



Program Grid

Eastern	MONDAY Mar 13, 2023	TUESDAY Mar 14, 2023	WEDNESDAY Mar 15, 2023	THURSDAY Mar 16, 2023	FRIDAY Mar 17, 2023	SATURDAY Mar 18, 2023	SUNDAY Mar 19, 2023
6:00	Pancrase in 60 - Carlos Condit	World Armwrestling League	Heroes of Lucha Libre	Invicta FC 47: Ducote vs. Zappitella	IMPACT in 60 - El Hijo Del Vikingo	IMPACT in 60 - Eric Young Part 2	BKFC 27
6:30							
7:00	Fight Network Recharged - First Round KO's Vol.2	BRAVE Combat 64	Heroes of Lucha Libre	Invicta FC 47: Ducote vs. Zappitella	New Japan Pro Wrestling	IMPACT in 60 - El Hijo Del Vikingo	Diary: Gisele Shaw
7:30							
8:00	Fight Network Recharged - Nick Newell	BRAVE Combat 64	Fight Network Recharged - Lion Fight Knockouts Vol. 8	Invicta FC 47: Ducote vs. Zappitella	IMPACT on Spike	International Wrestling Syndicate	Abu Dhabi Grand Slam UAE 2019 Part 1/10
8:30						Diary: Gisele Shaw	
9:00	Fight Network Recharged - Kevin Ross Part 1	BRAVE Combat 64	Fight Network Recharged - Lion Fight Knockouts Vol. 9	Fight Network Recharged - Tiffany Van Soest Part 2	Fight Network Recharged - Lion Fight Knockouts Vol. 9	Paid Programming	Paid Programming
9:30						Classic All-Star Wrestling	Diary: Gisele Shaw
10:00	Fight Network Recharged - Kevin Ross Part 2	Fight Network Recharged - Lion Fight Knockouts Vol. 8	Fight Network Recharged - Tiffany Van Soest Part 2	Fight Network Recharged - Tiffany Van Soest Part 3	Fight Network Recharged - Tiffany Van Soest Part 2	Fight Network Recharged - Lion Fight Knockouts Vol. 9	IMPACT in 60 - El Hijo Del Vikingo
10:30							
11:00	IMPACT in 60 - Bullet Club	Abu Dhabi Grand Slam UAE 2019 Part 1/10	Diary: Gisele Shaw	Fight Network Recharged - Lion Fight Knockouts Vol. 9	Fight Network Recharged - Tiffany Van Soest Part 3	Fight Network Recharged - Tiffany Van Soest Part 2	IMPACT! Wrestling
11:30			Classic All-Star Wrestling				
12:00	Paid Programming	Paid Programming	Paid Programming	Paid Programming	Paid Programming	Fight Network Recharged - Tiffany Van Soest Part 3	
12:30	Diary: Jordynne Grace	Retrospective - Anthony Carelli Part 1	After The Fight - GLORY 56 Denver	Judo for the World: Almaty Grand Prix 2016	Diary: Gisele Shaw		
13:00	IMPACT! Wrestling	World Armwrestling League	ROH Classics	IMPACT on Spike	New Japan Pro Wrestling	Paid Programming	Paid Programming
13:30						International Wrestling Syndicate	Catalyst Wrestling
14:00	IMPACT! Wrestling	KSW 69: Przybysz vs. Martins	Invicta FC 47: Ducote vs. Zappitella	IMPACT on Spike	KSW 80 LIVE!	Bare Knuckle Boxing 28	Fight Network Recharged - Lion Fight Knockouts Vol. 8
14:30							IMPACT in 60 - Eric Young Part 2
15:00	Ultimate Strongman 2017 - Team World Championship	KSW 69: Przybysz vs. Martins	Invicta FC 47: Ducote vs. Zappitella	TNA Epics	KSW 80 LIVE!	Bare Knuckle Boxing 28	IMPACT in 60 - Eric Young Part 2
15:30	UK's Strongest Man 2022 - Part 2/5			TNA Greatest Matches			
