



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	Bare Knuckle Boxing 21	Ultimate Strongman 2016 - World Championship	CES MMA 52: Norwood vs. Wells	Fight Network Recharged - Nate Andrews Vol. 1	New Japan Pro Wrestling - New Beginning: Naito vs. Taichi	ROH Classics	BKFC Fight Night: Montana						
6:30		UK's Strongest Man 2020 - Part 4/5		World Armwrestling League	Fight Network Recharged - Greg Rebello			New Japan Pro Wrestling - New Beginning: Tanahashi vs White					
7:00					We Love MMA 57	Lion Fight 22		Pancrase in 60 - Ken Shamrock	IMPACT on Spike	New Japan Pro Wrestling - New Beginning: EVIL vs. Sabre Jr.			
7:30		KSW 58: Parnasse vs. Torres		Fight Network Recharged - Super Submissions Vol. 1									
8:00											Retrospective - Valentina Shevchenko Part 2	IMPACT on Spike	
8:30		ROH Classics											
9:00	Fight Network Recharged - Ky Hollenbeck	We Love MMA 57	Lion Fight 22	Lion Fight 22	Pancrase in 60 - Ken Shamrock	New Japan Pro Wrestling - New Beginning: Tanahashi/Okada vs. White/Fale	New Japan Pro Wrestling - New Beginning: Naito vs. Taichi						
9:30	Lux Fight League 14 Challenge							Abu Dhabi Grand Slam Rio 2018 - Part 2/8	Retrospective - Valentina Shevchenko Part 2	IMPACT on Spike			
10:00											Longest Layoff	New Japan Pro Wrestling - New Beginning: Naito vs. Taichi	
10:30	Boxing World Weekly							New Japan Pro Wrestling - New Beginning: Tanahashi/Okada vs. White/Fale					
11:00	Pancrase in 60 - Ken Shamrock								BRAVE Combat 58 Prelims	Lion Fight 22	IMPACT on Spike	IMPACT on Spike	New Japan Pro Wrestling - Wrestle Kingdom 17: Keiji Mutoh's NJPW Finale
11:30								CAGE 52					
12:00	Diary - Destiny: Alexander vs. Bailey	Fight Network Recharged - Nate Andrews Vol. 1	TNA Greatest Matches	Diary - Destiny: Alexander vs. Bailey	Fight Network Recharged - Super Submissions Vol. 1	IMPACT! Wrestling							
12:30							Retrospective - Valentina Shevchenko Part 1	New Japan Pro Wrestling - New Beginning: EVIL vs. Sabre Jr.	Fight Network Recharged - Greg Rebello	Boxing World Weekly	IMPACT on Spike		
13:00	New Japan Pro Wrestling - New Beginning: EVIL vs. Sabre Jr.	Fight Network Recharged - Greg Rebello	New Japan Pro Wrestling - New Beginning: Naito vs. Taichi	Fight Network Recharged - Super Submissions Vol. 1	KSW 58: Parnasse vs. Torres	IMPACT on Spike							
13:30							New Japan Pro Wrestling - New Beginning: Tanahashi/Okada vs. White/Fale	Fight Network Recharged - Super Submissions Vol. 1	New Japan Pro Wrestling - New Beginning: Tanahashi vs White	Catalyst Wrestling	Retrospective - Valentina Shevchenko Part 2		
14:00	New Japan Pro Wrestling - New Beginning: Naito vs. Taichi	Pancrase in 60 - Ken Shamrock	IMPACT in 60 - The North	Fight Network Recharged - Nate Andrews Vol. 1	After The Fight - GLORY 55 New York	IMPACT on Spike							
14:30							Lux Fight League 14 Challenge	New Japan Pro Wrestling - New Beginning: Tanahashi vs White	Boxing World Weekly	International Wrestling Syndicate	Longest Layoff	BKFC Fight Night: Montana	
15:00	Retrospective - Valentina Shevchenko Part 2	Classic All-Star Wrestling	IMPACT! Wrestling	KSW 58: Parnasse vs. Torres	Lux Fight League 12								
15:30						Fight Network Recharged - First Round KO's	CES MMA 52: Norwood vs. Wells	New Japan Pro Wrestling - Wrestle Kingdom 17: Keiji Mutoh's NJPW Finale	KSW 58: Parnasse vs. Torres	New Japan Pro Wrestling - New Beginning: EVIL vs. Sabre Jr.			
