6:00	TKO 37: Rivals	World Armwrestling League	Heroes of Lucha Libre	Pancrase in 60 - Ken Shamrock	IMPACT in 60 - The North	IMPACT in 60 - Amazing Red	BKFC Fight Night: Montana				
6:30			KSW 60: De Fries vs. Narkun 2	Heroes of Lucha Libre	GLORY Rivals 3	New Japan Pro Wrestling - Wrestle Kingdom 17: Keiji Mutoh's NJPW Finale		IMPACT in 60 - The North			
7:00				Fight Network Recharged - Nate Andrews Vol. 1		Fight Network Recharged - Greg Rebello		International Wrestling Syndicate	Abu Dhabi Grand Slam Rio 2018 - Part 2/8		
7:30		Boxing World Weekly									
8:00		TKO 38: Ronson vs. Gauthier	Fight Network Recharged - Nate Andrews Vol. 1	Fight Network Recharged - First Round KOs	Diary - Destiny: Alexander vs. Bailey	Fight Network Recharged - First Round KOs		Paid Programming	Paid Programming		
8:30					After The Fight - GLORY 58 Chicago			Classic All-Star Wrestling	Retrospective - Joe Valtellini Part 1		
9:00	Abu Dhabi Grand Slam Rio 2018 - Part 2/8		Diary - Destiny: Alexander vs. Bailey	Fight Network Recharged - Greg Rebello	Fight Network Recharged - Nate Andrews Vol. 1	Fight Network Recharged - First Round KOs	IMPACT in 60 - The North				
9:30								Classic All-Star Wrestling	IMPACT! Wrestling		
10:00										Paid Programming	
10:30	Paid Programming	Paid Programming	Paid Programming	Paid Programming	Paid Programming	Paid Programming	Paid Programming				
11:00	Diary - Destiny: Alexander vs. Bailey	Retrospective - Joe Valtellini Part 1	After The Fight - GLORY 58 Chicago	Judo for the World: Dusseldorf Grand Slam	Boxing World Weekly	Fight Network Recharged - Super Submissions Vol. 1					
11:30	IMPACT! Wrestling	World Armwrestling League	ROH Classics	IMPACT on Spike	IMPACT! Wrestling	Paid Programming	Paid Programming				
12:00						International Wrestling Syndicate	Catalyst Wrestling				
12:30		BRAVE Combat 58 Prelims	Invicta FC 47: Ducote vs. Zappitella	TNA Epics	New Japan Pro Wrestling - Wrestle Kingdom 17: Keiji Mutoh's NJPW Finale	IMPACT in 60 - Amazing Red	IMPACT in 60 - Amazing Red				
13:00	Ultimate Strongman 2016 - World Championship	Fight Network Recharged - Greg Rebello						TNA Greatest Matches	IMPACT in 60 - Amazing Red	IMPACT in 60 - The North	New Japan Pro Wrestling - Wrestle Kingdom 17: Keiji Mutoh's NJPW Finale
13:30											
14:00	UK's Strongest Man 2020 - Part 5/5	Diary - Destiny: Alexander vs. Bailey	Retrospective - Joe Valtellini Part 1	Fight Network Recharged - First Round KOs	IMPACT in 60 - The North	KSW 58: Parnasse vs. Torres	Fight Network Recharged - Greg Rebello				
14:30							Fight Network Recharged - First Round KOs				
15:00	TKO 38: Ronson vs. Gauthier	Pancrase in 60 - Ken Shamrock	Fight Network Recharged - Super Submissions Vol. 1	IMPACT in 60 - The North	Fight Network Recharged - Super Submissions Vol. 1	Diary - Destiny: Alexander vs. Bailey	IMPACT in 60 - The North				
15:30											
16:00											
16:30	KSW 60: De Fries vs. Narkun 2	Fight Network Recharged - First Round KOs	Boxing World Weekly	IMPACT! Wrestling	International Wrestling Syndicate	GLORY Rivals 5 LIVE!	IMPACT! Wrestling				
