



# Program Grid

Eastern	MONDAY Mar 13, 2023	TUESDAY Mar 14, 2023	WEDNESDAY Mar 15, 2023	THURSDAY Mar 16, 2023	FRIDAY Mar 17, 2023	SATURDAY Mar 18, 2023	SUNDAY Mar 19, 2023
6:00	Lux Fight League 21 Challenge	Ultimate Strongman 2016 - Team World Championship	CES MMA 42: Curtis vs. Santiago	Fight Network Recharged - Lion Fight Knockouts Vol. 8	New Japan Pro Wrestling - G1 Climax 29 - Night 9 Part 1	New Japan Pro Wrestling	BKFC 27
6:30		UK's Strongest Man 2022 - Part 2/5		Fight Network Recharged - Lion Fight Knockouts Vol. 9	New Japan Pro Wrestling - G1 Climax 29 - Night 9 Part 2		
7:00						World Armwrestling League	
7:30		ROH Classics					
8:00				We Love MMA 59	Fight Network Recharged - Tiffany Van Soest Part 2		
8:30	Fight Network Recharged - Lion Fight Knockouts Vol. 8	Lion Fight 29	Pancrase in 60 - UFC Veterans			New Japan Pro Wrestling - G1 Climax 29 - Night 9 Part 2	New Japan Pro Wrestling - G1 Climax 29 - Night 9 Part 1
9:00				Fight Network Recharged - Lion Fight Knockouts Vol. 9	Viral Violence: Changing Boxing Landscape from		
9:30	Diary: Gisele Shaw	IMPACT on Spike	New Japan Pro Wrestling - G1 Climax 29 - Night 9 Part 2			New Japan Pro Wrestling - G1 Climax 29 - Night 9 Part 1	
10:00				Pancrase in 60 - UFC Veterans	Lion Fight 29		IMPACT on Spike
10:30	BRAVE Combat 64	Diary: Gisele Shaw	IMPACT on Spike			New Japan Pro Wrestling - G1 Climax 29 - Night 9 Part 2	
11:00				We Love MMA 59	Retrospective - Anthony Carelli Part 1		TNA Epics
11:30	Diary: Gisele Shaw	Fight Network Recharged - Lion Fight Knockouts Vol. 8	TNA Greatest Matches			New Japan Pro Wrestling - G1 Climax 29 - Night 9 Part 1	
12:00				Retrospective - Miesha Tate	Abu Dhabi Grand Slam UAE 2019 Part 1/10		Lion Fight 29
12:30	Pancrase in 60 - UFC Veterans	BRAVE Combat 64	Diary: Gisele Shaw			IMPACT on Spike	
13:00				We Love MMA 59	Retrospective - Anthony Carelli Part 1		TNA Epics
13:30	Diary: Gisele Shaw	Fight Network Recharged - Lion Fight Knockouts Vol. 8	TNA Greatest Matches			New Japan Pro Wrestling - G1 Climax 29 - Night 9 Part 2	
14:00				Lux Fight League 21 Challenge	New Japan Pro Wrestling - G1 Climax 29 - Night 7 Part 1		Fight Network Recharged - Lion Fight Knockouts Vol. 9
14:30	New Japan Pro Wrestling - G1 Climax 29 - Night 7 Part 2	Fight Network Recharged - Tiffany Van Soest Part 3	New Japan Pro Wrestling - G1 Climax 29 - Night 9 Part 2			Fight Network Recharged - Lion Fight Knockouts Vol. 9	
15:00				New Japan Pro Wrestling - G1 Climax 29 - Night 9 Part 1	Pancrase in 60 - UFC Veterans		IMPACT in 60 - El Hijo Del Vikingo
15:30	Pancrase in 60 - UFC Veterans	New Japan Pro Wrestling - G1 Climax 29 - Night 9 Part 2	Diary: Gisele Shaw			International Wrestling Syndicate	