16:00	After The Fight - GLORY 55 New York	Judo for the World: Dusseldorf Grand Slam	IMPACT on Spike	Diary - Destiny: Alexander vs. Bailey	BKFC Fight Night: Montana								
16:30						Heroes of Lucha Libre	Fight Network Recharged - Super Submissions Vol. 1	IMPACT on Spike	Fight Network Recharged - First Round KO's	New Japan Pro Wrestling - New Beginning: Tanahashi/Okada vs. White/Fale			
17:00	Heroes of Lucha Libre	Fight Network Recharged - Super Submissions Vol. 1	IMPACT on Spike	Fight Network Recharged - First Round KO's	New Japan Pro Wrestling - New Beginning: Naito vs. Taichi								
17:30						Heroes of Lucha Libre	Fight Network Recharged - Super Submissions Vol. 1	IMPACT on Spike	Fight Network Recharged - First Round KO's	New Japan Pro Wrestling - New Beginning: Naito vs. Taichi			
18:00	Heroes of Lucha Libre	Fight Network Recharged - Super Submissions Vol. 1	IMPACT on Spike	Fight Network Recharged - First Round KO's	New Japan Pro Wrestling - New Beginning: Naito vs. Taichi								
18:30						Heroes of Lucha Libre	Fight Network Recharged - Super Submissions Vol. 1	IMPACT on Spike	Fight Network Recharged - First Round KO's	New Japan Pro Wrestling - New Beginning: Naito vs. Taichi			
19:00	Heroes of Lucha Libre	Fight Network Recharged - Super Submissions Vol. 1	IMPACT on Spike	Fight Network Recharged - First Round KO's	New Japan Pro Wrestling - New Beginning: Naito vs. Taichi								
19:30						Heroes of Lucha Libre	Fight Network Recharged - Super Submissions Vol. 1	IMPACT on Spike	Fight Network Recharged - First Round KO's	New Japan Pro Wrestling - New Beginning: Naito vs. Taichi			
20:00	Heroes of Lucha Libre	Fight Network Recharged - Super Submissions Vol. 1	IMPACT on Spike	Fight Network Recharged - First Round KO's	New Japan Pro Wrestling - New Beginning: Naito vs. Taichi								
20:30						Heroes of Lucha Libre	Fight Network Recharged - Super Submissions Vol. 1	IMPACT on Spike	Fight Network Recharged - First Round KO's	New Japan Pro Wrestling - New Beginning: Naito vs. Taichi			
21:00	Heroes of Lucha Libre	Fight Network Recharged - Super Submissions Vol. 1	IMPACT on Spike	Fight Network Recharged - First Round KO's	New Japan Pro Wrestling - New Beginning: Naito vs. Taichi								
21:30						Heroes of Lucha Libre	Fight Network Recharged - Super Submissions Vol. 1	IMPACT on Spike	Fight Network Recharged - First Round KO's	New Japan Pro Wrestling - New Beginning: Naito vs. Taichi			
22:00	Heroes of Lucha Libre	Fight Network Recharged - Super Submissions Vol. 1	IMPACT on Spike	Fight Network Recharged - First Round KO's	New Japan Pro Wrestling - New Beginning: Naito vs. Taichi								
22:30						Heroes of Lucha Libre	Fight Network Recharged - Super Submissions Vol. 1	IMPACT on Spike	Fight Network Recharged - First Round KO's	New Japan Pro Wrestling - New Beginning: Naito vs. Taichi			
23:00	Heroes of Lucha Libre	Fight Network Recharged - Super Submissions Vol. 1	IMPACT on Spike	Fight Network Recharged - First Round KO's	New Japan Pro Wrestling - New Beginning: Naito vs. Taichi								
23:30						Heroes of Lucha Libre	Fight Network Recharged - Super Submissions Vol. 1	IMPACT on Spike	Fight Network Recharged - First Round KO's	New Japan Pro Wrestling - New Beginning: Naito vs. Taichi			
0:00	Heroes of Lucha Libre	Fight Network Recharged - Super Submissions Vol. 1	IMPACT on Spike	Fight Network Recharged - First Round KO's	New Japan Pro Wrestling - New Beginning: Naito vs. Taichi								