17:00								Longest Layoff			
17:30		Retrospective - Joe Valtellini Part 1	GLORY Rivals 3		New Japan Pro Wrestling - Wrestle Kingdom 17: Keiji Mutoh's NJPW Finale			KSW 58: Parnasse vs. Torres			
18:00		Classic All-Star Wrestling									
18:30											
19:00	BRAVE Combat 58 Prelims	New Japan Pro Wrestling	Diary - Destiny: Alexander vs. Bailey	IMPACT in 60 - The North	Retrospective - Joe Valtellini Part 1	Lux Fight League 12					
19:30							New Japan Pro Wrestling	After The Fight - GLORY 58 Chicago	Retrospective - Joe Valtellini Part 1		
20:00											
20:30	Fight Network Recharged - Heavyweight KOs Vol. 2	Heroes of Lucha Libre	Invicta FC 47: Ducote vs. Zappitella	RJ City: Wrestling Raconteur	Lux Fight League 12	BKFC Fight Night: Montana	Pancrase in 60 - Ken Shamrock				
21:00											
21:30	Fight Network Recharged - Gaston Bolanos	Heroes of Lucha Libre	Invicta FC 47: Ducote vs. Zappitella	TNA Legends	Lux Fight League 12	BKFC Fight Night: Montana	Pancrase in 60 - Ken Shamrock				
22:00											
22:30	Fight Network Recharged - Nate Andrews Vol. 1	ROH Classics	GLORY Rivals 3	TNA Unfinished Business: Jarrett vs. Angle	Fight Network Recharged - Nate Andrews Vol. 1	Fight Network Recharged - Nate Andrews Vol. 1	Fight Network Recharged - Greg Rebello				
23:00											
23:30											
0:00	Fight Network Recharged - Heavyweight KOs Vol. 2	Heroes of Lucha Libre	Invicta FC 47: Ducote vs. Zappitella	RJ City: Wrestling Raconteur	Lux Fight League 12	BKFC Fight Night: Montana	Pancrase in 60 - Ken Shamrock				
0:30											
1:00	Fight Network Recharged - Gaston Bolanos	Heroes of Lucha Libre	Invicta FC 47: Ducote vs. Zappitella	TNA Legends	Lux Fight League 12	BKFC Fight Night: Montana	Pancrase in 60 - Ken Shamrock				
1:30											
2:00	Fight Network Recharged - Nate Andrews Vol. 1	ROH Classics	GLORY Rivals 3	TNA Unfinished Business: Jarrett vs. Angle	Fight Network Recharged - Nate Andrews Vol. 1	Fight Network Recharged - Nate Andrews Vol. 1	Fight Network Recharged - Greg Rebello				
2:30											
3:00	Fight Network Recharged - Greg Rebello	Fight Network Recharged - First Round KOs	GLORY Rivals 3	New Japan Pro Wrestling - Wrestle Kingdom 17: Keiji Mutoh's NJPW Finale	KSW 58: Parnasse vs. Torres	Retrospective - Joe Valtellini Part 1	Lux Fight League 12				
3:30											
4:00	Ultimate Strongman 2016 - World Championship	Fight Network Recharged - Nate Andrews Vol. 1	GLORY Rivals 3	IMPACT on Spike	Fight Network Recharged - Greg Rebello	Fight Network Recharged - First Round KOs	Fight Network Recharged - Super Submissions Vol. 1				
4:30											
5:00	UK's Strongest Man 2020 - Part 5/5	Fight Network Recharged - Greg Rebello	Fight Network Recharged - Super Submissions Vol. 1	IMPACT on Spike	Fight Network Recharged - First Round KOs	Fight Network Recharged - Super Submissions Vol. 1	Fight Network Recharged - Nate Andrews Vol. 1				
5:30											



Program Grid

Eastern	MONDAY Jan 30, 2023	TUESDAY Jan 31, 2023	WEDNESDAY Feb 1, 2023	THURSDAY Feb 2, 2023	FRIDAY Feb 3, 2023	SATURDAY Feb 4, 2023	SUNDAY Feb 5, 2023		
