



Program Grid

Eastern	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	Lux Fight League 21 Challenge	Ultimate Strongman 2014 - Team World Championship	CES MMA 36: Andrews vs. Muro	Fight Network Recharged - Julian Lane	New Japan Pro Wrestling	New Japan Pro Wrestling	BKFC 33					
6:30		UK's Strongest Man 2019 - Part 4/5		Fight Network Recharged - 'Smokin' Jo Nattawut Part 1	New Japan Pro Wrestling	KSW 79: De Fries vs. Duffee	Fight Network Recharged - Julian Lane					
7:00		World Armwrestling League		Pancrase in 60 - Semmy Schilt	Fight Network Recharged - Matt Bessette		Fight Network Recharged - 'Smokin' Jo Nattawut Part 2	Fight Network Recharged - 'Smokin' Jo Nattawut Part 2				
7:30				Heroes of Lucha Libre	Lion Fight 38		Pancrase in 60 - Semmy Schilt	New Japan Pro Wrestling	New Japan Pro Wrestling			
8:00		Bare Knuckle Boxing 32		KSW 79: De Fries vs. Duffee		Fight Network Recharged - 'Smokin' Jo Nattawut Part 1	IMPACT on Spike	New Japan Pro Wrestling	ROH Classics			
8:30	Heroes of Lucha Libre		IMPACT on Spike		New Japan Pro Wrestling	New Japan Pro Wrestling						
9:00	Diary: Kay Hansen		Lion Fight 38		IMPACT on Spike	IMPACT on Spike	New Japan Pro Wrestling	New Japan Pro Wrestling				
9:30	Retrospective - Rory MacDonald			IMPACT on Spike					IMPACT on Spike			
10:00	Pancrase in 60 - Semmy Schilt		BRAVE Combat 63	Fight Network Recharged - 'Smokin' Jo Nattawut Part 2	IMPACT on Spike	New Japan Pro Wrestling	Bare Knuckle Boxing 30	IMPACT in 60 - Motor City Machine Guns vs. Generation Me				
10:30		Diary: Trey Miguel						IMPACT on Spike	IMPACT on Spike			
11:00	Fight Network Recharged - Lion Fights Knockouts Part 15	Diary: Kay Hansen	Fight Network Recharged - Julian Lane	IMPACT! Wrestling	IMPACT! Wrestling	IMPACT in 60 - Motor City Machine Guns vs. Generation Me	IMPACT! Wrestling					
11:30	Abu Dhabi Grand Slam London 2018 - Part 3/8	Retrospective - Rory MacDonald	IMPACT on Spike									
12:00	Lux Fight League 21 Challenge	New Japan Pro Wrestling	Fight Network Recharged - 'Smokin' Jo Nattawut Part 1	New Japan Pro Wrestling	Catalyst Wrestling	Fight Network Recharged - 'Smokin' Jo Nattawut Part 1	IMPACT on Spike					
12:30			New Japan Pro Wrestling	Fight Network Recharged - Matt Bessette				New Japan Pro Wrestling				
13:00			New Japan Pro Wrestling	Pancrase in 60 - Semmy Schilt				IMPACT in 60 - Motor City Machine Guns vs. Generation Me	Dog or Pass Podcast	Fight Network Recharged - Matt Bessette		
13:30			Diary: Kay Hansen	Diary: Kay Hansen				IMPACT! Wrestling	Diary: Kay Hansen	KSW 79: De Fries vs. Duffee	IMPACT on Spike	
14:00			Retrospective - Simon Marcus Part 2	Classic All-Star Wrestling								
14:30	Fight Network Recharged - Regian Eersel	Fight Network Recharged - 'Smokin' Jo Nattawut Part 2	CES MMA 36: Andrews vs. Muro	New Japan Pro Wrestling	Bare Knuckle Boxing 30	New Japan Pro Wrestling						