16:00	UK's Strongest Man 2022 - Part 2/5	Diary: Gisele Shaw	Retrospective - Anthony Carelli Part 1	Fight Network Recharged - Lion Fight Knockouts Vol. 9	IMPACT in 60 - El Hijo Del Vikingo	IMPACT in 60 - Eric Young Part 2	IMPACT in 60 - El Hijo Del Vikingo
16:30			Retrospective - Anthony Carelli Part 1				
17:00	Fight Network Recharged - Lion Fight Knockouts Vol. 8	Retrospective - Anthony Carelli Part 1	Diary: Gisele Shaw	Fight Network Recharged - Lion Fight Knockouts Vol. 9	IMPACT in 60 - El Hijo Del Vikingo	IMPACT in 60 - Eric Young Part 2	IMPACT in 60 - El Hijo Del Vikingo
17:30	Fight Network Recharged - Lion Fight Knockouts Vol. 9	Retrospective - Anthony Carelli Part 1	Diary: Gisele Shaw	Fight Network Recharged - Tiffany Van Soest Part 2	IMPACT in 60 - El Hijo Del Vikingo	IMPACT in 60 - Eric Young Part 2	IMPACT in 60 - El Hijo Del Vikingo
18:00	Fight Network Recharged - Lion Fight Knockouts Vol. 9	Fight Network Recharged - Lion Fight Knockouts Vol. 8	Pancrase in 60 - UFC Veterans	Fight Network Recharged - Tiffany Van Soest Part 2	IMPACT in 60 - El Hijo Del Vikingo	IMPACT in 60 - Eric Young Part 2	IMPACT in 60 - El Hijo Del Vikingo
18:30	Fight Network Recharged - Lion Fight Knockouts Vol. 9	Fight Network Recharged - Lion Fight Knockouts Vol. 8	Pancrase in 60 - UFC Veterans	Fight Network Recharged - Tiffany Van Soest Part 2	IMPACT in 60 - El Hijo Del Vikingo	IMPACT in 60 - Eric Young Part 2	IMPACT in 60 - El Hijo Del Vikingo
19:00	UK's Strongest Man 2022 - Part 2/5	Fight Network Recharged - Lion Fight Knockouts Vol. 9	Fight Network Recharged - Tiffany Van Soest Part 3	IMPACT in 60 - El Hijo Del Vikingo	IMPACT in 60 - El Hijo Del Vikingo	IMPACT in 60 - Eric Young Part 2	IMPACT in 60 - El Hijo Del Vikingo
19:30							
20:00	Fight Network Recharged - Lion Fight Knockouts Vol. 8	Fight Network Recharged - Tiffany Van Soest Part 2	Classic All-Star Wrestling	IMPACT! Wrestling	International Wrestling Syndicate	Fight Network Recharged - Tiffany Van Soest Part 3	IMPACT! Wrestling
20:30			Viral Violence: Changing Boxing Landscape from				
21:00	Diary: Gisele Shaw	Diary: Gisele Shaw					
21:30	Retrospective - Miesha Tate	Classic All-Star Wrestling					
22:00	KSW 69: Przybysz vs. Martins	New Japan Pro Wrestling - The New Beginning in Osaka Part 2	Invicta FC 52 LIVE!	New Japan Pro Wrestling	Bare Knuckle Boxing 28	BKFC 27	Robocop
22:30							
23:00	KSW 69: Przybysz vs. Martins	New Japan Pro Wrestling - New Cup Japan 2017	Invicta FC 52 LIVE!	Dog or Pass Podcast	Bare Knuckle Boxing 28	BKFC 27	Robocop
23:30							
0:00		Heroes of Lucha Libre	Invicta FC 47: Ducote vs. Zappitella	Diary: Gisele Shaw	KSW 59: Fight Code	KSW 59: Fight Code	IMPACT in 60 - El Hijo Del Vikingo
0:30							
1:00	BRAVE Combat 64	Heroes of Lucha Libre	Invicta FC 47: Ducote vs. Zappitella	TNA Legends	KSW 59: Fight Code	KSW 59: Fight Code	Robocop
1:30							
2:00	BRAVE Combat 64	ROH Classics	Invicta FC 47: Ducote vs. Zappitella	TNA Unfinished Business: No Surrender	Fight Network Recharged - Lion Fight Knockouts Vol. 8	Fight Network Recharged - Lion Fight Knockouts Vol. 8	Robocop
