



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	Diary: Jordynne Grace	World Armwrestling League	Heroes of Lucha Libre	Invicta FC 47: Ducote vs. Zappitella	IMPACT! Wrestling	IMPACT in 60 - Havok	BKFC 33				
6:30	Diary: Gisele Shaw		Heroes of Lucha Libre			IMPACT in 60 - Motor City Machine Guns vs. Generation Me	Fight Network Recharged - Matt Bessette				
7:00	Diary: Jessica Delboni	BRAVE Combat 68	Fight Network Recharged - Julian Lane	Fight Network Recharged - 'Smokin' Jo Nattawut Part 1	New Japan Pro Wrestling	International Wrestling Syndicate	Abu Dhabi Grand Slam London 2018 - Part 3/8				
7:30	Diary: Karina Rodriguez		Fight Network Recharged - 'Smokin' Jo Nattawut Part 1			Fight Network Recharged - Matt Bessette	Retrospective - Rob Van Dam Part 1				
8:00	Diary: Bhupinder Gujjar		Fight Network Recharged - 'Smokin' Jo Nattawut Part 2			Fight Network Recharged - Matt Bessette	Diary: Kay Hansen				
8:30	Diary: Trey Miguel		Fight Network Recharged - Julian Lane			Fight Network Recharged - Matt Bessette	IMPACT in 60 - Havok				
9:00	Diary: Kay Hansen	Abu Dhabi Grand Slam London 2018 - Part 3/8	Diary: Kay Hansen	Fight Network Recharged - Matt Bessette	Fight Network Recharged - Matt Bessette	Fight Network Recharged - 'Smokin' Jo Nattawut Part 2	IMPACT in 60 - Havok				
9:30	Diary: Rosemary		Classic All-Star Wrestling	Fight Network Recharged - Matt Bessette	Fight Network Recharged - Matt Bessette	Fight Network Recharged - 'Smokin' Jo Nattawut Part 2	IMPACT in 60 - Havok				
10:00	Fight Network Recharged - Tiffany Van Soest	Fight Network Recharged - Julian Lane	Fight Network Recharged - 'Smokin' Jo Nattawut Part 2	Fight Network Recharged - 'Smokin' Jo Nattawut Part 2	Fight Network Recharged - 'Smokin' Jo Nattawut Part 2	Fight Network Recharged - 'Smokin' Jo Nattawut Part 1	IMPACT in 60 - Motor City Machine Guns vs. Generation Me				
10:30											
11:00	Fight Network Recharged - Regian Eersel	Abu Dhabi Grand Slam London 2018 - Part 3/8	Diary: Kay Hansen	Fight Network Recharged - Matt Bessette	Fight Network Recharged - Matt Bessette	Fight Network Recharged - 'Smokin' Jo Nattawut Part 2	IMPACT in 60 - Havok				
11:30			Classic All-Star Wrestling	Fight Network Recharged - Matt Bessette	Fight Network Recharged - Matt Bessette	Fight Network Recharged - 'Smokin' Jo Nattawut Part 2	IMPACT in 60 - Havok				
12:00	IMPACT in 60 - IMPACT #1	Diary: Kay Hansen	Retrospective - Rob Van Dam Part 1	After The Fight - GLORY 56 Denver	Judo for the World: Tbilisi Grand Prix 2018	Diary: Kay Hansen	After The Fight - GLORY 56 Denver				
12:30		Retrospective - Rob Van Dam Part 1	After The Fight - GLORY 56 Denver	After The Fight - GLORY 56 Denver	Judo for the World: Tbilisi Grand Prix 2018	Diary: Kay Hansen	Diary: Kay Hansen				
13:00	IMPACT! Wrestling	World Armwrestling League	ROH Classics	IMPACT on Spike	IMPACT! Wrestling	After The Fight - GLORY 56 Denver	Retrospective - Rob Van Dam Part 1				
13:30							Retrospective - Rob Van Dam Part 1	Catalyst Wrestling			
14:00									Fight Network Recharged - Julian Lane		
14:30									Fight Network Recharged - Julian Lane		