0:30						Heroes of Lucha Libre	Fight Network Recharged - Super Submissions Vol. 1	IMPACT on Spike	Fight Network Recharged - First Round KO's	New Japan Pro Wrestling - New Beginning: Naito vs. Taichi			
1:00	Heroes of Lucha Libre	Fight Network Recharged - Super Submissions Vol. 1	IMPACT on Spike	Fight Network Recharged - First Round KO's	New Japan Pro Wrestling - New Beginning: Naito vs. Taichi								
1:30						Heroes of Lucha Libre	Fight Network Recharged - Super Submissions Vol. 1	IMPACT on Spike	Fight Network Recharged - First Round KO's	New Japan Pro Wrestling - New Beginning: Naito vs. Taichi			
2:00	Heroes of Lucha Libre	Fight Network Recharged - Super Submissions Vol. 1	IMPACT on Spike	Fight Network Recharged - First Round KO's	New Japan Pro Wrestling - New Beginning: Naito vs. Taichi								
2:30						Heroes of Lucha Libre	Fight Network Recharged - Super Submissions Vol. 1	IMPACT on Spike	Fight Network Recharged - First Round KO's	New Japan Pro Wrestling - New Beginning: Naito vs. Taichi			
3:00	Heroes of Lucha Libre	Fight Network Recharged - Super Submissions Vol. 1	IMPACT on Spike	Fight Network Recharged - First Round KO's	New Japan Pro Wrestling - New Beginning: Naito vs. Taichi								
3:30						Heroes of Lucha Libre	Fight Network Recharged - Super Submissions Vol. 1	IMPACT on Spike	Fight Network Recharged - First Round KO's	New Japan Pro Wrestling - New Beginning: Naito vs. Taichi			
4:00	Heroes of Lucha Libre	Fight Network Recharged - Super Submissions Vol. 1	IMPACT on Spike	Fight Network Recharged - First Round KO's	New Japan Pro Wrestling - New Beginning: Naito vs. Taichi								
4:30						Heroes of Lucha Libre	Fight Network Recharged - Super Submissions Vol. 1	IMPACT on Spike	Fight Network Recharged - First Round KO's	New Japan Pro Wrestling - New Beginning: Naito vs. Taichi			
5:00	Heroes of Lucha Libre	Fight Network Recharged - Super Submissions Vol. 1	IMPACT on Spike	Fight Network Recharged - First Round KO's	New Japan Pro Wrestling - New Beginning: Naito vs. Taichi								
5:30						Heroes of Lucha Libre	Fight Network Recharged - Super Submissions Vol. 1	IMPACT on Spike	Fight Network Recharged - First Round KO's	New Japan Pro Wrestling - New Beginning: Naito vs. Taichi			



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	Bare Knuckle Boxing 22	Ultimate Strongman 2016 - The Next Generation	CES MMA 53: Gravely vs. Nordby	Fight Network Recharged - Super Submissions Vol. 2	New Japan Pro Wrestling - 47th Anniversary: Ishimori vs. Liger	ROH Classics	BKFC Fight Night: Wichita						
6:30				Fight Network Recharged - Super Submissions Vol. 3									
7:00		UK's Strongest Man 2021 - Part 2/5		Pancrase in 60 - Frank Shamrock	New Japan Pro Wrestling - NJ Cup 19: First Round	Bare Knuckle Boxing: Lockdown 2		Fight Network Recharged - Super Submissions Vol. 4					
7:30		World Armwrestling League											
8:00				We Love MMA 59	Fight Network Recharged - Super Submissions Vol. 2	Lion Fight 23		Pancrase in 60 - Frank Shamrock	New Japan Pro Wrestling - 47th Anniversary: White vs. Ospreay	Fight Network Recharged - Super Submissions Vol. 4	New Japan Pro Wrestling - New Beginning: Okada vs. Fale		
8:30	Fight Network Recharged - Super Submissions Vol. 3	Bridgerweight: The Needed Addition	Boxing World Weekly				New Japan Pro Wrestling - 47th Anniversary: Ishimori vs. Liger					New Japan Pro Wrestling - 47th Anniversary: White vs. Ospreay	
9:00	Lux Fight League 15 Challenge	Abu Dhabi Grand Slam Rio 2018 - Part 3/8	Lion Fight 23	Retrospective - Simon Marcus Part 2	IMPACT on Spike	New Japan Pro Wrestling - NJ Cup 19: First Round	New Japan Pro Wrestling - 47th Anniversary: Ishimori vs. Liger						