2:30							
3:00	Ultimate Strongman 2017 - Team World Championship	Fight Network Recharged - Tiffany Van Soest Part 2	GLORY 82	IMPACT on Spike	Fight Network Recharged - Lion Fight Knockouts Vol. 9	Fight Network Recharged - Lion Fight Knockouts Vol. 9	Diary: Gisele Shaw
3:30							
4:00	UK's Strongest Man 2022 - Part 2/5	Fight Network Recharged - Lion Fight Knockouts Vol. 8	GLORY 82	IMPACT on Spike	Fight Network Recharged - Lion Fight Knockouts Vol. 9	Fight Network Recharged - Lion Fight Knockouts Vol. 9	Fight Network Recharged - Tiffany Van Soest Part 3
4:30							
5:00	UK's Strongest Man 2022 - Part 2/5	Fight Network Recharged - Lion Fight Knockouts Vol. 9	GLORY 82	IMPACT on Spike	Fight Network Recharged - Tiffany Van Soest Part 2	Fight Network Recharged - Tiffany Van Soest Part 2	Fight Network Recharged - Lion Fight Knockouts Vol. 8
5:30							



Program Grid

Eastern	MONDAY Mar 20, 2023	TUESDAY Mar 21, 2023	WEDNESDAY Mar 22, 2023	THURSDAY Mar 23, 2023	FRIDAY Mar 24, 2023	SATURDAY Mar 25, 2023	SUNDAY Mar 26, 2023
6:00	Pancrase in 60 - UFC Veterans	World Armwrestling League	Heroes of Lucha Libre	Invicta FC 48: Tennant vs. Rubin	IMPACT in 60 - PCO	IMPACT in 60 - Awesome Kong	BKFC Fight Night: Jackson
6:30							
7:00	Fight Network Recharged - Lion Fight Knockouts Vol. 8	BRAVE Combat 65	Heroes of Lucha Libre	Invicta FC 48: Tennant vs. Rubin	New Japan Pro Wrestling - 51st Anniversary Event: Bishamon vs. Okada & Tanahashi	IMPACT in 60 - PCO	Abu Dhabi Grand Slam UAE 2019 Part 2/10
7:30							
8:00	Fight Network Recharged - Lion Fight Knockouts Vol. 9	BRAVE Combat 65	Fight Network Recharged - Lion Fight Knockouts Vol. 10	Fight Network Recharged - Scott Holtzman	IMPACT on Spike	International Wrestling Syndicate	Paid Programming
8:30						Diary: Jessica Delboni	
9:00	Fight Network Recharged - Tiffany Van Soest Part 2	Fight Network Recharged - Lion Fight Knockouts Vol. 10	Fight Network Recharged - Scott Holtzman	Fight Network Recharged - Scott Holtzman	Fight Network Recharged - Lion Fight Knockouts Vol. 11	Paid Programming	Paid Programming
9:30						Classic All-Star Wrestling	Diary: Jessica Delboni
10:00	Fight Network Recharged - Tiffany Van Soest Part 3	Fight Network Recharged - Lion Fight Knockouts Vol. 10	Fight Network Recharged - Scott Holtzman	Fight Network Recharged - Eric Reynolds	Fight Network Recharged - Scott Holtzman	Fight Network Recharged - Lion Fight Knockouts Vol. 11	IMPACT in 60 - PCO
10:30							
11:00	IMPACT in 60 - El Hijo Del Vikingo	Abu Dhabi Grand Slam UAE 2019 Part 2/10	Diary: Jessica Delboni	Fight Network Recharged - Lion Fight Knockouts Vol. 11	Fight Network Recharged - Eric Reynolds	Fight Network Recharged - Scott Holtzman	Catalyst Wrestling
11:30			Classic All-Star Wrestling				Paid Programming
12:00	Paid Programming	Paid Programming	Paid Programming	Paid Programming	Paid Programming	Fight Network Recharged - Eric Reynolds	Bare Knuckle Boxing 31 LIVE!
