

Program Grid

Western European Time	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	New Japan Pro Wrestling - Wrestle Kingdom 13: Ishii vs. Sabre Jr	KSW 60: De Fries vs. Narkun 2	ROH Classics	Fight Network Recharged - Greg Rebello	TNA Legends	Lux Fight League 12	IMPACT on Spike				
6:30			Diary - Destiny: Alexander vs. Bailey	Fight Network Recharged - First Round KOs			TNA Unfinished Business: Jarrett vs. Angle	IMPACT on Spike			
7:00	New Japan Pro Wrestling - Wrestle Kingdom 17: White vs. Okada		Retrospective - Joe Valtellini Part 1						Fight Network Recharged - Nate Andrews Vol. 1		
7:30			Heroes of Lucha Libre								
8:00	IMPACT in 60 - Mike Bailey		Retrospective - Joe Valtellini Part 1	Diary - Destiny: Alexander vs. Bailey							
8:30		Heroes of Lucha Libre									
9:00	IMPACT! Wrestling	Pancrase in 60 - Ken Shamrock	Heroes of Lucha Libre	PFL 2022 - PFL 8	New Japan Pro Wrestling - New Beginning: EVIL vs. Sabre Jr.	IMPACT on Spike	Catalyst Wrestling				
9:30		It's Showtime Special	CES MMA 52: Norwood vs. Wells	Fight Network Recharged - Super Submissions Vol. 1	New Japan Pro Wrestling - New Beginning: Tanahashi/Okada vs. White/Fale	IMPACT on Spike	Retrospective - Joe Valtellini Part 1				
10:00							World Armwrestling League	BRAVE Combat 58 Prelims	New Japan Pro Wrestling - Wrestle Kingdom 17: Keiji Mutoh's NJPW Finale	KSW 58: Parnasse vs. Torres	Fight Network Recharged - Super Submissions Vol. 1
10:30		Ultimate Strongman 2018 - Team World Championship		After The Fight - GLORY 56 Denver	IMPACT in 60 - The North						
11:00	Bare Knuckle Boxing 21	UK's Strongest Man 2020 - Part 4/5		GLORY Rivals 3	New Japan Pro Wrestling - New Beginning: Naito vs. Taichi	KSW 58: Parnasse vs. Torres	BKFC Fight Night: Montana				
11:30		World Armwrestling League	BRAVE Combat 58 Prelims					New Japan Pro Wrestling - Wrestle Kingdom 17: Keiji Mutoh's NJPW Finale	KSW 58: Parnasse vs. Torres	IMPACT in 60 - The North	
12:00				Fight Network Recharged - Ky Hollenbeck	We Love MMA 57	Pancrase in 60 - Ken Shamrock	New Japan Pro Wrestling - New Beginning: Naito vs. Taichi				New Japan Pro Wrestling - New Beginning: EVIL vs. Sabre Jr.
12:30											
13:00		Fight Network Recharged - Nate Andrews Vol. 1	Pancrase in 60 - Ken Shamrock	Fight Network Recharged - Nate Andrews Vol. 1	New Japan Pro Wrestling - New Beginning: Naito vs. Taichi	New Japan Pro Wrestling - New Beginning: EVIL vs. Sabre Jr.					