16:00				Diary: Gisele Shaw	Diary: Gisele Shaw		IMPACT! Wrestling
16:30	Retrospective - Miesha Tate	Classic All-Star Wrestling	New Japan Pro Wrestling			Bare Knuckle Boxing 28	
17:00				Fight Network Recharged - Kevin Ross Part 2	Fight Network Recharged - Tiffany Van Soest Part 2		CES MMA 42: Curtis vs. Santiago
17:30	After The Fight - GLORY 55 New York	Judo for the World: Almaty Grand Prix 2016	Dog or Pass Podcast			BKFC 27	
18:00				Fight Network Recharged - Lion Fight Knockouts Vol. 8	Heroes of Lucha Libre		Diary: Gisele Shaw
18:30	New Japan Pro Wrestling - G1 Climax 29 - Night 9 Part 1	Pancrase in 60 - UFC Veterans	Retrospective - Anthony Carelli Part 1			Diary: Gisele Shaw	
19:00				Lux Fight League 21 Challenge	Heroes of Lucha Libre		Lion Fight 29
19:30	Pancrase in 60 - UFC Veterans	New Japan Pro Wrestling - G1 Climax 29 - Night 9 Part 2	Diary: Gisele Shaw			IMPACT in 60 - El Hijo Del Vikingo	
20:00				Pancrase in 60 - UFC Veterans	New Japan Pro Wrestling - G1 Climax 29 - Night 9 Part 2		Diary: Gisele Shaw
20:30	Diary: Gisele Shaw	Diary: Gisele Shaw	IMPACT! Wrestling			KSW 59: Fight Code	
21:00				Retrospective - Miesha Tate	Classic All-Star Wrestling		New Japan Pro Wrestling
21:30	Fight Network Recharged - Kevin Ross Part 2	Fight Network Recharged - Tiffany Van Soest Part 2	CES MMA 42: Curtis vs. Santiago			New Japan Pro Wrestling	
22:00				Fight Network Recharged - Lion Fight Knockouts Vol. 8	After The Fight - GLORY 55 New York		Judo for the World: Almaty Grand Prix 2016
22:30	New Japan Pro Wrestling - G1 Climax 29 - Night 9 Part 1	Heroes of Lucha Libre	Diary: Gisele Shaw			Fight Network Recharged - Tiffany Van Soest Part 2	
23:00				New Japan Pro Wrestling - G1 Climax 29 - Night 9 Part 2	Pancrase in 60 - UFC Veterans		Retrospective - Anthony Carelli Part 1
23:30	Lux Fight League 21 Challenge	Heroes of Lucha Libre	Lion Fight 29			TNA Legends	
0:00				Fight Network Recharged - Lion Fight Knockouts Vol. 9	Heroes of Lucha Libre		Diary: Gisele Shaw
0:30	New Japan Pro Wrestling - G1 Climax 29 - Night 9 Part 1	Pancrase in 60 - UFC Veterans	Retrospective - Anthony Carelli Part 1			Diary: Gisele Shaw	
1:00				KSW 69: Przybysz vs. Martins	Heroes of Lucha Libre		Lion Fight 29
1:30	New Japan Pro Wrestling - G1 Climax 29 - Night 9 Part 2	New Japan Pro Wrestling - G1 Climax 29 - Night 9 Part 2	Diary: Gisele Shaw			IMPACT in 60 - El Hijo Del Vikingo	
2:00				New Japan Pro Wrestling - G1 Climax 29 - Night 9 Part 2	New Japan Pro Wrestling - G1 Climax 29 - Night 9 Part 2		Diary: Gisele Shaw
2:30	New Japan Pro Wrestling - G1 Climax 29 - Night 9 Part 2	New Japan Pro Wrestling - G1 Climax 29 - Night 9 Part 2	Diary: Gisele Shaw			IMPACT in 60 - El Hijo Del Vikingo	