15:00	Ultimate Strongman 2014 - Team World Championship	KSW 79: De Fries vs. Duffee	Invicta FC 47: Ducote vs. Zappitella	IMPACT on Spike	New Japan Pro Wrestling	KSW 83: Colosseum 2 Prelims	IMPACT in 60 - Havok				
15:30											
16:00	UK's Strongest Man 2019 - Part 4/5						New Japan Pro Wrestling				
16:30											
17:00	Fight Network Recharged - Julian Lane	Diary: Kay Hansen	Retrospective - Rob Van Dam Part 1	Fight Network Recharged - 'Smokin' Jo Nattawut Part 1	IMPACT in 60 - Motor City Machine Guns vs. Generation Me	KSW 83: Colosseum 2	Fight Network Recharged - 'Smokin' Jo Nattawut Part 1				
17:30		Retrospective - Rob Van Dam Part 1	Diary: Kay Hansen	Fight Network Recharged - 'Smokin' Jo Nattawut Part 1	IMPACT in 60 - Motor City Machine Guns vs. Generation Me		Fight Network Recharged - 'Smokin' Jo Nattawut Part 2				
18:00	Fight Network Recharged - 'Smokin' Jo Nattawut Part 1	Fight Network Recharged - Julian Lane	Pancrase in 60 - Semmy Schilt	Fight Network Recharged - 'Smokin' Jo Nattawut Part 2	Catalyst Wrestling	Dog or Pass Podcast	Fight Network Recharged - 'Smokin' Jo Nattawut Part 2				
18:30											
19:00	Ultimate Strongman 2014 - Team World Championship	Fight Network Recharged - 'Smokin' Jo Nattawut Part 1	Fight Network Recharged - Matt Bessette	IMPACT in 60 - Motor City Machine Guns vs. Generation Me							
19:30											
20:00	UK's Strongest Man 2019 - Part 4/5	Fight Network Recharged - 'Smokin' Jo Nattawut Part 2	Classic All-Star Wrestling	IMPACT! Wrestling	International Wrestling Syndicate	Fight Network Recharged - Matt Bessette	IMPACT! Wrestling				
20:30			After The Fight - GLORY 56 Denver				Diary: Kay Hansen				
21:00	Diary: Kay Hansen	Diary: Kay Hansen	GLORY Rivals 4	New Japan Pro Wrestling	KSW 83: Colosseum 2 Prelims	BKFC 33	IMPACT in 60 - Havok				
21:30	Retrospective - Rob Van Dam Part 1	Classic All-Star Wrestling									
22:00	KSW 79: De Fries vs. Duffee	New Japan Pro Wrestling - Wrestling Dontaku 2018 Part 1	Pancrase in 60 - Semmy Schilt	Dog or Pass Podcast	KSW 83: Colosseum 2 Prelims	IMPACT in 60 - Havok	IMPACT in 60 - Motor City Machine Guns vs. Generation Me				
22:30											
23:00							New Japan Pro Wrestling - Wrestling Dontaku 2018 Part 2				
23:30											
0:00		Heroes of Lucha Libre	Retrospective - Rob Van Dam Part 1			IMPACT in 60 - Motor City Machine Guns vs. Generation Me	Diary: Kay Hansen				
0:30			Diary: Kay Hansen	Diary: Kay Hansen			Retrospective - Rob Van Dam Part 1				
1:00	BRAVE Combat 68	Heroes of Lucha Libre	Invicta FC 47: Ducote vs. Zappitella	IMPACT on Spike	KSW 83: Colosseum 2	Fight Network Recharged - Matt Bessette	Pancrase in 60 - Semmy Schilt				
1:30											
2:00						ROH Classics				Pancrase in 60 - Semmy Schilt	Fight Network Recharged - 'Smokin' Jo Nattawut Part 2
2:30											
3:00		Fight Network Recharged - 'Smokin' Jo Nattawut Part 2									
3:30					Fight Network Recharged - Julian Lane	Fight Network Recharged - Julian Lane	Fight Network Recharged - Matt Bessette				
4:00	Ultimate Strongman 2014 - Team World Championship	Fight Network Recharged - Julian Lane	After The Fight - GLORY 56 Denver		Fight Network Recharged - 'Smokin' Jo Nattawut Part 1	Fight Network Recharged - 'Smokin' Jo Nattawut Part 1	Fight Network Recharged - Julian Lane				
