

Western European Time	MONDAY Mar 16, 2026	TUESDAY Mar 17, 2026	WEDNESDAY Mar 18, 2026	THURSDAY Mar 19, 2026	FRIDAY Mar 20, 2026	SATURDAY Mar 21, 2026	SUNDAY Mar 22, 2026
6:00	PFL Vault	Retrospective - Eric Young	BYB: Bare Knuckle Brawls - BYB Welterweight Championship; Guerra vs. Shaffer	Heroes of Lucha Libre	PFL Vault	Bellator 232	IMPACT in 60 - Clockwork Orange House of Fun
6:30		After The Fight - UFC 231					
7:00	PFL Vault	Diary: Jordynne Grace	PFL Vault	Heroes of Lucha Libre	PFL Vault	Untold Story of Simon "The One" Marcus: The	IMPACT in 60 - X-Division Championship
7:30		Immersed - Cody Deaner: Part 1					
8:00	Pancrase in 60 - Jason DeLucia	Fight Network Recharged - Malaipet Sasiprapa Part 2	PFL Vault	Ultimate Strongman 2017 - The Battle of Britain	WSOF 12: Palomino vs. Gonzalez	Fight Network Recharged - Women of Muay Thai	Ultimate Strongman 2017 - The Battle of Britain
8:30							
9:00	Fight Network Recharged - Yodsanklai Fairtex	Fight Network Recharged - Women of Muay Thai	Fight Network Recharged - Malaipet Sasiprapa Part 2	UK's Strongest Man 2013 - Part 5/5	WSOF 12: Palomino vs. Gonzalez	Fight Network Recharged - Nick Chasteen	UK's Strongest Man 2013 - Part 5/5
9:30							
10:00	Fight Network Recharged - Canadian Muay Thai	Fight Network Recharged - Nick Chasteen	Fight Network Recharged - Women of Muay Thai	World Armwrestling League	WSOF 12: Palomino vs. Gonzalez	Fight Network Recharged - Gaston Bolanos Part 2	Fight Network Recharged - Malaipet Sasiprapa Part 2
10:30							
11:00	Fight Network Recharged - Cosmo Alexandre	Fight Network Recharged - Gaston Bolanos Part 2	Fight Network Recharged - Nick Chasteen	Retrospective - Eric Young	Diary: Jordynne Grace	PFL Vault	Fight Network Recharged - Women of Muay Thai
11:30				After The Fight - UFC 231	Immersed - Cody Deaner: Part 1		
12:00	Fight Network Recharged - Malaipet Sasiprapa Part 1	Abu Dhabi Grand Slam UAE 2019 Part 7/10	Fight Network Recharged - Gaston Bolanos Part 2	Diary: Jordynne Grace	Retrospective - Eric Young	Fight Network Recharged - Malaipet Sasiprapa Part 2	Fight Network Recharged - Nick Chasteen
12:30				Immersed - Cody Deaner: Part 1	Tristar Stories - Calderwood and Duffy		
13:00	IJF 2026: Paris Grand Slam Part 1/4	IJF 2026: Paris Grand Slam Part 3/4	IJF 2026: IJF Tashkent Grand Slam Part 1/6	IJF 2026: IJF Tashkent Grand Slam Part 3/6	IJF Tbilisi Grand Slam Day 1 LIVE!	IJF Tbilisi Grand Slam Day 2 LIVE!	IJF Tbilisi Grand Slam Day 3 LIVE!
13:30							
14:00	IJF 2026: Paris Grand Slam Part 2/4	IJF 2026: Paris Grand Slam Part 4/4	IJF 2026: IJF Tashkent Grand Slam Part 2/6	IJF 2026: IJF Tashkent Grand Slam Part 4/6	IJF Tbilisi Grand Slam Day 1 LIVE!	IJF Tbilisi Grand Slam Day 2 LIVE!	IJF Tbilisi Grand Slam Day 3 LIVE!