3:00				New Japan Pro Wrestling - G1 Climax 29 - Night 9 Part 2	New Japan Pro Wrestling - G1 Climax 29 - Night 9 Part 2		Diary: Gisele Shaw
3:30	New Japan Pro Wrestling - G1 Climax 29 - Night 9 Part 2	New Japan Pro Wrestling - G1 Climax 29 - Night 9 Part 2	Diary: Gisele Shaw			IMPACT in 60 - El Hijo Del Vikingo	
4:00				New Japan Pro Wrestling - G1 Climax 29 - Night 9 Part 2	New Japan Pro Wrestling - G1 Climax 29 - Night 9 Part 2		Diary: Gisele Shaw
4:30	New Japan Pro Wrestling - G1 Climax 29 - Night 9 Part 2	New Japan Pro Wrestling - G1 Climax 29 - Night 9 Part 2	Diary: Gisele Shaw			IMPACT in 60 - El Hijo Del Vikingo	
5:00				New Japan Pro Wrestling - G1 Climax 29 - Night 9 Part 2	New Japan Pro Wrestling - G1 Climax 29 - Night 9 Part 2		Diary: Gisele Shaw
5:30	New Japan Pro Wrestling - G1 Climax 29 - Night 9 Part 2	New Japan Pro Wrestling - G1 Climax 29 - Night 9 Part 2	Diary: Gisele Shaw			IMPACT in 60 - El Hijo Del Vikingo	



# Program Grid

Eastern	MONDAY Mar 20, 2023	TUESDAY Mar 21, 2023	WEDNESDAY Mar 22, 2023	THURSDAY Mar 23, 2023	FRIDAY Mar 24, 2023	SATURDAY Mar 25, 2023	SUNDAY Mar 26, 2023							
6:00	Lux Fight League 22 Challenge	Ultimate Strongman 2016 - Masters World Championship	CES MMA 44: Bessette vs. Trujillo	Fight Network Recharged - Lion Fight Knockouts Vol. 10	New Japan Pro Wrestling - G1 Climax 29 - A Block Final Part 1	New Japan Pro Wrestling - 51st Anniversary Event: Bishamon vs. Okada & Tanahashi	BKFC Fight Night: Jackson							
6:30		UK's Strongest Man 2022 - Part 3/5		Fight Network Recharged - Lion Fight Knockouts Vol. 11	New Japan Pro Wrestling - G1 Climax 29 - A Block Final Part 2									
7:00		World Armwrestling League		We Love MMA 61	Pancrase in 60 - Nate Marquardt: Middleweight King			Fight Network Recharged - Eric Reynolds	Bare Knuckle Boxing: Lockdown 2	Fight Network Recharged - Scott Holtzman				
7:30					Diary: Gisele Shaw			Fight Network Recharged - Scott Holtzman			Fight Network Recharged - Scott Holtzman			
8:00								Fight Network Recharged - Lion Fight Knockouts Vol. 10			Lion Fight 30	Pancrase in 60 - Nate Marquardt: Middleweight King	New Japan Pro Wrestling - G1 Climax 29 - Night 13 Part 2	New Japan Pro Wrestling - 51st Anniversary Event: Bishamon vs. Okada & Tanahashi
8:30	Diary: Gisele Shaw	Fight Network Recharged - Lion Fight Knockouts Vol. 11	Fight Network Recharged - Lion Fight Knockouts Vol. 11	Vicious: Making a Champion	New Japan Pro Wrestling - G1 Climax 29 - A Block Final Part 1	IMPACT in 60 - PCO								
9:00	Bare Knuckle Boxing 27	We Love MMA 61	Lion Fight 30	Diary: Jessica Delboni	IMPACT on Spike	New Japan Pro Wrestling - G1 Climax 29 - A Block Final Part 2	Bare Knuckle Boxing 31 LIVE!							