15:00	Fight Network Recharged - Julian Lane	After The Fight - GLORY 56 Denver	Judo for the World: Tbilisi Grand Prix 2018	Dog or Pass Podcast	BKFC 33	New Japan Pro Wrestling						
15:30	Fight Network Recharged - 'Smokin' Jo Nattawut Part 1	Judo for the World: Tbilisi Grand Prix 2018										
16:00	KSW 79: De Fries vs. Duffee	Heroes of Lucha Libre	Lion Fight 38	TNA Legends	KSW 79: De Fries vs. Duffee	IMPACT in 60 - Motor City Machine Guns vs. Generation Me	IMPACT in 60 - Motor City Machine Guns vs. Generation Me					
16:30								Diary: Kay Hansen	Diary: Kay Hansen	IMPACT! Wrestling		
17:00								Retrospective - Simon Marcus Part 2	Classic All-Star Wrestling	IMPACT! Wrestling	IMPACT! Wrestling	
17:30								Fight Network Recharged - Regian Eersel	Fight Network Recharged - 'Smokin' Jo Nattawut Part 2	New Japan Pro Wrestling	Fight Network Recharged - Matt Bessette	IMPACT in 60 - Motor City Machine Guns vs. Generation Me
18:00								Fight Network Recharged - Julian Lane	After The Fight - GLORY 56 Denver	Judo for the World: Tbilisi Grand Prix 2018	Dog or Pass Podcast	BKFC 33
18:30	Fight Network Recharged - Julian Lane	Judo for the World: Tbilisi Grand Prix 2018	Diary: Kay Hansen	Fight Network Recharged - 'Smokin' Jo Nattawut Part 2	Fight Network Recharged - Julian Lane	New Japan Pro Wrestling						
19:00	It's Showtime Special	Diary: Kay Hansen	Fight Network Recharged - Matt Bessette	New Japan Pro Wrestling	IMPACT! Wrestling	New Japan Pro Wrestling	IMPACT! Wrestling					
19:30								Retrospective - Simon Marcus Part 2	Fight Network Recharged - 'Smokin' Jo Nattawut Part 1	Fight Network Recharged - 'Smokin' Jo Nattawut Part 2	Fight Network Recharged - 'Smokin' Jo Nattawut Part 2	
20:00								Diary: Kay Hansen	Diary: Kay Hansen	Fight Network Recharged - Matt Bessette	New Japan Pro Wrestling	
20:30								Retrospective - Simon Marcus Part 2	Classic All-Star Wrestling	Diary: Kay Hansen	IMPACT! Wrestling	
21:00								Fight Network Recharged - Regian Eersel	Fight Network Recharged - 'Smokin' Jo Nattawut Part 2	CES MMA 36: Andrews vs. Muro	New Japan Pro Wrestling	Bare Knuckle Boxing 30
21:30	Fight Network Recharged - Julian Lane	After The Fight - GLORY 56 Denver	Judo for the World: Tbilisi Grand Prix 2018	Dog or Pass Podcast	BKFC 33	New Japan Pro Wrestling						
22:00	It's Showtime Special	Diary: Kay Hansen	Fight Network Recharged - Matt Bessette	New Japan Pro Wrestling	IMPACT! Wrestling	New Japan Pro Wrestling	IMPACT! Wrestling					
22:30								Retrospective - Simon Marcus Part 2	Fight Network Recharged - 'Smokin' Jo Nattawut Part 1	Fight Network Recharged - 'Smokin' Jo Nattawut Part 2	Fight Network Recharged - 'Smokin' Jo Nattawut Part 2	
23:00								Diary: Kay Hansen	Diary: Kay Hansen	Fight Network Recharged - Matt Bessette	New Japan Pro Wrestling	
23:30								Retrospective - Simon Marcus Part 2	Classic All-Star Wrestling	Diary: Kay Hansen	IMPACT! Wrestling	