9:30				Fight Network Recharged - Super Submissions Vol. 4				IMPACT on Spike	IMPACT on Spike	New Japan Pro Wrestling - NJ Cup 19: First Round			
10:00	CAGE 53	BRAVE Combat 56	Lion Fight 23	TNA Epics	New Japan Pro Wrestling	Fight Network Recharged - Super Submissions Vol. 3	IMPACT in 60						
10:30								Diary with LAX Part 1	Fight Network Recharged - Super Submissions Vol. 2	TNA Greatest Matches	Diary with LAX Part 1	Fight Network Recharged - Super Submissions Vol. 5	
11:00													Retrospective - Simon Marcus Part 1
11:30								New Japan Pro Wrestling - New Beginning: Okada vs. Fale	Fight Network Recharged - Super Submissions Vol. 3	New Japan Pro Wrestling - 47th Anniversary: Ishimori vs. Liger	Fight Network Recharged - Super Submissions Vol. 5	Bare Knuckle Boxing: Lockdown 2	IMPACT on Spike
12:00													
12:30	New Japan Pro Wrestling - 47th Anniversary: Ishimori vs. Liger	Pancrase in 60 - Frank Shamrock	IMPACT in 60	Dog or Pass Podcast	IMPACT on Spike								
13:00	Lux Fight League 15 Challenge	New Japan Pro Wrestling - NJ Cup 19: First Round	Boxing World Weekly	IMPACT! Wrestling	International Wrestling Syndicate	Lux Fight League 15 Challenge	BKFC Fight Night: Wichita						
13:30								Retrospective - Simon Marcus Part 2	Bridgerweight: The Needed Addition	Bridgerweight: The Needed Addition			
14:00	Fight Network Recharged - Super Submissions Vol. 2	After The Fight - GLORY 56 Denver	CES MMA 53: Gravely vs. Nordby	New Japan Pro Wrestling	Bare Knuckle Boxing: Lockdown 2	New Japan Pro Wrestling - New Beginning: Okada vs. Fale							
14:30							Judo for the World: Marrakech Grand Prix	Dog or Pass Podcast	New Japan Pro Wrestling - 47th Anniversary: White vs. Ospreay				
15:00	Heroes of Lucha Libre	Fight Network Recharged - Super Submissions Vol. 4	Fight Network Recharged - Super Submissions Vol. 5	Retrospective - Simon Marcus Part 2	Fight Network Recharged - Super Submissions Vol. 4	New Japan Pro Wrestling - 47th Anniversary: Ishimori vs. Liger							
15:30							Heroes of Lucha Libre	TNA Legends	Catalyst Wrestling	New Japan Pro Wrestling - NJ Cup 19: First Round			
16:00	KSW 61: To Fight or Not To Fight	Heroes of Lucha Libre	Lion Fight 23	TNA Unfinished Business: Sting vs. Roode 1	Lux Fight League 15 Challenge	IMPACT in 60	New Japan Pro Wrestling						
16:30								ROH Classics	Fight Network Recharged - Super Submissions Vol. 5	IMPACT in 60			
17:00	Pancrase in 60 - Frank Shamrock	Heroes of Lucha Libre	Fight Network Recharged - Super Submissions Vol. 4	New Japan Pro Wrestling - New Beginning: Okada vs. Fale	IMPACT on Spike	Catalyst Wrestling	IMPACT! Wrestling						
17:30								Diary with LAX Part 1	Retrospective - Simon Marcus Part 1	Retrospective - Simon Marcus Part 2			
18:00	It's Showtime Special	Heroes of Lucha Libre	Fight Network Recharged - Super Submissions Vol. 5	New Japan Pro Wrestling - 47th Anniversary: White vs. Ospreay	IMPACT on Spike	New Japan Pro Wrestling - New Beginning: Okada vs. Fale							
18:30							Retrospective - Simon Marcus Part 1	Fight Network Recharged - Super Submissions Vol. 5	IMPACT on Spike				
19:00	It's Showtime Special	Heroes of Lucha Libre	Fight Network Recharged - Super Submissions Vol. 5	New Japan Pro Wrestling - 47th Anniversary: White vs. Ospreay	IMPACT on Spike	New Japan Pro Wrestling - New Beginning: Okada vs. Fale							
19:30							Retrospective - Simon Marcus Part 1	Fight Network Recharged - Super Submissions Vol. 5	IMPACT on Spike				
