

Program Grid

Western European Time	MONDAY Sep 18, 2023	TUESDAY Sep 19, 2023	WEDNESDAY Sep 20, 2023	THURSDAY Sep 21, 2023	FRIDAY Sep 22, 2023	SATURDAY Sep 23, 2023	SUNDAY Sep 24, 2023		
6:00	New Japan Pro Wrestling	KSW 79: De Fries vs. Duffee	Fight Network Recharged - 'Smokin' Jo Nattawut Part 1	Fight Network Recharged - Julian Lane	TNA Legends	KSW 80: Ruchala vs. Eskiev	IMPACT in 60 - Motor City Machine Guns vs. Generation Me		
6:30			Diary: Kay Hansen	Fight Network Recharged - 'Smokin' Jo Nattawut Part 1			TNA Unfinished Business: Mr. Anderson vs. Jeff Hardy	New Japan Pro Wrestling	
7:00	Retrospective - Rory MacDonald		Heroes of Lucha Libre	Fight Network Recharged - Matt Bessette	Fight Network Recharged - Matt Bessette				
7:30	IMPACT in 60 - IMPACT #1		Fight Network Recharged - Julian Lane	Heroes of Lucha Libre	PFL Challenger Series 2022 - Week 4			New Japan Pro Wrestling	IMPACT! Wrestling
8:00	IMPACT! Wrestling		It's Showtime Special	CES MMA 36: Andrews vs. Muro	Fight Network Recharged - Matt Bessette		New Japan Pro Wrestling	IMPACT! Wrestling	Fight Network Recharged - 'Smokin' Jo Nattawut Part 1
8:30		Ultimate Strongman 2014 - Team World Championship	GLORY Rivals 4		New Japan Pro Wrestling	New Japan Pro Wrestling	BKFC 33		
9:00		UK's Strongest Man 2019 - Part 4/5			New Japan Pro Wrestling	New Japan Pro Wrestling	New Japan Pro Wrestling		
9:30		World Armwrestling League			Fight Network Recharged - 'Smokin' Jo Nattawut Part 1	New Japan Pro Wrestling	Bare Knuckle Boxing 30		Fight Network Recharged - Matt Bessette
10:00	Lux Fight League 21 Challenge	BRAVE Combat 66	Fight Network Recharged - 'Smokin' Jo Nattawut Part 2	IMPACT! Wrestling	IMPACT on Spike	KSW 80: Ruchala vs. Eskiev	IMPACT in 60 - Motor City Machine Guns vs. Generation Me		
10:30			Retrospective - Rory MacDonald				Pancrase in 60 - Semmy Schilt	New Japan Pro Wrestling	New Japan Pro Wrestling
11:00			Diary: Kay Hansen	Pancrase in 60 - Semmy Schilt			PFL Challenger Series 2022 - Week 4	New Japan Pro Wrestling	New Japan Pro Wrestling
11:30		Pancrase in 60 - Semmy Schilt	Pancrase in 60 - Semmy Schilt	PFL Challenger Series 2022 - Week 4			IMPACT on Spike	New Japan Pro Wrestling	New Japan Pro Wrestling
12:00		Abu Dhabi Grand Slam London 2018 - Part 3/8	Lion Fight 38	Retrospective - Rory MacDonald				IMPACT on Spike	New Japan Pro Wrestling
12:30	BRAVE Combat 66	IMPACT on Spike		IMPACT on Spike	New Japan Pro Wrestling	New Japan Pro Wrestling			
13:00		PFL Challenger Series 2022 - Week 4		IMPACT on Spike	IMPACT on Spike	New Japan Pro Wrestling	IMPACT! Wrestling		
13:30	Diary: Kay Hansen	Fight Network Recharged - Julian Lane	Fight Network Recharged - 'Smokin' Jo Nattawut Part 1	New Japan Pro Wrestling	Fight Network Recharged - Matt Bessette	IMPACT! Wrestling			
14:00	Lux Fight League 21 Challenge	New Japan Pro Wrestling	Fight Network Recharged - 'Smokin' Jo Nattawut Part 2	New Japan Pro Wrestling	Fight Network Recharged - Julian Lane				
14:30		New Japan Pro Wrestling	Fight Network Recharged - 'Smokin' Jo Nattawut Part 2	New Japan Pro Wrestling	Catalyst Wrestling	Fight Network Recharged - 'Smokin' Jo Nattawut Part 1			
15:00		New Japan Pro Wrestling	Fight Network Recharged - Matt Bessette	IMPACT in 60 - Motor City Machine Guns vs. Generation Me	Dog or Pass Podcast	Fight Network Recharged - 'Smokin' Jo Nattawut Part 2	IMPACT on Spike		