4:30			Diary: Kay Hansen		Fight Network Recharged - 'Smokin' Jo Nattawut Part 1	Fight Network Recharged - 'Smokin' Jo Nattawut Part 1	Fight Network Recharged - Julian Lane				
5:00	UK's Strongest Man 2019 - Part 4/5	Fight Network Recharged - 'Smokin' Jo Nattawut Part 1	Fight Network Recharged - Matt Bessette	IMPACT in 60 - Motor City Machine Guns vs. Generation Me	Fight Network Recharged - 'Smokin' Jo Nattawut Part 2	Fight Network Recharged - 'Smokin' Jo Nattawut Part 2	Fight Network Recharged - 'Smokin' Jo Nattawut Part 1				
5:30											



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	Diary: Josh Alexander Part 1	World Armwrestling League	Heroes of Lucha Libre	Invicta FC 48: Tennant vs. Rubin	IMPACT! Wrestling	IMPACT in 60 - Mike Bennett	BKFC 23
6:30	Diary: Josh Alexander Part 2		Heroes of Lucha Libre			IMPACT in 60 - Time Machine	
7:00	Diary: Jordynne Grace	BRAVE Combat 59	Fight Network Recharged - Chip Moraza Pollard	Fight Network Recharged - Andre Soukamhtath	New Japan Pro Wrestling	International Wrestling Syndicate	Abu Dhabi Grand Slam London 2018 - Part 4/8
7:30	Diary: Gisele Shaw		Fight Network Recharged - Andre Soukamhtath			Fight Network Recharged - Andre Soukamhtath	
8:00	Diary: Jessica Delboni		Fight Network Recharged - Chip Moraza Pollard	Fight Network Recharged - Andre Soukamhtath	Fight Network Recharged - Andre Soukamhtath	Fight Network Recharged - Muay Thai Legends Vol. 1	Retrospective - Rob Van Dam Part 2
8:30	Diary: Karina Rodriguez		Fight Network Recharged - Chip Moraza Pollard	Fight Network Recharged - Chris Curtis	Fight Network Recharged - Chris Curtis	Fight Network Recharged - Andre Soukamhtath	Diary: Rosemary
9:00	Diary: Bhupinder Gujjar		Fight Network Recharged - Chip Moraza Pollard	Diary: Rosemary	Fight Network Recharged - Muay Thai Legends Vol. 1	Fight Network Recharged - Chris Curtis	IMPACT in 60 - Mike Bennett
9:30	Diary: Trey Miguel	Abu Dhabi Grand Slam London 2018 - Part 4/8	Classic All-Star Wrestling	Fight Network Recharged - Muay Thai Legends Vol. 1	Fight Network Recharged - Muay Thai Legends Vol. 1	Diary: Rosemary	After The Fight - UFC 228
10:00	Fight Network Recharged - 'Smokin' Jo Nattawat Part 2	Retrospective - Rob Van Dam Part 2	After The Fight - UFC 228	Judo for the World: Antalya Grand Prix 2018	Diary: Rosemary	International Wrestling Syndicate	Diary: Rosemary
10:30	Fight Network Recharged - Matt Bessette	World Armwrestling League	ROH Classics	IMPACT on Spike	IMPACT! Wrestling	After The Fight - UFC 228	Retrospective - Rob Van Dam Part 2
11:00	IMPACT in 60 - Motor City Machine Guns vs. Generation Me	Diary: Rosemary	Retrospective - Rob Van Dam Part 2	After The Fight - UFC 228	Judo for the World: Antalya Grand Prix 2018	Diary: Rosemary	Diary: Rosemary
11:30	Ultimate Strongman 2014 - Masters World Championship	KSW 80: Ruchala vs. Eskiev	Invicta FC 48: Tennant vs. Rubin	IMPACT on Spike	New Japan Pro Wrestling	Bare Knuckle Boxing 24	IMPACT in 60 - Mike Bennett
12:00	UK's Strongest Man 2019 - Part 5/5	Diary: Rosemary	Retrospective - Rob Van Dam Part 2	Fight Network Recharged - Andre Soukamhtath	IMPACT in 60 - Mike Bennett		New Japan Pro Wrestling