6:00	TKO 38: Ronson vs. Gauthier	World Armwrestling League	Heroes of Lucha Libre	Invicta FC 48: Tennant vs. Rubin	IMPACT in 60	IMPACT in 60 - The Rock 'n' Rave Infection	BKFC Fight Night: Wichita		
6:30			Heroes of Lucha Libre					New Japan Pro Wrestling	IMPACT in 60
7:00		KSW 61: To Fight or Not To Fight	Fight Network Recharged - Super Submissions Vol. 2		Fight Network Recharged - Super Submissions Vol. 3	International Wrestling Syndicate		Abu Dhabi Grand Slam Rio 2018 - Part 3/8	
7:30				Fight Network Recharged - Super Submissions Vol. 3					Boxing World Weekly
8:00			Fight Network Recharged - Super Submissions Vol. 3	RJ City: Wrestling Raconteur	Fight Network Recharged - Super Submissions Vol. 4	Paid Programming		Paid Programming	
8:30				Fight Network Recharged - Super Submissions Vol. 4	Classic All-Star Wrestling	Retrospective - Joe Valtellini Part 2			
9:00	TKO 39: Ultimatum	Fight Network Recharged - Super Submissions Vol. 2	Fight Network Recharged - Super Submissions Vol. 4	Fight Network Recharged - Super Submissions Vol. 2	Fight Network Recharged - Super Submissions Vol. 5	Fight Network Recharged - Super Submissions Vol. 3	IMPACT in 60		
9:30							Abu Dhabi Grand Slam Rio 2018 - Part 3/8	Diary with LAX Part 1	Fight Network Recharged - Super Submissions Vol. 3
10:00		Classic All-Star Wrestling	Fight Network Recharged - Super Submissions Vol. 3	Fight Network Recharged - Super Submissions Vol. 2	Fight Network Recharged - Super Submissions Vol. 4				
10:30		Paid Programming	Paid Programming	Paid Programming	Paid Programming	Paid Programming		Fight Network Recharged - Super Submissions Vol. 5	
11:00		Diary with LAX Part 1	Retrospective - Joe Valtellini Part 2	After The Fight - GLORY 59 Amsterdam	Judo for the World: Marrakech Grand Prix	Boxing World Weekly	Fight Network Recharged - Super Submissions Vol. 5		
11:30	IMPACT! Wrestling	World Armwrestling League	ROH Classics	IMPACT on Spike	IMPACT! Wrestling	Paid Programming	Paid Programming		
12:00						International Wrestling Syndicate	Catalyst Wrestling		
12:30		BRAVE Combat 56	Invicta FC 48: Tennant vs. Rubin	TNA Epics	New Japan Pro Wrestling	Bare Knuckle Boxing: Lockdown 2	Fight Network Recharged - Super Submissions Vol. 2		
13:00							IMPACT in 60 - The Rock 'n' Rave Infection		
13:30							New Japan Pro Wrestling		
14:00	Ultimate Strongman 2016 - The Next Generation	UK's Strongest Man 2021 - Part 3/5	RJ City: Wrestling Raconteur	Fight Network Recharged - Super Submissions Vol. 4	IMPACT in 60	Pancrase in 60 - Frank Shamrock	Fight Network Recharged - Super Submissions Vol. 3		
14:30						Fight Network Recharged - Super Submissions Vol. 3	Fight Network Recharged - Super Submissions Vol. 4		
15:00	TKO 39: Ultimatum	Pancrase in 60 - Frank Shamrock	Fight Network Recharged - Super Submissions Vol. 2	Catalyst Wrestling	IMPACT in 60 - The Rock 'n' Rave Infection	Fight Network Recharged - Super Submissions Vol. 4			
15:30						Fight Network Recharged - Super Submissions Vol. 5	IMPACT in 60	IMPACT in 60	IMPACT in 60