20:00	It's Showtime Special	Heroes of Lucha Libre	Fight Network Recharged - Super Submissions Vol. 5	New Japan Pro Wrestling - 47th Anniversary: White vs. Ospreay	IMPACT on Spike	New Japan Pro Wrestling - New Beginning: Okada vs. Fale							
20:30							Retrospective - Simon Marcus Part 1	Fight Network Recharged - Super Submissions Vol. 5	IMPACT on Spike				
21:00	It's Showtime Special	Heroes of Lucha Libre	Fight Network Recharged - Super Submissions Vol. 5	New Japan Pro Wrestling - 47th Anniversary: White vs. Ospreay	IMPACT on Spike	New Japan Pro Wrestling - New Beginning: Okada vs. Fale							
21:30							Retrospective - Simon Marcus Part 1	Fight Network Recharged - Super Submissions Vol. 5	IMPACT on Spike				
22:00	It's Showtime Special	Heroes of Lucha Libre	Fight Network Recharged - Super Submissions Vol. 5	New Japan Pro Wrestling - 47th Anniversary: White vs. Ospreay	IMPACT on Spike	New Japan Pro Wrestling - New Beginning: Okada vs. Fale							
22:30							Retrospective - Simon Marcus Part 1	Fight Network Recharged - Super Submissions Vol. 5	IMPACT on Spike				
23:00	It's Showtime Special	Heroes of Lucha Libre	Fight Network Recharged - Super Submissions Vol. 5	New Japan Pro Wrestling - 47th Anniversary: White vs. Ospreay	IMPACT on Spike	New Japan Pro Wrestling - New Beginning: Okada vs. Fale							
23:30							Retrospective - Simon Marcus Part 1	Fight Network Recharged - Super Submissions Vol. 5	IMPACT on Spike				
0:00	It's Showtime Special	Heroes of Lucha Libre	Fight Network Recharged - Super Submissions Vol. 5	New Japan Pro Wrestling - 47th Anniversary: White vs. Ospreay	IMPACT on Spike	New Japan Pro Wrestling - New Beginning: Okada vs. Fale							
0:30							Retrospective - Simon Marcus Part 1	Fight Network Recharged - Super Submissions Vol. 5	IMPACT on Spike				
1:00	It's Showtime Special	Heroes of Lucha Libre	Fight Network Recharged - Super Submissions Vol. 5	New Japan Pro Wrestling - 47th Anniversary: White vs. Ospreay	IMPACT on Spike	New Japan Pro Wrestling - New Beginning: Okada vs. Fale							
1:30							Retrospective - Simon Marcus Part 1	Fight Network Recharged - Super Submissions Vol. 5	IMPACT on Spike				
2:00	It's Showtime Special	Heroes of Lucha Libre	Fight Network Recharged - Super Submissions Vol. 5	New Japan Pro Wrestling - 47th Anniversary: White vs. Ospreay	IMPACT on Spike	New Japan Pro Wrestling - New Beginning: Okada vs. Fale							
2:30							Retrospective - Simon Marcus Part 1	Fight Network Recharged - Super Submissions Vol. 5	IMPACT on Spike				
3:00	It's Showtime Special	Heroes of Lucha Libre	Fight Network Recharged - Super Submissions Vol. 5	New Japan Pro Wrestling - 47th Anniversary: White vs. Ospreay	IMPACT on Spike	New Japan Pro Wrestling - New Beginning: Okada vs. Fale							
3:30							Retrospective - Simon Marcus Part 1	Fight Network Recharged - Super Submissions Vol. 5	IMPACT on Spike				
4:00	It's Showtime Special	Heroes of Lucha Libre	Fight Network Recharged - Super Submissions Vol. 5	New Japan Pro Wrestling - 47th Anniversary: White vs. Ospreay	IMPACT on Spike	New Japan Pro Wrestling - New Beginning: Okada vs. Fale							
4:30							Retrospective - Simon Marcus Part 1	Fight Network Recharged - Super Submissions Vol. 5	IMPACT on Spike				
5:00	It's Showtime Special	Heroes of Lucha Libre	Fight Network Recharged - Super Submissions Vol. 5	New Japan Pro Wrestling - 47th Anniversary: White vs. Ospreay	IMPACT on Spike	New Japan Pro Wrestling - New Beginning: Okada vs. Fale							
5:30							Retrospective - Simon Marcus Part 1	Fight Network Recharged - Super Submissions Vol. 5	IMPACT on Spike				