12:30	Diary: Gisele Shaw	Retrospective - Anthony Carelli Part 2	After The Fight - UFC 228	Judo for the World: Almaty Grand Prix 2016	Diary: Gisele Shaw		
13:00	IMPACT! Wrestling	World Armwrestling League	ROH Classics	IMPACT on Spike	IMPACT! Wrestling	Paid Programming	GLORY 84
13:30						International Wrestling Syndicate	
14:00		KSW 70: Pudzianowski vs. Materla	Invicta FC 48: Tennant vs. Rubin	TNA Epics	New Japan Pro Wrestling - 51st Anniversary Event: Bishamon vs. Okada & Tanahashi	IMPACT in 60 - Awesome Kong	
14:30							
15:00	Ultimate Strongman 2017 - Masters World Championship	KSW 70: Pudzianowski vs. Materla	Invicta FC 48: Tennant vs. Rubin	TNA Epics	New Japan Pro Wrestling - 51st Anniversary Event: Bishamon vs. Okada & Tanahashi	IMPACT in 60 - Awesome Kong	Fight Network Recharged - Lion Fight Knockouts Vol. 10
15:30	UK's Strongest Man 2022 - Part 3/5						
16:00	UK's Strongest Man 2022 - Part 3/5	Diary: Jessica Delboni	Retrospective - Anthony Carelli Part 2	Fight Network Recharged - Lion Fight Knockouts Vol. 11	IMPACT in 60 - PCO	IMPACT! Wrestling	Fight Network Recharged - Lion Fight Knockouts Vol. 11
16:30							
17:00	Fight Network Recharged - Lion Fight Knockouts Vol. 10	Diary: Jessica Delboni	Retrospective - Anthony Carelli Part 2	Fight Network Recharged - Lion Fight Knockouts Vol. 11	IMPACT in 60 - PCO	IMPACT in 60 - Awesome Kong	Fight Network Recharged - Scott Holtzman
17:30							
18:00	Fight Network Recharged - Lion Fight Knockouts Vol. 11	Fight Network Recharged - Lion Fight Knockouts Vol. 10	Pancrase in 60 - Nate Marquardt: Middleweight King	Fight Network Recharged - Scott Holtzman	Catalyst Wrestling	IMPACT in 60 - Awesome Kong	Fight Network Recharged - Scott Holtzman
18:30							
19:00	UK's Strongest Man 2022 - Part 3/5	Fight Network Recharged - Lion Fight Knockouts Vol. 11	Fight Network Recharged - Eric Reynolds	IMPACT in 60 - PCO	Dog or Pass Podcast	IMPACT in 60 - PCO	IMPACT! Wrestling
19:30							
20:00	Fight Network Recharged - Lion Fight Knockouts Vol. 10	Fight Network Recharged - Scott Holtzman	Classic All-Star Wrestling	IMPACT! Wrestling	International Wrestling Syndicate	Fight Network Recharged - Eric Reynolds	BKFC Fight Night: Jackson
20:30			Vicious: Making a Champion		Diary: Jessica Delboni		
21:00	Diary: Jessica Delboni	Diary: Jessica Delboni	GLORY Rivals 4	IMPACT! Wrestling	GLORY 84	IMPACT in 60 - PCO	ROBOCOP 2
21:30	Retrospective - Anthony Carelli Part 1	Classic All-Star Wrestling					
22:00	KSW 70: Pudzianowski vs. Materla	New Japan Pro Wrestling - Sakura Genesis Part 1	Fight Network Recharged - Lion Fight Knockouts Vol. 10	New Japan Pro Wrestling - 51st Anniversary Event: Bishamon vs. Okada & Tanahashi	GLORY 84	IMPACT in 60 - PCO	ROBOCOP 2
22:30							
23:00		New Japan Pro Wrestling - Sakura Genesis Part 2	Diary: Jessica Delboni				
23:30				Heroes of Lucha Libre			
0:00	BRAVE Combat 65	Heroes of Lucha Libre	Invicta FC 48: Tennant vs. Rubin	TNA Legends	Invicta FC 52	IMPACT in 60 - PCO	ROBOCOP 2
0:30							
1:00	BRAVE Combat 65	ROH Classics	Invicta FC 48: Tennant vs. Rubin	TNA Unfinished Business: Destination X	Invicta FC 52	IMPACT in 60 - PCO	ROBOCOP 2
1:30							
2:00	BRAVE Combat 65	ROH Classics	Invicta FC 48: Tennant vs. Rubin	TNA Unfinished Business: Destination X	Invicta FC 52	IMPACT in 60 - PCO	ROBOCOP 2