9:30				Vicious: Making a Champion										
10:00				IMPACT on Spike	IMPACT on Spike			New Japan Pro Wrestling - 51st Anniversary Event: Bishamon vs. Okada & Tanahashi						
10:30				IMPACT on Spike	IMPACT in 60 - PCO									
11:00				Diary: Jessica Delboni	Retrospective - Anthony Carelli Part 2			Fight Network Recharged - Lion Fight Knockouts Vol. 10	TNA Greatest Matches	Fight Network Recharged - Scott Holtzman	IMPACT! Wrestling			
11:30									IMPACT on Spike	IMPACT on Spike				
12:00	Retrospective - Anthony Carelli Part 1	Abu Dhabi Grand Slam UAE 2019 Part 2/10	Lion Fight 30	TNA Epics	New Japan Pro Wrestling - 51st Anniversary Event: Bishamon vs. Okada & Tanahashi	Bare Knuckle Boxing: Lockdown 2								
12:30	Diary: Gisele Shaw	BRAVE Combat 65					Fight Network Recharged - Scott Holtzman							
13:00	Pancrase in 60 - Nate Marquardt: Middleweight King							Diary: Jessica Delboni	TNA Greatest Matches	Fight Network Recharged - Scott Holtzman				
13:30	We Love MMA 61										Retrospective - Anthony Carelli Part 2	TNA Greatest Matches	Fight Network Recharged - Scott Holtzman	
14:00														IMPACT! Wrestling
14:30														
15:00			IMPACT! Wrestling											
15:30		IMPACT! Wrestling												
16:00				IMPACT! Wrestling										
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3:30		IMPACT! Wrestling												
4:00				IMPACT! Wrestling										
4:30	IMPACT! Wrestling													
5:00					IMPACT! Wrestling									
5:30						IMPACT! Wrestling								



# Program Grid

Eastern	MONDAY Mar 27, 2023	TUESDAY Mar 28, 2023	WEDNESDAY Mar 29, 2023	THURSDAY Mar 30, 2023	FRIDAY Mar 31, 2023	SATURDAY Apr 1, 2023	SUNDAY Apr 2, 2023		
6:00	Lux Fight League 23 Challenge	Ultimate Strongman 2017 - Team World Championship	CES MMA 45: Gooch vs. Coutinho	Fight Network Recharged - Lion Fight Knockouts Vol. 12	New Japan Pro Wrestling - G1 Climax 29 Final - Opening Tag Matches	New Japan Pro Wrestling	BKFC: KnuckleMania 2		
6:30		UK's Strongest Man 2022 - Part 4/5		Fight Network Recharged - Felice Herrig	New Japan Pro Wrestling - G1 Climax 29 Final				
7:00		World Armwrestling League		Pancrase in 60 - Chris Lytle: Lights Out	Fight Network Recharged - Jason Andrada Part 2				
7:30				Diary: Jessica Delboni	Lion Fight 31	Pancrase in 60 - Chris Lytle: Lights Out		New Japan Pro Wrestling - G1 Climax 29 Final - B Block Final Part 2	New Japan Pro Wrestling - G1 Climax 29 - B Block Final Part 1
8:00		Diary: Jessica Delboni				Retrospective - Patrick Cote			
8:30	Bare Knuckle Boxing 28	We Love MMA 62	Fight Network Recharged - Jason Andrada Part 1	Lion Fight 31	Fight Network Recharged - Jason Andrada Part 1	KSW 80	ROH Classics		
9:00			Fight Network Recharged - Lion Fight Knockouts Vol. 12		Punch Too Many; A		New Japan Pro Wrestling - G1 Climax 29 Final - B Block Final Part 2	New Japan Pro Wrestling - G1 Climax 29 - B Block Final Part 1	
9:30			Fight Network Recharged - Felice Herrig		Retrospective - Patrick Cote		Diary: Karina Rodriguez	New Japan Pro Wrestling - G1 Climax 29 Final - Opening Tag Matches	New Japan Pro Wrestling - G1 Climax 29 Final - Opening Tag Matches