0:00								Fight Network Recharged - Julian Lane	After The Fight - GLORY 56 Denver	Judo for the World: Tbilisi Grand Prix 2018	Dog or Pass Podcast	BKFC 33
0:30	It's Showtime Special	Diary: Kay Hansen	Fight Network Recharged - Matt Bessette	New Japan Pro Wrestling	IMPACT! Wrestling	New Japan Pro Wrestling	IMPACT! Wrestling					
1:00								Retrospective - Simon Marcus Part 2	Fight Network Recharged - 'Smokin' Jo Nattawut Part 1	Fight Network Recharged - 'Smokin' Jo Nattawut Part 2	Fight Network Recharged - 'Smokin' Jo Nattawut Part 2	
1:30								Diary: Kay Hansen	Diary: Kay Hansen	Fight Network Recharged - Matt Bessette	New Japan Pro Wrestling	
2:00								Retrospective - Simon Marcus Part 2	Classic All-Star Wrestling	Diary: Kay Hansen	IMPACT! Wrestling	
2:30								Fight Network Recharged - Regian Eersel	Fight Network Recharged - 'Smokin' Jo Nattawut Part 2	CES MMA 36: Andrews vs. Muro	New Japan Pro Wrestling	Bare Knuckle Boxing 30
3:00	Fight Network Recharged - Julian Lane	After The Fight - GLORY 56 Denver	Judo for the World: Tbilisi Grand Prix 2018	Dog or Pass Podcast	BKFC 33	New Japan Pro Wrestling						
3:30	It's Showtime Special	Diary: Kay Hansen	Fight Network Recharged - Matt Bessette	New Japan Pro Wrestling	IMPACT! Wrestling	New Japan Pro Wrestling	IMPACT! Wrestling					
4:00								Retrospective - Simon Marcus Part 2	Fight Network Recharged - 'Smokin' Jo Nattawut Part 1	Fight Network Recharged - 'Smokin' Jo Nattawut Part 2	Fight Network Recharged - 'Smokin' Jo Nattawut Part 2	
4:30								Diary: Kay Hansen	Diary: Kay Hansen	Fight Network Recharged - Matt Bessette	New Japan Pro Wrestling	
5:00								Retrospective - Simon Marcus Part 2	Classic All-Star Wrestling	Diary: Kay Hansen	IMPACT! Wrestling	
5:30								Fight Network Recharged - Julian Lane	After The Fight - GLORY 56 Denver	Judo for the World: Tbilisi Grand Prix 2018	Dog or Pass Podcast	BKFC 33



FIGHT NETWORK

Program Grid

Eastern	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	Lux Fight League 22 Challenge	Ultimate Strongman 2014 - Masters World Championship	CES MMA 37: Summer Gold	Fight Network Recharged - Chip Moraza Pollard	New Japan Pro Wrestling	New Japan Pro Wrestling	BKFC 23						
6:30		UK's Strongest Man 2019 - Part 5/5		Retrospective - Eric Young	Fight Network Recharged - Andre Soukamhtath	New Japan Pro Wrestling		KSW 80: Ruchala vs. Eskiev	Diary: Rosemary				
7:00					World Armwrestling League	Pancrase in 60 - UFC Champions			Fight Network Recharged - Muay Thai Legends Vol. 1	Fight Network Recharged - Chris Curtis			
7:30		Diary: Kay Hansen	Heroes of Lucha Libre	Lion Fight 21		Pancrase in 60 - UFC Champions			New Japan Pro Wrestling	New Japan Pro Wrestling			
8:00					Retrospective - Eric Young			Fight Network Recharged - Chris Curtis			ROH Classics		
8:30	Bare Knuckle Boxing 33	KSW 80: Ruchala vs. Eskiev	Heroes of Lucha Libre	Lion Fight 21	IMPACT on Spike	New Japan Pro Wrestling	New Japan Pro Wrestling						