2:30							
3:00	Ultimate Strongman 2017 - Masters World Championship	Fight Network Recharged - Lion Fight Knockouts Vol. 10	GLORY Rivals 4	IMPACT on Spike	Fight Network Recharged - Lion Fight Knockouts Vol. 11	Fight Network Recharged - Lion Fight Knockouts Vol. 11	Fight Network Recharged - Eric Reynolds
3:30							
4:00	UK's Strongest Man 2022 - Part 3/5	Fight Network Recharged - Lion Fight Knockouts Vol. 11	Retrospective - Anthony Carelli Part 2	IMPACT on Spike	Fight Network Recharged - Scott Holtzman	Fight Network Recharged - Scott Holtzman	Fight Network Recharged - Lion Fight Knockouts Vol. 10
4:30							
5:00	UK's Strongest Man 2022 - Part 3/5	Fight Network Recharged - Lion Fight Knockouts Vol. 11	Retrospective - Anthony Carelli Part 2	IMPACT on Spike	Fight Network Recharged - Scott Holtzman	Fight Network Recharged - Scott Holtzman	Fight Network Recharged - Lion Fight Knockouts Vol. 10
5:30							



Program Grid

Eastern	MONDAY Mar 27, 2023	TUESDAY Mar 28, 2023	WEDNESDAY Mar 29, 2023	THURSDAY Mar 30, 2023	FRIDAY Mar 31, 2023	SATURDAY Apr 1, 2023	SUNDAY Apr 2, 2023			
6:00	Pancrase in 60 - Nate Marquardt: Middleweight King	World Armwrestling League	Heroes of Lucha Libre	Invicta FC 52	IMPACT in 60 - Naomichi Marufuji	IMPACT in 60 - Hardcore War	BKFC: KnuckleMania 2			
6:30										
7:00	Fight Network Recharged - Lion Fight Knockouts Vol. 10	BRAVE Combat 66	Heroes of Lucha Libre	IMPACT on Spike	New Japan Pro Wrestling	IMPACT in 60 - Naomichi Marufuji	Abu Dhabi Grand Slam UAE 2019 Part 3/10			
7:30										
8:00	Fight Network Recharged - Lion Fight Knockouts Vol. 11									
8:30										
9:00	Fight Network Recharged - Scott Holtzman		Fight Network Recharged - Felice Herrig	Fight Network Recharged - Jason Andrada Part 1	Fight Network Recharged - Felice Herrig	Paid Programming	Paid Programming			
9:30						Classic All-Star Wrestling	Diary: Karina Rodriguez			
10:00	Fight Network Recharged - Eric Reynolds	Fight Network Recharged - Lion Fight Knockouts Vol. 12	Fight Network Recharged - Jason Andrada Part 1	Fight Network Recharged - Jason Andrada Part 2	Fight Network Recharged - Jason Andrada Part 1	Fight Network Recharged - Felice Herrig	IMPACT in 60 - Naomichi Marufuji			
10:30										
11:00	IMPACT in 60 - PCO	Abu Dhabi Grand Slam UAE 2019 Part 3/10	Diary: Karina Rodriguez	Fight Network Recharged - Felice Herrig	Fight Network Recharged - Jason Andrada Part 2	Fight Network Recharged - Jason Andrada Part 1	IMPACT in 60 - Hardcore War			
11:30			Classic All-Star Wrestling							
12:00	Paid Programming	Paid Programming	Paid Programming	Paid Programming	Paid Programming	Fight Network Recharged - Jason Andrada Part 2	Diary: Karina Rodriguez			
12:30	Diary: Jessica Delboni	Retrospective - Patrick Cote	After The Fight - GLORY 58 Chicago	Judo for the World: World Masters Guadalajara 2016	Diary: Karina Rodriguez		Punch Too Many; A			
13:00	IMPACT! Wrestling	World Armwrestling League	ROH Classics	IMPACT on Spike	Fight Network Recharged - Lion Fight Knockouts Vol. 12	Paid Programming	Paid Programming			
13:30								International Wrestling Syndicate	Catalyst Wrestling	
14:00			KSW 71: Ziolkowski vs. Rajewski	Invicta FC 52	IMPACT on Spike	IMPACT in 60 - Naomichi Marufuji	KSW 80	Fight Network Recharged - Lion Fight Knockouts Vol. 12		
14:30										