15:30		Diary: Kay Hansen	Diary: Kay Hansen	Diary: Kay Hansen	Diary: Kay Hansen	Diary: Kay Hansen	IMPACT on Spike		
16:00	Pancrase in 60 - Semmy Schilt	BRAVE Combat 66	PFL Challenger Series 2022 - Week 4	IMPACT on Spike	KSW 80: Ruchala vs. Eskiev	IMPACT on Spike			
16:30	Retrospective - Simon Marcus Part 2						Diary: Kay Hansen	Retrospective - Rory MacDonald	IMPACT on Spike
17:00	Fight Network Recharged - Lion Fights Knockouts Part 15						Diary: Kay Hansen	Fight Network Recharged - Julian Lane	Fight Network Recharged - 'Smokin' Jo Nattawut Part 2
17:30	Lux Fight League 21 Challenge	New Japan Pro Wrestling	Fight Network Recharged - 'Smokin' Jo Nattawut Part 1	New Japan Pro Wrestling	Fight Network Recharged - Matt Bessette	Fight Network Recharged - Julian Lane			
18:00		New Japan Pro Wrestling	Fight Network Recharged - 'Smokin' Jo Nattawut Part 2	New Japan Pro Wrestling	Catalyst Wrestling	Fight Network Recharged - 'Smokin' Jo Nattawut Part 1			
18:30		New Japan Pro Wrestling	Fight Network Recharged - Matt Bessette	IMPACT in 60 - Motor City Machine Guns vs. Generation Me	Dog or Pass Podcast	Fight Network Recharged - 'Smokin' Jo Nattawut Part 2	IMPACT on Spike		
19:00		Diary: Kay Hansen	Diary: Kay Hansen	Diary: Kay Hansen	Diary: Kay Hansen	Diary: Kay Hansen	IMPACT on Spike		
19:30	We Love MMA 55	GLORY Rivals 4	GLORY Rivals 4	New Japan Pro Wrestling	Bare Knuckle Boxing 30	KSW 80: Ruchala vs. Eskiev			
20:00	Retrospective - Simon Marcus Part 2						Classic All-Star Wrestling	IMPACT! Wrestling	IMPACT on Spike
20:30	Fight Network Recharged - Regian Eersel						After The Fight - GLORY 56 Denver	IMPACT! Wrestling	IMPACT on Spike
21:00	Pancrase in 60 - Semmy Schilt	New Japan Pro Wrestling	Diary: Kay Hansen	Retrospective - Rory MacDonald	International Wrestling Syndicate	KSW 80: Ruchala vs. Eskiev			
21:30							Diary: Kay Hansen	Retrospective - Rory MacDonald	IMPACT! Wrestling
22:00	Diary: Kay Hansen	Retrospective - Rory MacDonald	GLORY Rivals 4	New Japan Pro Wrestling	Bare Knuckle Boxing 30	KSW 80: Ruchala vs. Eskiev			
22:30	Retrospective - Simon Marcus Part 2	Classic All-Star Wrestling					IMPACT! Wrestling	IMPACT on Spike	
23:00	Fight Network Recharged - Regian Eersel	After The Fight - GLORY 56 Denver					IMPACT! Wrestling	IMPACT on Spike	
23:30	Lux Fight League 21 Challenge	Judo for the World: Tbilisi Grand Prix 2018	GLORY Rivals 4	New Japan Pro Wrestling	Bare Knuckle Boxing 30	KSW 80: Ruchala vs. Eskiev			
0:00		New Japan Pro Wrestling					Fight Network Recharged - Matt Bessette	IMPACT in 60 - Motor City Machine Guns vs. Generation Me	Dog or Pass Podcast
0:30	Pancrase in 60 - Semmy Schilt	New Japan Pro Wrestling	Diary: Kay Hansen	Retrospective - Rory MacDonald	International Wrestling Syndicate	KSW 80: Ruchala vs. Eskiev			
1:00							Diary: Kay Hansen	Retrospective - Rory MacDonald	IMPACT! Wrestling
1:30	Diary: Kay Hansen	Retrospective - Rory MacDonald	GLORY Rivals 4	New Japan Pro Wrestling	Bare Knuckle Boxing 30	KSW 80: Ruchala vs. Eskiev			
2:00	Retrospective - Simon Marcus Part 2	Classic All-Star Wrestling					IMPACT! Wrestling	IMPACT on Spike	
2:30	Fight Network Recharged - Regian Eersel	After The Fight - GLORY 56 Denver					IMPACT! Wrestling	IMPACT on Spike	
3:00	Lux Fight League 21 Challenge	Judo for the World: Tbilisi Grand Prix 2018	GLORY Rivals 4	New Japan Pro Wrestling	Bare Knuckle Boxing 30	KSW 80: Ruchala vs. Eskiev			