14:30							
15:00	PGF Documentaries	Pancrase in 60 - Ricardo Almeida	Tristar Stories - Calderwood and Duffy	PFL Vault	Bumps & Bites	Pancrase in 60 - Ricardo Almeida	Tristar Stories - Calderwood and Duffy
15:30			Bumps & Bites				
16:00	Pro Grapplers Federation	PFL Vault	PFL Vault	PFL Vault	PFL Vault	IMPACT in 60 - Clockwork Orange House of Fun	Diary: Jordynne Grace
16:30							Immersed - Cody Deaner: Part 1
17:00	Untold Story of Simon "The One" Marcus: The	Bumps & Bites	After The Fight - UFC 231	Diary: Jordynne Grace	Bellator 225	IMPACT in 60 - X-Division Championship	Bellator 232
17:30	Tristar Stories - Calderwood and Duffy	Diary: Jordynne Grace	Immersed - Cody Deaner: Part 1	Retrospective - Eric Young			
18:00	Fight Network Recharged - Malaipet Sasiprapa Part 2	Retrospective - Eric Young	IMPACT on Spike S8	PFL Vault	Bellator 232	Tristar Stories - Calderwood and Duffy	Bumps & Bites
18:30		After The Fight - UFC 231				Retrospective - Eric Young	
19:00	Fight Network Recharged - Women of Muay Thai	WSOF 7: Karakhanyan vs. Palmer	IMPACT on Spike S8	Bellator 232	PFL Vault	Diary: Jordynne Grace	PFL Vault
19:30						Immersed - Cody Deaner: Part 1	
20:00	Fight Network Recharged - Nick Chasteen	WSOF 7: Karakhanyan vs. Palmer	IMPACT on Spike S8	Bumps & Bites	TNA iMPACT! S26	Bellator 225	PFL Vault
20:30				PFL Vault			
21:00	Fight Network Recharged - Gaston Bolanos Part 2	WSOF 7: Karakhanyan vs. Palmer	IMPACT on Spike S8	PFL Vault	TNA iMPACT! S26	Bellator 225	PFL Vault
21:30				PFL Vault			
22:00	PFL Vault	PFL Vault	PFL Vault	PFL Vault	PFL Vault	PFL Vault	PFL Vault
22:30							
23:00	Pancrase in 60 - Ricardo Almeida	Bellator 276: Borics vs. Burnell	Pancrase in 60 - Ricardo Almeida	After The Fight - UFC 231	Fight Network Recharged - Malaipet Sasiprapa Part 2	Bare Knuckle Boxing 37	WSOF 7: Karakhanyan vs. Palmer
23:30			IMPACT in 60 - Clockwork Orange House of Fun	Immersed - Cody Deaner: Part 1			
0:00	Retrospective - Eric Young	Bellator 276: Borics vs. Burnell	IMPACT in 60 - Clockwork Orange House of Fun	BKFC 36	Fight Network Recharged - Women of Muay Thai	Bare Knuckle Boxing 37	WSOF 7: Karakhanyan vs. Palmer
0:30	After The Fight - UFC 231						
1:00	Diary: Jordynne Grace	Bellator 276: Borics vs. Burnell	IMPACT in 60 - X-Division Championship	BKFC Ice Wars 2: River Cree Rumble	Fight Network Recharged - Nick Chasteen	Bare Knuckle Boxing 37	WSOF 7: Karakhanyan vs. Palmer
1:30	Immersed - Cody Deaner: Part 1						
2:00	Carjitsu Championship	PFL Vault	TNA iMPACT! S26	BKFC Ice Wars 2: River Cree Rumble	Fight Network Recharged - Gaston Bolanos Part 2	PFL Vault	PFL Vault
2:30							
3:00	SlapFIGHT Championship	BYB 34	TNA iMPACT! S26	BKFC 16: Garcia vs. Elmore	BYB: Bare Knuckle Brawls - BYB's London Debut: Driver vs. Dreiling	PFL Vault	BYB: Bare Knuckle Brawls - BYB's London Debut: Driver vs. Dreiling
3:30							
4:00	PFL Vault	BYB 34	International Wrestling Syndicate	Dog or Pass Podcast	PFL Vault	PFL Vault	PFL Vault
4:30			Classic All-Star Wrestling				
5:00	Pancrase in 60 - Ricardo Almeida	BYB 34	ROH Classics	Bumps & Bites	TNA Xplosion	PFL Vault	PFL Vault
5:30			Immersed - Cody Deaner: Part 1	Tristar Stories - Calderwood and Duffy			

Western European Time	MONDAY Mar 23, 2026	TUESDAY Mar 24, 2026	WEDNESDAY Mar 25, 2026	THURSDAY Mar 26, 2026	FRIDAY Mar 27, 2026	SATURDAY Mar 28, 2026	SUNDAY Mar 29, 2026
6:00	PFL Vault	Retrospective - Miesha Tate	BYB: Bare Knuckle Brawls - BYB's London Debut: Driver vs. Dreiling	Heroes of Lucha Libre	PFL Vault	Bellator 222	IMPACT in 60 - Holiday Edition
6:30		After The Fight - Fight Night Lethbridge					
7:00	PFL Vault	Diary: Rosemary	PFL Vault	Heroes of Lucha Libre	PFL Vault		IMPACT in 60 - Beer Money
7:30		Immersed - Cody Deaner: Part 2					
8:00	Pancrase in 60 - Ricardo Almeida	Fight Network Recharged - Chris Curtis Part 2	PFL Vault	Ultimate Strongman 2018 - Team World Championship	WSOF 13: Moraes vs. Bollinger	Fight Network Recharged - French Muay Thai	Ultimate Strongman 2018 - Team World Championship
8:30				UK's Strongest Man 2014			