16:00						Fight Network Recharged - Super Submissions Vol. 4	Boxing World Weekly	IMPACT! Wrestling	International Wrestling Syndicate
16:30	Bridgewater: The Needed Addition	Boxing World Weekly	Boxing World Weekly	Fight Network Recharged - Super Submissions Vol. 5					
17:00	BRAVE Combat 56	New Japan Pro Wrestling	GLORY 82	New Japan Pro Wrestling	Bare Knuckle Boxing: Lockdown 2	BKFC Fight Night: Wichita	Bare Knuckle Boxing: Lockdown 2		
17:30								New Japan Pro Wrestling	Dog or Pass Podcast
18:00		Heroes of Lucha Libre	Retrospective - Joe Valtellini Part 2	Lux Fight League 15 Challenge					
18:30		RJ City: Wrestling Raconteur	Heroes of Lucha Libre		Invicta FC 48: Tennant vs. Rubin	TNA Legends		Lux Fight League 15 Challenge	BRAVE Combat 55
19:00	Fight Network Recharged - Super Submissions Vol. 2	ROH Classics	GLORY 82	TNA Unfinished Business: Sting vs. Roode 1	Fight Network Recharged - Super Submissions Vol. 2	Fight Network Recharged - Super Submissions Vol. 2			
19:30	Fight Network Recharged - Super Submissions Vol. 3	Fight Network Recharged - Super Submissions Vol. 4		IMPACT on Spike	Fight Network Recharged - Super Submissions Vol. 3	Fight Network Recharged - Super Submissions Vol. 3	Fight Network Recharged - Super Submissions Vol. 5		
20:00	KSW 61: To Fight or Not To Fight	Fight Network Recharged - Super Submissions Vol. 2		GLORY 82	IMPACT on Spike	Fight Network Recharged - Super Submissions Vol. 3	Fight Network Recharged - Super Submissions Vol. 3	Fight Network Recharged - Super Submissions Vol. 5	
20:30									Retrospective - Joe Valtellini Part 2
21:00	UK's Strongest Man 2021 - Part 3/5	Fight Network Recharged - Super Submissions Vol. 3		GLORY 82	IMPACT on Spike	Fight Network Recharged - Super Submissions Vol. 4	Fight Network Recharged - Super Submissions Vol. 4	Fight Network Recharged - Super Submissions Vol. 2	
21:30			Classic All-Star Wrestling						IMPACT on Spike
22:00	RJ City: Wrestling Raconteur	Heroes of Lucha Libre	Invicta FC 48: Tennant vs. Rubin	TNA Legends	Lux Fight League 15 Challenge	Lux Fight League 15 Challenge	BRAVE Combat 55		
22:30								Fight Network Recharged - Super Submissions Vol. 2	ROH Classics
23:00	Fight Network Recharged - Super Submissions Vol. 3	Fight Network Recharged - Super Submissions Vol. 4	GLORY 82	TNA Unfinished Business: Sting vs. Roode 1	Fight Network Recharged - Super Submissions Vol. 2	Fight Network Recharged - Super Submissions Vol. 2			
23:30	Ultimate Strongman 2016 - The Next Generation	Fight Network Recharged - Super Submissions Vol. 2		IMPACT on Spike	Fight Network Recharged - Super Submissions Vol. 3	Fight Network Recharged - Super Submissions Vol. 3	Fight Network Recharged - Super Submissions Vol. 5		
0:00	UK's Strongest Man 2021 - Part 3/5	Fight Network Recharged - Super Submissions Vol. 3		IMPACT on Spike	Fight Network Recharged - Super Submissions Vol. 4	Fight Network Recharged - Super Submissions Vol. 4	Fight Network Recharged - Super Submissions Vol. 2		
0:30									
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