3:30		New Japan Pro Wrestling					Fight Network Recharged - Matt Bessette	IMPACT in 60 - Motor City Machine Guns vs. Generation Me	Dog or Pass Podcast
4:00	Pancrase in 60 - Semmy Schilt	New Japan Pro Wrestling	Diary: Kay Hansen	Retrospective - Rory MacDonald	International Wrestling Syndicate	KSW 80: Ruchala vs. Eskiev			
4:30							Diary: Kay Hansen	Retrospective - Rory MacDonald	IMPACT! Wrestling
5:00	Fight Network Recharged - Julian Lane	Heroes of Lucha Libre	Fight Network Recharged - 'Smokin' Jo Nattawut Part 2	Dog or Pass Podcast	BKFC 33	New Japan Pro Wrestling			
5:30	Fight Network Recharged - 'Smokin' Jo Nattawut Part 1	Heroes of Lucha Libre	After The Fight - GLORY 56 Denver	Diary: Kay Hansen	Fight Network Recharged - 'Smokin' Jo Nattawut Part 2	Fight Network Recharged - Julian Lane	New Japan Pro Wrestling		

Program Grid

Western European Time	MONDAY Sep 25, 2023	TUESDAY Sep 26, 2023	WEDNESDAY Sep 27, 2023	THURSDAY Sep 28, 2023	FRIDAY Sep 29, 2023	SATURDAY Sep 30, 2023	SUNDAY Oct 1, 2023	
6:00	New Japan Pro Wrestling	KSW 80: Ruchala vs. Eskiev	Fight Network Recharged - Andre Soukamhtath	Fight Network Recharged - Chip Moraza Pollard	TNA Legends	KSW 80: Ruchala vs. Eskiev	IMPACT in 60 - Time Machine	
6:30			Diary: Rosemary	Fight Network Recharged - Andre Soukamhtath			New Japan Pro Wrestling	
7:00	New Japan Pro Wrestling		Retrospective - Eric Young	TNA Unfinished Business: Bound For Glory	New Japan Pro Wrestling		New Japan Pro Wrestling	
7:30	IMPACT in 60 - Motor City Machine Guns vs. Generation Me		Heroes of Lucha Libre				Fight Network Recharged - Muay Thai Legends Vol. 1	Fight Network Recharged - Muay Thai Legends Vol. 1
8:00			IMPACT! Wrestling	Fight Network Recharged - Chip Moraza Pollard	Heroes of Lucha Libre		PFL Challenger Series 2022 - Week 5	New Japan Pro Wrestling
8:30	It's Showtime Special	CES MMA 37: Summer Gold		Fight Network Recharged - Muay Thai Legends Vol. 1	New Japan Pro Wrestling	IMPACT! Wrestling	Fight Network Recharged - Andre Soukamhtath	
9:00	Lux Fight League 22 Challenge			Ultimate Strongman 2014 - Masters World Championship	GLORY Rivals 5	New Japan Pro Wrestling	New Japan Pro Wrestling	BKFC 23
9:30				UK's Strongest Man 2019 - Part 5/5		Retrospective - Eric Young	New Japan Pro Wrestling	
10:00	Diary: Kay Hansen	World Armwrestling League	BRAVE Combat 67	Fight Network Recharged - Chris Curtis	IMPACT! Wrestling	New Japan Pro Wrestling	Fight Network Recharged - Muay Thai Legends Vol. 1	
10:30		Fight Network Recharged - Andre Soukamhtath		Pancrase in 60 - UFC Champions		Pancrase in 60 - UFC Champions	PFL Challenger Series 2022 - Week 5	New Japan Pro Wrestling
11:00	Diary: Rosemary	Pancrase in 60 - UFC Champions	Lion Fight 21	Retrospective - Eric Young	IMPACT on Spike	KSW 80: Ruchala vs. Eskiev	New Japan Pro Wrestling	
11:30				Diary: Rosemary				IMPACT on Spike
12:00	We Love MMA 56	BRAVE Combat 67	PFL Challenger Series 2022 - Week 5	IMPACT on Spike	New Japan Pro Wrestling	New Japan Pro Wrestling	IMPACT in 60 - Time Machine	
12:30								Retrospective - Rory MacDonald
13:00	Fight Network Recharged - 'Smokin' Jo Nattawut Part 2	Diary: Rosemary	Fight Network Recharged - Chip Moraza Pollard	Fight Network Recharged - Chris Curtis	Fight Network Recharged - Muay Thai Legends Vol. 1	Fight Network Recharged - Muay Thai Legends Vol. 1	IMPACT! Wrestling	
13:30		Retrospective - Eric Young						Fight Network Recharged - Andre Soukamhtath