9:00	Fight Network Recharged - Malaipet Sasiprapa Part 2	Fight Network Recharged - French Muay Thai	Fight Network Recharged - Chris Curtis Part 2	UK's Strongest Man 2014		Fight Network Recharged - 'Smokin' Joe Nattawut Part 3	UK's Strongest Man 2014
9:30	Fight Network Recharged - Women of Muay Thai	Fight Network Recharged - 'Smokin' Joe Nattawut Part 3	Fight Network Recharged - French Muay Thai	World Armwrestling League			
10:00	Fight Network Recharged - Nick Chasteen	Fight Network Recharged - Jorina Baars	Fight Network Recharged - 'Smokin' Joe Nattawut Part 3	Retrospective - Miesha Tate	Diary: Rosemary	PFL Vault	Diary: Rosemary
11:00				After The Fight - Fight Night Lethbridge	Immersed - Cody Deaner: Part 2		Immersed - Cody Deaner: Part 2
11:30	Fight Network Recharged - Gaston Bolanos Part 2	Abu Dhabi Grand Slam UAE 2019 Part 8/10	Fight Network Recharged - Jorina Baars	Diary: Rosemary	Retrospective - Miesha Tate	Fight Network Recharged - Chris Curtis Part 2	Bellator 281: MVP vs. Storley
12:00				Immersed - Cody Deaner: Part 2	Tristar Stories - A Day with Firas Zahabi		
12:30	IJF 2026: IJF Tashkent Grand Slam Part 5/6	IJF 2025: Abu Dhabi Grand Slam Part 1/6	IJF 2025: Abu Dhabi Grand Slam Part 3/6	IJF 2025: Abu Dhabi Grand Slam Part 5/6	IJF 2025: Tokyo Grand Slam Part 1/4	Fight Network Recharged - French Muay Thai	Bellator 281: MVP vs. Storley
13:00							
13:30	PGF Documentaries	Pancrase in 60 - First Round Submissions	Tristar Stories - A Day with Firas Zahabi	PFL Vault	PFL Vault	Pancrase in 60 - First Round Submissions	Retrospective - Miesha Tate
15:00			Bumps & Bites				Tristar Stories - A Day with Firas Zahabi
15:30	Pro Grapplers Federation	PFL Vault	PFL Vault	PFL Vault	PFL Vault	IMPACT in 60 - Holiday Edition	Diary: Rosemary
16:00							Immersed - Cody Deaner: Part 1
16:30	Tristar Stories - A Day with Firas Zahabi	Diary: Rosemary	Immersed - Cody Deaner: Part 2	Retrospective - Miesha Tate	Bellator 221	IMPACT in 60 - Beer Money	Diary: Rosemary
17:00							Fight Network Recharged - Chris Curtis Part 2
17:30	Fight Network Recharged - French Muay Thai	Bellator 281: MVP vs. Storley	IMPACT on Spike S8	Bellator 222	IMPACT in 60 - Beer Money	Diary: Rosemary	Bellator 296: Mousasi vs. Edwards
18:00							
18:30	Fight Network Recharged - 'Smokin' Joe Nattawut Part 3	Bellator 281: MVP vs. Storley	IMPACT on Spike S8	Bellator 222	IMPACT in 60 - Beer Money	Immersed - Cody Deaner: Part 2	PFL Vault
19:00							
19:30	Fight Network Recharged - Jorina Baars	Bellator 281: MVP vs. Storley	IMPACT on Spike S8	PFL Vault	TNA iMPACT! S26	Bellator 221	PFL Vault
20:00							
20:30	PFL Vault	PFL Vault	PFL Vault	PFL Vault	PFL Vault	PFL Vault	Bare Knuckle Boxing 38
21:00							
21:30	Pancrase in 60 - First Round Submissions	Bellator 296: Mousasi vs. Edwards	Pancrase in 60 - First Round Submissions	After The Fight - Fight Night Lethbridge	Fight Network Recharged - Chris Curtis Part 2	PFL Vault	Bellator 222
22:00				Immersed - Cody Deaner: Part 2			
22:30	Retrospective - Miesha Tate	Bellator 296: Mousasi vs. Edwards	IMPACT in 60 - Holiday Edition	BKFC 39	Fight Network Recharged - French Muay Thai	TAWF Preseason Game 2 LIVE!	Bellator 222
0:00							
0:30	Diary: Rosemary	Bellator 296: Mousasi vs. Edwards	IMPACT in 60 - Beer Money	BKFC 59	Fight Network Recharged - 'Smokin' Joe Nattawut Part 3	TAWF Preseason Game 2 LIVE!	PFL Vault
1:00							
1:30	CarJitsu Championship	PFL Vault	TNA iMPACT! S26	BKFC Ice Wars 3: Bare Knuckle Brawls	Fight Network Recharged - Jorina Baars	TAWF Preseason Game 2 LIVE!	PFL Vault
2:00							
2:30	SlapFIGHT Championship	BYB 35	International Wrestling Syndicate	BKFC 59	Dog or Pass Podcast	PFL Vault	PFL Vault
3:00							
3:30	Pancrase in 60 - First Round Submissions	PFL Vault	ROH Classics	Bumps & Bites	Tristar Stories - A Day with Firas Zahabi	TNA Xplosion	PFL Vault
4:00				Immersed - Cody Deaner: Part 2			
4:30	Pancrase in 60 - First Round Submissions	PFL Vault	ROH Classics	Immersed - Cody Deaner: Part 2	Tristar Stories - A Day with Firas Zahabi	TNA Xplosion	PFL Vault
5:00							
5:30							