13:30	CAGE 52						Fight Network Recharged - Nate Andrews Vol. 1	PFL 2022 - PFL 8	New Japan Pro Wrestling - Wrestle Kingdom 17: Keiji Mutoh's NJPW Finale	Fight Network Recharged - Greg Rebello	
14:00		IMPACT in 60 - The North	IMPACT on Spike	IMPACT on Spike	IMPACT in 60 - The North	Fight Network Recharged - Nate Andrews Vol. 1					
14:30	New Japan Pro Wrestling - Wrestle Kingdom 17: Keiji Mutoh's NJPW Finale						New Japan Pro Wrestling - New Beginning: Naito vs. Taichi	IMPACT on Spike	IMPACT on Spike	IMPACT in 60 - The North	
15:00		New Japan Pro Wrestling - New Beginning: EVIL vs. Sabre Jr.	New Japan Pro Wrestling - New Beginning: Naito vs. Taichi	IMPACT on Spike	IMPACT on Spike	IMPACT in 60 - The North					
15:30	New Japan Pro Wrestling - New Beginning: Naito vs. Taichi						New Japan Pro Wrestling - New Beginning: Naito vs. Taichi	IMPACT on Spike	IMPACT on Spike	IMPACT in 60 - The North	
16:00		New Japan Pro Wrestling - Wrestle Kingdom 17: Keiji Mutoh's NJPW Finale	New Japan Pro Wrestling - New Beginning: Naito vs. Taichi	IMPACT on Spike	IMPACT on Spike	IMPACT in 60 - The North					
16:30	New Japan Pro Wrestling - Wrestle Kingdom 17: Keiji Mutoh's NJPW Finale						New Japan Pro Wrestling - New Beginning: Naito vs. Taichi	IMPACT on Spike	IMPACT on Spike	IMPACT in 60 - The North	
17:00		New Japan Pro Wrestling - Wrestle Kingdom 17: Keiji Mutoh's NJPW Finale	New Japan Pro Wrestling - New Beginning: Naito vs. Taichi	IMPACT on Spike	IMPACT on Spike	IMPACT in 60 - The North					
17:30	New Japan Pro Wrestling - Wrestle Kingdom 17: Keiji Mutoh's NJPW Finale						New Japan Pro Wrestling - New Beginning: Naito vs. Taichi	IMPACT on Spike	IMPACT on Spike	IMPACT in 60 - The North	
18:00		New Japan Pro Wrestling - Wrestle Kingdom 17: Keiji Mutoh's NJPW Finale	New Japan Pro Wrestling - New Beginning: Naito vs. Taichi	IMPACT on Spike	IMPACT on Spike	IMPACT in 60 - The North					
18:30	New Japan Pro Wrestling - Wrestle Kingdom 17: Keiji Mutoh's NJPW Finale						New Japan Pro Wrestling - New Beginning: Naito vs. Taichi	IMPACT on Spike	IMPACT on Spike	IMPACT in 60 - The North	
19:00		New Japan Pro Wrestling - Wrestle Kingdom 17: Keiji Mutoh's NJPW Finale	New Japan Pro Wrestling - New Beginning: Naito vs. Taichi	IMPACT on Spike	IMPACT on Spike	IMPACT in 60 - The North					
19:30	New Japan Pro Wrestling - Wrestle Kingdom 17: Keiji Mutoh's NJPW Finale						New Japan Pro Wrestling - New Beginning: Naito vs. Taichi	IMPACT on Spike	IMPACT on Spike	IMPACT in 60 - The North	
20:00		New Japan Pro Wrestling - Wrestle Kingdom 17: Keiji Mutoh's NJPW Finale	New Japan Pro Wrestling - New Beginning: Naito vs. Taichi	IMPACT on Spike	IMPACT on Spike	IMPACT in 60 - The North					
20:30	New Japan Pro Wrestling - Wrestle Kingdom 17: Keiji Mutoh's NJPW Finale						New Japan Pro Wrestling - New Beginning: Naito vs. Taichi	IMPACT on Spike	IMPACT on Spike	IMPACT in 60 - The North	
21:00		New Japan Pro Wrestling - Wrestle Kingdom 17: Keiji Mutoh's NJPW Finale	New Japan Pro Wrestling - New Beginning: Naito vs. Taichi	IMPACT on Spike	IMPACT on Spike	IMPACT in 60 - The North					
21:30	New Japan Pro Wrestling - Wrestle Kingdom 17: Keiji Mutoh's NJPW Finale						New Japan Pro Wrestling - New Beginning: Naito vs. Taichi	IMPACT on Spike	IMPACT on Spike	IMPACT in 60 - The North	
22:00		New Japan Pro Wrestling - Wrestle Kingdom 17: Keiji Mutoh's NJPW Finale	New Japan Pro Wrestling - New Beginning: Naito vs. Taichi	IMPACT on Spike	IMPACT on Spike	IMPACT in 60 - The North					
22:30	New Japan Pro Wrestling - Wrestle Kingdom 17: Keiji Mutoh's NJPW Finale						New Japan Pro Wrestling - New Beginning: Naito vs. Taichi	IMPACT on Spike	IMPACT on Spike	IMPACT in 60 - The North	