14:00	Pancrase in 60 - UFC Champions	New Japan Pro Wrestling	Fight Network Recharged - Chris Curtis	New Japan Pro Wrestling	Catalyst Wrestling	Fight Network Recharged - Andre Soukamhtath	IMPACT on Spike	
14:30								New Japan Pro Wrestling
15:00	After The Fight - GLORY 56 Denver	New Japan Pro Wrestling	Fight Network Recharged - Muay Thai Legends Vol. 1	IMPACT in 60 - Time Machine	Retrospective - Eric Young	Fight Network Recharged - Chris Curtis	IMPACT on Spike	
15:30								Diary: Rosemary
16:00	Pancrase in 60 - UFC Champions	New Japan Pro Wrestling	GLORY Rivals 5	New Japan Pro Wrestling	Bare Knuckle Boxing 31	KSW 80: Ruchala vs. Eskiev	IMPACT on Spike	
16:30								Diary: Rosemary
17:00	Fight Network Recharged - Matt Besette	After The Fight - UFC 228	GLORY Rivals 5	New Japan Pro Wrestling	Bare Knuckle Boxing 31	BKFC 23	New Japan Pro Wrestling	
17:30								Judo for the World: Antalya Grand Prix 2018
18:00	Fight Network Recharged - Chip Moraza Pollard	Heroes of Lucha Libre	Retrospective - Eric Young	Diary: Rosemary	Fight Network Recharged - Chris Curtis	BKFC 23	New Japan Pro Wrestling	
18:30								Retrospective - Eric Young
19:00	IMPACT in 60 - Time Machine	New Japan Pro Wrestling	Diary: Rosemary	Retrospective - Eric Young	New Japan Pro Wrestling	Diary: Rosemary	New Japan Pro Wrestling	
19:30								Diary: Rosemary
20:00	IMPACT in 60 - Time Machine	New Japan Pro Wrestling	GLORY Rivals 5	New Japan Pro Wrestling	Bare Knuckle Boxing 31	BKFC 23	New Japan Pro Wrestling	
20:30								Diary: Rosemary
21:00	Fight Network Recharged - Chip Moraza Pollard	Heroes of Lucha Libre	Retrospective - Eric Young	Diary: Rosemary	Fight Network Recharged - Chris Curtis	BKFC 23	New Japan Pro Wrestling	
21:30								Retrospective - Eric Young
22:00	IMPACT in 60 - Time Machine	New Japan Pro Wrestling	Diary: Rosemary	Retrospective - Eric Young	New Japan Pro Wrestling	Diary: Rosemary	New Japan Pro Wrestling	
22:30								Diary: Rosemary
23:00	After The Fight - GLORY 56 Denver	New Japan Pro Wrestling	Fight Network Recharged - Muay Thai Legends Vol. 1	IMPACT in 60 - Time Machine	Retrospective - Eric Young	Fight Network Recharged - Chris Curtis	IMPACT on Spike	
23:30								Diary: Rosemary
0:00	Pancrase in 60 - UFC Champions	New Japan Pro Wrestling	GLORY Rivals 5	New Japan Pro Wrestling	Bare Knuckle Boxing 31	BKFC 23	New Japan Pro Wrestling	
0:30								Diary: Rosemary
1:00	Fight Network Recharged - Matt Besette	After The Fight - UFC 228	GLORY Rivals 5	New Japan Pro Wrestling	Bare Knuckle Boxing 31	BKFC 23	New Japan Pro Wrestling	
1:30								Judo for the World: Antalya Grand Prix 2018
2:00	Fight Network Recharged - Chip Moraza Pollard	Heroes of Lucha Libre	Retrospective - Eric Young	Diary: Rosemary	Fight Network Recharged - Chris Curtis	BKFC 23	New Japan Pro Wrestling	
2:30								Retrospective - Eric Young
3:00	IMPACT in 60 - Time Machine	New Japan Pro Wrestling	Diary: Rosemary	Retrospective - Eric Young	New Japan Pro Wrestling	Diary: Rosemary	New Japan Pro Wrestling	
3:30								Diary: Rosemary
4:00	After The Fight - GLORY 56 Denver	New Japan Pro Wrestling	Fight Network Recharged - Muay Thai Legends Vol. 1	IMPACT in 60 - Time Machine	Retrospective - Eric Young	Fight Network Recharged - Chris Curtis	IMPACT on Spike	
4:30								Diary: Rosemary
5:00	Pancrase in 60 - UFC Champions	New Japan Pro Wrestling	GLORY Rivals 5	New Japan Pro Wrestling	Bare Knuckle Boxing 31	BKFC 23	New Japan Pro Wrestling	
5:30								Diary: Rosemary