10:00		Retrospective - Anthony Carelli Part 2	Abu Dhabi Grand Slam UAE 2019 Part 3/10	Lion Fight 31	Diary: Karina Rodriguez	IMPACT on Spike	New Japan Pro Wrestling - G1 Climax 29 Final	New Japan Pro Wrestling - G1 Climax 29 Final - Opening Tag Matches	
10:30					Punch Too Many; A				
11:00		Pancrase in 60 - Chris Lytle: Lights Out	BRAVE Combat 66	Lion Fight 31	IMPACT on Spike	IMPACT on Spike	New Japan Pro Wrestling	New Japan Pro Wrestling - G1 Climax 29 Final	
11:30		We Love MMA 62			IMPACT on Spike	IMPACT on Spike			IMPACT in 60 - Naomichi Marufuji
12:00	Diary: Karina Rodriguez				TNA Epics	New Japan Pro Wrestling			KSW 80
12:30	Diary: Karina Rodriguez	Retrospective - Patrick Cote		Fight Network Recharged - Lion Fight Knockouts Vol. 12	TNA Greatest Matches	Fight Network Recharged - Jason Andrada Part 1	IMPACT! Wrestling		
13:00	Lux Fight League 23 Challenge	New Japan Pro Wrestling - G1 Climax 29 - B Block Final Part 1		Fight Network Recharged - Felice Herrig	New Japan Pro Wrestling - G1 Climax 29 Final - Opening Tag Matches	Fight Network Recharged - Jason Andrada Part 2		IMPACT in 60 - Naomichi Marufuji	
13:30		New Japan Pro Wrestling - G1 Climax 29 - B Block Final Part 2		Fight Network Recharged - Jason Andrada Part 2	New Japan Pro Wrestling - G1 Climax 29 Final	Catalyst Wrestling	Fight Network Recharged - Felice Herrig	IMPACT on Spike	
14:00	Catalyst Wrestling	New Japan Pro Wrestling - G1 Climax 29 Final - Opening Tag Matches		Pancrase in 60 - Chris Lytle: Lights Out	IMPACT in 60 - Naomichi Marufuji	New Japan Pro Wrestling	Fight Network Recharged - Jason Andrada Part 2	IMPACT on Spike	
14:30		Pancrase in 60 - Chris Lytle: Lights Out	New Japan Pro Wrestling - G1 Climax 29 Final	Diary: Karina Rodriguez	International Wrestling Syndicate	KSW 60: De Fries vs. Narkun 2	BKFC: KnuckleMania 2		
15:00	We Love MMA 62	Diary: Karina Rodriguez	Diary: Karina Rodriguez	Punch Too Many; A	KSW 80			New Japan Pro Wrestling - G1 Climax 29 - B Block Final Part 1	
15:30		Retrospective - Patrick Cote	Classic All-Star Wrestling	CES MMA 45: Gooch vs. Coutinho		New Japan Pro Wrestling			
16:00	Lux Fight League 23 Challenge	Fight Network Recharged - Eric Reynolds	Fight Network Recharged - Jason Andrada Part 1	CES MMA 45: Gooch vs. Coutinho	New Japan Pro Wrestling	KSW 80	New Japan Pro Wrestling - G1 Climax 29 - B Block Final Part 2		
16:30		New Japan Pro Wrestling - G1 Climax 29 Final - Opening Tag Matches	After The Fight - UFC 228					IMPACT on Spike	
17:00	Catalyst Wrestling	Judo for the World: World Masters Guadalajara 2016	Heroes of Lucha Libre	Fight Network Recharged - Jason Andrada Part 2	IMPACT on Spike	Fight Network Recharged - Jason Andrada Part 1	New Japan Pro Wrestling - G1 Climax 29 Final - Opening Tag Matches		
17:30		Diary: Karina Rodriguez						Diary: Karina Rodriguez	
18:00	Pancrase in 60 - Chris Lytle: Lights Out	New Japan Pro Wrestling - G1 Climax 29 Final	Diary: Karina Rodriguez	Lion Fight 31	TNA Legends	KSW 60: De Fries vs. Narkun 2	New Japan Pro Wrestling - G1 Climax 29 Final		
18:30		Diary: Karina Rodriguez	Punch Too Many; A					IMPACT! Wrestling	