23:00		New Japan Pro Wrestling - Wrestle Kingdom 17: Keiji Mutoh's NJPW Finale	New Japan Pro Wrestling - New Beginning: Naito vs. Taichi	IMPACT on Spike	IMPACT on Spike	IMPACT in 60 - The North					
23:30	New Japan Pro Wrestling - Wrestle Kingdom 17: Keiji Mutoh's NJPW Finale						New Japan Pro Wrestling - New Beginning: Naito vs. Taichi	IMPACT on Spike	IMPACT on Spike	IMPACT in 60 - The North	
0:00		New Japan Pro Wrestling - Wrestle Kingdom 17: Keiji Mutoh's NJPW Finale	New Japan Pro Wrestling - New Beginning: Naito vs. Taichi	IMPACT on Spike	IMPACT on Spike	IMPACT in 60 - The North					
0:30	New Japan Pro Wrestling - Wrestle Kingdom 17: Keiji Mutoh's NJPW Finale						New Japan Pro Wrestling - New Beginning: Naito vs. Taichi	IMPACT on Spike	IMPACT on Spike	IMPACT in 60 - The North	
1:00		New Japan Pro Wrestling - Wrestle Kingdom 17: Keiji Mutoh's NJPW Finale	New Japan Pro Wrestling - New Beginning: Naito vs. Taichi	IMPACT on Spike	IMPACT on Spike	IMPACT in 60 - The North					
1:30	New Japan Pro Wrestling - Wrestle Kingdom 17: Keiji Mutoh's NJPW Finale						New Japan Pro Wrestling - New Beginning: Naito vs. Taichi	IMPACT on Spike	IMPACT on Spike	IMPACT in 60 - The North	
2:00		New Japan Pro Wrestling - Wrestle Kingdom 17: Keiji Mutoh's NJPW Finale	New Japan Pro Wrestling - New Beginning: Naito vs. Taichi	IMPACT on Spike	IMPACT on Spike	IMPACT in 60 - The North					
2:30	New Japan Pro Wrestling - Wrestle Kingdom 17: Keiji Mutoh's NJPW Finale						New Japan Pro Wrestling - New Beginning: Naito vs. Taichi	IMPACT on Spike	IMPACT on Spike	IMPACT in 60 - The North	
3:00		New Japan Pro Wrestling - Wrestle Kingdom 17: Keiji Mutoh's NJPW Finale	New Japan Pro Wrestling - New Beginning: Naito vs. Taichi	IMPACT on Spike	IMPACT on Spike	IMPACT in 60 - The North					
3:30	New Japan Pro Wrestling - Wrestle Kingdom 17: Keiji Mutoh's NJPW Finale						New Japan Pro Wrestling - New Beginning: Naito vs. Taichi	IMPACT on Spike	IMPACT on Spike	IMPACT in 60 - The North	
4:00		New Japan Pro Wrestling - Wrestle Kingdom 17: Keiji Mutoh's NJPW Finale	New Japan Pro Wrestling - New Beginning: Naito vs. Taichi	IMPACT on Spike	IMPACT on Spike	IMPACT in 60 - The North					
4:30	New Japan Pro Wrestling - Wrestle Kingdom 17: Keiji Mutoh's NJPW Finale						New Japan Pro Wrestling - New Beginning: Naito vs. Taichi	IMPACT on Spike	IMPACT on Spike	IMPACT in 60 - The North	
5:00		New Japan Pro Wrestling - Wrestle Kingdom 17: Keiji Mutoh's NJPW Finale	New Japan Pro Wrestling - New Beginning: Naito vs. Taichi	IMPACT on Spike	IMPACT on Spike	IMPACT in 60 - The North					
5:30	New Japan Pro Wrestling - Wrestle Kingdom 17: Keiji Mutoh's NJPW Finale						New Japan Pro Wrestling - New Beginning: Naito vs. Taichi	IMPACT on Spike	IMPACT on Spike	IMPACT in 60 - The North	

Program Grid

Western European Time	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	New Japan Pro Wrestling - New Beginning: EVIL vs. Sabre Jr.	KSW 61: To Fight or Not To Fight	ROH Classics	Fight Network Recharged - Super Submissions Vol. 2	TNA Legends	Lux Fight League 15 Challenge	IMPACT on Spike	
6:30								
7:00	New Japan Pro Wrestling		Diary with LAX Part 1	Retrospective - Joe Valtellini Part 2	Fight Network Recharged - Super Submissions Vol. 3		TNA Unfinished Business: Sting vs. Roode 1	IMPACT on Spike
7:30								
8:00	IMPACT in 60 - The North		Heroes of Lucha Libre	Heroes of Lucha Libre	Retrospective - Joe Valtellini Part 2		PFL 2022 - PFL 9	IMPACT on Spike
8:30					Diary with LAX Part 1			
9:00	IMPACT! Wrestling	Pancrase in 60 - Frank Shamrock	Heroes of Lucha Libre	PFL 2022 - PFL 9	New Japan Pro Wrestling - New Beginning: Okada vs. Fale	IMPACT on Spike	BRAVE Combat 55	