9:00			Heroes of Lucha Libre					Pancrase in 60 - UFC Champions	New Japan Pro Wrestling	New Japan Pro Wrestling			
9:30			Fight Network Recharged - Andre Soukamhtath								IMPACT on Spike	New Japan Pro Wrestling	New Japan Pro Wrestling
10:00		Diary: Rosemary	Lion Fight 21					IMPACT on Spike	New Japan Pro Wrestling	New Japan Pro Wrestling			
10:30													
11:00	Pancrase in 60 - UFC Champions	BRAVE Combat 64	Lion Fight 21	IMPACT on Spike	IMPACT on Spike	New Japan Pro Wrestling	New Japan Pro Wrestling						
11:30								Diary: Rosemary	Fight Network Recharged - Chip Moraza Pollard	IMPACT on Spike	New Japan Pro Wrestling	New Japan Pro Wrestling	
12:00													Retrospective - Eric Young
12:30								Diary: Rosemary	IMPACT on Spike	New Japan Pro Wrestling	New Japan Pro Wrestling		
13:00												We Love MMA 56	Fight Network Recharged - Chris Curtis
13:30	Diary: Kay Hansen	IMPACT on Spike	New Japan Pro Wrestling	IMPACT! Wrestling	IMPACT! Wrestling								
14:00						Diary: Rosemary	Fight Network Recharged - Chip Moraza Pollard	IMPACT on Spike	New Japan Pro Wrestling	IMPACT in 60 - Time Machine	IMPACT! Wrestling		
14:30	Retrospective - Eric Young	IMPACT on Spike	New Japan Pro Wrestling	IMPACT in 60 - Time Machine	IMPACT! Wrestling								
15:00						Lux Fight League 22 Challenge	New Japan Pro Wrestling	Fight Network Recharged - Andre Soukamhtath	New Japan Pro Wrestling	Catalyst Wrestling	Fight Network Recharged - Andre Soukamhtath	IMPACT on Spike	
15:30	Diary: Rosemary	New Japan Pro Wrestling	New Japan Pro Wrestling	Dog or Pass Podcast	Fight Network Recharged - Muay Thai Legends Vol. 1								
16:00													Retrospective - Eric Young
16:30	Diary: Rosemary	New Japan Pro Wrestling	New Japan Pro Wrestling	Dog or Pass Podcast	Fight Network Recharged - Muay Thai Legends Vol. 1								
17:00													After The Fight - GLORY 56 Denver
17:30	Diary: Rosemary	New Japan Pro Wrestling	New Japan Pro Wrestling	IMPACT! Wrestling	International Wrestling Syndicate	KSW 80: Ruchala vs. Eskiev							
18:00							Fight Network Recharged - Matt Besette	Fight Network Recharged - Chris Curtis	CES MMA 37: Summer Gold	New Japan Pro Wrestling	Bare Knuckle Boxing 31	New Japan Pro Wrestling	
18:30	After The Fight - UFC 228	Judo for the World: Antalya Grand Prix 2018	After The Fight - UFC 228	Dog or Pass Podcast	Bare Knuckle Boxing 31	New Japan Pro Wrestling							
19:00							Retrospective - Rory MacDonald	New Japan Pro Wrestling	Pancrase in 60 - UFC Champions	IMPACT in 60 - Time Machine	New Japan Pro Wrestling	New Japan Pro Wrestling	
19:30	Diary: Rosemary	New Japan Pro Wrestling	New Japan Pro Wrestling	IMPACT in 60 - Time Machine	New Japan Pro Wrestling	New Japan Pro Wrestling							
20:00							Pancrase in 60 - UFC Champions	New Japan Pro Wrestling	Diary: Rosemary	IMPACT! Wrestling	International Wrestling Syndicate	KSW 80: Ruchala vs. Eskiev	IMPACT on Spike