19:00	Diary: Karina Rodriguez	Diary: Karina Rodriguez	CES MMA 45: Gooch vs. Coutinho	TNA Unfinished Business: Slamiversary	Fight Network Recharged - Jason Andrada Part 2	IMPACT in 60 - Naomichi Marufuji	New Japan Pro Wrestling		
19:30		Retrospective - Anthony Carelli Part 2						Diary: Karina Rodriguez	
20:00	Fight Network Recharged - Lion Fight Knockouts Vol. 12	Heroes of Lucha Libre	Fight Network Recharged - Jason Andrada Part 1	New Japan Pro Wrestling - G1 Climax 29 - B Block Final Part 1	IMPACT on Spike	Fight Network Recharged - Jason Andrada Part 1	IMPACT! Wrestling		
20:30		Heroes of Lucha Libre							
21:00	Fight Network Recharged - Felice Herrig	Heroes of Lucha Libre	Lion Fight 31	New Japan Pro Wrestling - G1 Climax 29 - B Block Final Part 1	IMPACT on Spike	New Japan Pro Wrestling - G1 Climax 29 Final	New Japan Pro Wrestling		
21:30		ROH Classics							
22:00	Retrospective - Anthony Carelli Part 2	Diary: Karina Rodriguez	Heroes of Lucha Libre	Fight Network Recharged - Jason Andrada Part 1	IMPACT on Spike	New Japan Pro Wrestling - G1 Climax 29 - B Block Final Part 1	New Japan Pro Wrestling		
22:30		Retrospective - Patrick Cote							
23:00	Diary: Karina Rodriguez	Heroes of Lucha Libre	Fight Network Recharged - Jason Andrada Part 1	New Japan Pro Wrestling - G1 Climax 29 - B Block Final Part 1	IMPACT on Spike	New Japan Pro Wrestling - G1 Climax 29 - B Block Final Part 1	IMPACT! Wrestling		
23:30		Diary: Karina Rodriguez							
0:00	It's Showtime Special	Heroes of Lucha Libre	Fight Network Recharged - Jason Andrada Part 2	New Japan Pro Wrestling - G1 Climax 29 - B Block Final Part 2	IMPACT on Spike	New Japan Pro Wrestling - G1 Climax 29 - B Block Final Part 1	IMPACT! Wrestling		
0:30		Heroes of Lucha Libre							
1:00	KSW 71: Ziolkowski vs. Rajewski	Heroes of Lucha Libre	Lion Fight 31	New Japan Pro Wrestling - G1 Climax 29 - B Block Final Part 1	IMPACT on Spike	New Japan Pro Wrestling - G1 Climax 29 Final	New Japan Pro Wrestling		
1:30		ROH Classics							
2:00	Diary: Karina Rodriguez	Diary: Karina Rodriguez	Heroes of Lucha Libre	Fight Network Recharged - Jason Andrada Part 1	IMPACT on Spike	New Japan Pro Wrestling - G1 Climax 29 Final	New Japan Pro Wrestling		
2:30		Retrospective - Patrick Cote							
3:00	Retrospective - Anthony Carelli Part 2	Heroes of Lucha Libre	Fight Network Recharged - Jason Andrada Part 1	New Japan Pro Wrestling - G1 Climax 29 - B Block Final Part 1	IMPACT on Spike	New Japan Pro Wrestling - G1 Climax 29 Final	IMPACT! Wrestling		
3:30		Diary: Karina Rodriguez							
4:00	Diary: Karina Rodriguez	Heroes of Lucha Libre	Fight Network Recharged - Jason Andrada Part 1	New Japan Pro Wrestling - G1 Climax 29 - B Block Final Part 1	IMPACT on Spike	New Japan Pro Wrestling - G1 Climax 29 Final	IMPACT! Wrestling		
4:30		Diary: Karina Rodriguez							
5:00	It's Showtime Special	Heroes of Lucha Libre	Fight Network Recharged - Jason Andrada Part 2	New Japan Pro Wrestling - G1 Climax 29 - B Block Final Part 2	IMPACT on Spike	New Japan Pro Wrestling - G1 Climax 29 - B Block Final Part 1	IMPACT! Wrestling		
5:30		Heroes of Lucha Libre							