12:30	Fight Network Recharged - Chip Moraza Pollard	Retrospective - Rob Van Dam Part 2	Diary: Rosemary	Fight Network Recharged - Chris Curtis	IMPACT in 60 - Time Machine	KSW 84: De Fries vs. Bajor	Fight Network Recharged - Andre Soukamhtath
13:00	Fight Network Recharged - Andre Soukamhtath	Fight Network Recharged - Chip Moraza Pollard	Pancrase in 60 - UFC Champions	Fight Network Recharged - Chris Curtis	Catalyst Wrestling		Retrospective - Rob Van Dam Part 2
13:30	Ultimate Strongman 2014 - Masters World Championship	Fight Network Recharged - Andre Soukamhtath	Fight Network Recharged - Muay Thai Legends Vol. 1	IMPACT in 60 - Time Machine	Fight Network Recharged - Chris Curtis		IMPACT! Wrestling
14:00	UK's Strongest Man 2019 - Part 5/5	Fight Network Recharged - Chris Curtis	Classic All-Star Wrestling	IMPACT! Wrestling	International Wrestling Syndicate	Fight Network Recharged - Muay Thai Legends Vol. 1	
14:30	Diary: Rosemary	Diary: Rosemary	After The Fight - UFC 228	IMPACT! Wrestling	Diary: Rosemary		IMPACT in 60 - Mike Bennett
15:00	Retrospective - Rob Van Dam Part 2	Classic All-Star Wrestling				BKFC 23	IMPACT in 60 - Time Machine
15:30	Diary: Rosemary	Classic All-Star Wrestling	GLORY Rivals 5	New Japan Pro Wrestling	Bare Knuckle Boxing 24	Diary: Rosemary	
16:00	KSW 80: Ruchala vs. Eskiev	New Japan Pro Wrestling - Wrestling Dontaku 2018 Part 3		New Japan Pro Wrestling		IMPACT in 60 - Mike Bennett	Fight Network Recharged - Andre Soukamhtath
16:30	Heroes of Lucha Libre	New Japan Pro Wrestling - Best of the Super Jr. 25 Final		After The Fight - UFC 228			Diary: Rosemary
17:00	Heroes of Lucha Libre	Heroes of Lucha Libre	Pancrase in 60 - UFC Champions	Diary: Rosemary		IMPACT in 60 - Time Machine	Retrospective - Rob Van Dam Part 2
17:30	BRAVE Combat 59	Heroes of Lucha Libre	Invicta FC 48: Tennant vs. Rubin	IMPACT on Spike		Fight Network Recharged - Muay Thai Legends Vol. 1	Pancrase in 60 - UFC Champions
18:00	BRAVE Combat 59	ROH Classics				Pancrase in 60 - UFC Champions	Fight Network Recharged - Chris Curtis
18:30	BRAVE Combat 59	Fight Network Recharged - Chris Curtis		IMPACT on Spike	Fight Network Recharged - Chip Moraza Pollard	Fight Network Recharged - Chip Moraza Pollard	Fight Network Recharged - Muay Thai Legends Vol. 1
19:00	Ultimate Strongman 2014 - Masters World Championship	Fight Network Recharged - Chip Moraza Pollard	After The Fight - UFC 228		Fight Network Recharged - Andre Soukamhtath	Fight Network Recharged - Andre Soukamhtath	Fight Network Recharged - Chip Moraza Pollard
19:30	UK's Strongest Man 2019 - Part 5/5	Fight Network Recharged - Andre Soukamhtath	Diary: Rosemary	IMPACT in 60 - Time Machine	Fight Network Recharged - Chris Curtis	Fight Network Recharged - Chris Curtis	Fight Network Recharged - Andre Soukamhtath
0:00	UK's Strongest Man 2019 - Part 5/5	Fight Network Recharged - Andre Soukamhtath	Fight Network Recharged - Muay Thai Legends Vol. 1	IMPACT in 60 - Time Machine	Fight Network Recharged - Chris Curtis	Fight Network Recharged - Chris Curtis	Fight Network Recharged - Andre Soukamhtath
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