20:30	Diary: Rosemary	New Japan Pro Wrestling	Retrospective - Eric Young	IMPACT! Wrestling	International Wrestling Syndicate	KSW 80: Ruchala vs. Eskiev							
21:00							Diary: Rosemary	New Japan Pro Wrestling	CES MMA 37: Summer Gold	New Japan Pro Wrestling	Bare Knuckle Boxing 31	New Japan Pro Wrestling	
21:30	After The Fight - GLORY 56 Denver	Classic All-Star Wrestling	CES MMA 37: Summer Gold	New Japan Pro Wrestling	Bare Knuckle Boxing 31	New Japan Pro Wrestling							
22:00							Fight Network Recharged - Chip Moraza Pollard	Judo for the World: Antalya Grand Prix 2018	After The Fight - UFC 228	Dog or Pass Podcast	Bare Knuckle Boxing 31	New Japan Pro Wrestling	
22:30	Diary: Rosemary	New Japan Pro Wrestling	New Japan Pro Wrestling	Dog or Pass Podcast	Bare Knuckle Boxing 31	New Japan Pro Wrestling							
23:00							Fight Network Recharged - Andre Soukamhtath	Heroes of Lucha Libre	Fight Network Recharged - Muay Thai Legends Vol. 1	Diary: Rosemary	Fight Network Recharged - Chris Curtis	New Japan Pro Wrestling	
23:30	Retrospective - Eric Young	New Japan Pro Wrestling	New Japan Pro Wrestling	Diary: Rosemary	Fight Network Recharged - Chris Curtis	New Japan Pro Wrestling							
0:00							Heroes of Lucha Libre	Lion Fight 21	TNA Legends	KSW 80: Ruchala vs. Eskiev	International Wrestling Syndicate	New Japan Pro Wrestling	
0:30	Diary: Rosemary	Lion Fight 21	TNA Legends	KSW 80: Ruchala vs. Eskiev	International Wrestling Syndicate	New Japan Pro Wrestling							
1:00							Heroes of Lucha Libre	Lion Fight 21	TNA Legends	KSW 80: Ruchala vs. Eskiev	International Wrestling Syndicate	New Japan Pro Wrestling	
1:30	Diary: Rosemary	Lion Fight 21	TNA Legends	KSW 80: Ruchala vs. Eskiev	International Wrestling Syndicate	New Japan Pro Wrestling							
2:00							KSW 80: Ruchala vs. Eskiev	ROH Classics	Lion Fight 21	TNA Unfinished Business: Bound For Glory	IMPACT in 60 - Time Machine	New Japan Pro Wrestling	
2:30	Fight Network Recharged - Chip Moraza Pollard	New Japan Pro Wrestling	TNA Unfinished Business: Bound For Glory	IMPACT in 60 - Time Machine	New Japan Pro Wrestling								
3:00						Retrospective - Rory MacDonald	Fight Network Recharged - Andre Soukamhtath	Fight Network Recharged - Chris Curtis	New Japan Pro Wrestling	Fight Network Recharged - Muay Thai Legends Vol. 1	IMPACT in 60 - Time Machine		
3:30	Diary: Rosemary	New Japan Pro Wrestling	New Japan Pro Wrestling	IMPACT! Wrestling	IMPACT! Wrestling								
4:00						It's Showtime Special	Diary: Rosemary	Fight Network Recharged - Muay Thai Legends Vol. 1	New Japan Pro Wrestling	IMPACT! Wrestling	IMPACT! Wrestling		
4:30	Retrospective - Eric Young	New Japan Pro Wrestling	New Japan Pro Wrestling	IMPACT! Wrestling	IMPACT! Wrestling								
5:00						Diary: Rosemary	New Japan Pro Wrestling	New Japan Pro Wrestling	IMPACT! Wrestling	IMPACT! Wrestling			
5:30	Retrospective - Eric Young	New Japan Pro Wrestling	New Japan Pro Wrestling	IMPACT! Wrestling	IMPACT! Wrestling								