9:30								
10:00		It's Showtime Special	CES MMA 53: Gravely vs. Nordby	GLORY 82	Fight Network Recharged - Super Submissions Vol. 5	New Japan Pro Wrestling - 47th Anniversary: White vs. Ospreay	IMPACT on Spike	
10:30								
11:00	Bare Knuckle Boxing 22	Ultimate Strongman 2016 - World Championship	BRAVE Combat 56	Bridgerweight: The Needed Addition	New Japan Pro Wrestling - 47th Anniversary: Ishimori vs. Liger	ROH Classics	BKFC Fight Night: Wichita	
11:30								
12:00		UK's Strongest Man 2021 - Part 2/5	World Armwrestling League	Pancrase in 60 - Frank Shamrock	Fight Network Recharged - Super Submissions Vol. 5	New Japan Pro Wrestling - NJ Cup 19: First Round	Catalyst Wrestling	
12:30								
13:00						New Japan Pro Wrestling - New Beginning: Okada vs. Fale	Retrospective - Joe Valtellini Part 2	
13:30						New Japan Pro Wrestling	New Japan Pro Wrestling - New Beginning: Okada vs. Fale	Fight Network Recharged - Super Submissions Vol. 5
14:00	Fight Network Recharged - Super Submissions Vol. 1	We Love MMA 59	BRAVE Combat 56	Retrospective - Joe Valtellini Part 2	Fight Network Recharged - Super Submissions Vol. 5	New Japan Pro Wrestling - 47th Anniversary: White vs. Ospreay	IMPACT in 60	
14:30								
15:00	Lux Fight League 15 Challenge	Pancrase in 60 - Frank Shamrock	Lion Fight 23	Pancrase in 60 - Frank Shamrock	Pancrase in 60 - Frank Shamrock	New Japan Pro Wrestling - 47th Anniversary: Ishimori vs. Liger	New Japan Pro Wrestling - New Beginning: Okada vs. Fale	
15:30								
16:00								
16:30								
17:00			Abu Dhabi Grand Slam Rio 2018 - Part 3/8					
17:30								
18:00	Pancrase in 60 - Frank Shamrock	BRAVE Combat 56	Lion Fight 23	IMPACT on Spike	IMPACT on Spike	IMPACT on Spike	IMPACT in 60	
18:30								
19:00	CAGE 53	PFL 2022 - PFL 9	TNA Epics	New Japan Pro Wrestling	New Japan Pro Wrestling	Fight Network Recharged - Super Submissions Vol. 3	IMPACT in 60	
19:30								
20:00								
20:30								
21:00			Diary with LAX Part 1	Fight Network Recharged - Super Submissions Vol. 2	TNA Greatest Matches	Diary with LAX Part 1	IMPACT! Wrestling	
21:30			Retrospective - Joe Valtellini Part 2			Boxing World Weekly		
22:00	We Love MMA 59	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! Wrestling	
22:30								
23:00		New Japan Pro Wrestling - 47th Anniversary: White vs. Ospreay	Fight Network Recharged - Super Submissions Vol. 4	New Japan Pro Wrestling - NJ Cup 19: First Round	Catalyst Wrestling		IMPACT on Spike	
23:30								
0:00		New Japan Pro Wrestling - 47th Anniversary: Ishimori vs. Liger	Fight Network Recharged - Super Submissions Vol. 5	IMPACT in 60	Dog or Pass Podcast	Fight Network Recharged - Super Submissions Vol. 4	IMPACT on Spike	
0:30								
1:00	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	
1:30								
2:00		Retrospective - Joe Valtellini Part 2	GLORY 82	New Japan Pro Wrestling	Bridgerweight: The Needed Addition		Bare Knuckle Boxing: Lockdown 2	New Japan Pro Wrestling - New Beginning: Okada vs. Fale
2:30		Classic All-Star Wrestling						
3:00		After The Fight - UFC 228						
3:30		Judo for the World: Marrakech Grand Prix						
4:00	Fight Network Recharged - Super Submissions Vol. 2	Heroes of Lucha Libre		Dog or Pass Podcast		BKFC Fight Night: Wichita	New Japan Pro Wrestling - 47th Anniversary: White vs. Ospreay	
4:30								
5:00	Fight Network Recharged - Super Submissions Vol. 3	Heroes of Lucha Libre	Fight Network Recharged - Super Submissions Vol. 5		Fight Network Recharged - Super Submissions Vol. 4	New Japan Pro Wrestling - 47th Anniversary: Ishimori vs. Liger		
5:30				Boxing World Weekly				