15:00	Ultimate Strongman 2018 - Masters World Championship			TNA Epics	New Japan Pro Wrestling		IMPACT in 60 - Hardcore War			
15:30										
16:00	UK's Strongest Man 2022 - Part 4/5			TNA Greatest Matches	IMPACT in 60 - Hardcore War		New Japan Pro Wrestling			
16:30										
17:00	Fight Network Recharged - Lion Fight Knockouts Vol. 12	Diary: Karina Rodriguez	Retrospective - Patrick Cote	Fight Network Recharged - Felice Herrig	IMPACT in 60 - Naomichi Marufuji	Pancrase in 60 - Chris Lytle: Lights Out	Fight Network Recharged - Felice Herrig			
17:30		Retrospective - Patrick Cote	Diary: Karina Rodriguez							
18:00	Fight Network Recharged - Felice Herrig	Fight Network Recharged - Lion Fight Knockouts Vol. 12	Pancrase in 60 - Chris Lytle: Lights Out	Fight Network Recharged - Jason Andrada Part 1	Catalyst Wrestling	IMPACT in 60 - Hardcore War	Fight Network Recharged - Jason Andrada Part 1			
18:30					Diary: Karina Rodriguez					
19:00	UK's Strongest Man 2022 - Part 4/5	Fight Network Recharged - Felice Herrig	Fight Network Recharged - Jason Andrada Part 2	IMPACT in 60 - Naomichi Marufuji	Fight Network Recharged - Lion Fight Knockouts Vol. 12	IMPACT in 60 - Naomichi Marufuji	Fight Network Recharged - Jason Andrada Part 2			
19:30										
20:00	Fight Network Recharged - Lion Fight Knockouts Vol. 12	Fight Network Recharged - Jason Andrada Part 1	Classic All-Star Wrestling	IMPACT! Wrestling LIVE!	International Wrestling Syndicate	Fight Network Recharged - Jason Andrada Part 2	Fight Network Recharged - Lion Fight Knockouts Vol. 12			
20:30			Punch Too Many; A		Diary: Karina Rodriguez					
21:00	Diary: Karina Rodriguez	Diary: Karina Rodriguez	GLORY Rivals 5	New Japan Pro Wrestling	KSW 80	BKFC: KnuckleMania 2	ROBOCOP 3			
21:30	Retrospective - Anthony Carelli Part 2	Classic All-Star Wrestling								
22:00	KSW 71: Ziolkowski vs. Rajewski	New Japan Pro Wrestling - Wrestling Toyo Province 2017								
22:30										
23:00		New Japan Pro Wrestling - Wrestling Dontaku 2017	Diary: Karina Rodriguez	Fight Network Recharged - Lion Fight Knockouts Vol. 12			Diary: Karina Rodriguez			
23:30										
0:00		Heroes of Lucha Libre	Invicta FC 52	Retrospective - Patrick Cote	KSW 60: De Fries vs. Narkun 2	KSW 60: De Fries vs. Narkun 2	IMPACT in 60 - Naomichi Marufuji			
0:30				Diary: Karina Rodriguez						
1:00	BRAVE Combat 66	Heroes of Lucha Libre						TNA Legends		
1:30										
2:00		ROH Classics					ROBOCOP 3			
2:30						Fight Network Recharged - Jason Andrada Part 2				
3:00		Fight Network Recharged - Jason Andrada Part 1	GLORY Rivals 5	TNA Unfinished Business: Slamiversary	Fight Network Recharged - Lion Fight Knockouts Vol. 12	Fight Network Recharged - Lion Fight Knockouts Vol. 12	Diary: Karina Rodriguez			
3:30										
4:00	Ultimate Strongman 2018 - Masters World Championship	Fight Network Recharged - Lion Fight Knockouts Vol. 12			IMPACT on Spike	Fight Network Recharged - Felice Herrig	Fight Network Recharged - Felice Herrig	Fight Network Recharged - Jason Andrada Part 2		
4:30										
5:00	UK's Strongest Man 2022 - Part 4/5	Fight Network Recharged - Felice Herrig	Diary: Karina Rodriguez	IMPACT on Spike	Fight Network Recharged - Jason Andrada Part 1	Fight Network Recharged - Jason Andrada Part 1	Fight Network Recharged - Lion Fight Knockouts Vol. 12			
5:30										