PST	3/2/26 Mon	3/3/26 Tues	3/4/26 Wed	3/5/26 Thur	3/6/26 Fri	3/7/26 Sat	3/8/26 Sun	PST
3:00 AM	NEXT STOP DISCOVERY Ep. 427	NEXT STOP DISCOVERY Ep. 428	NEXT STOP DISCOVERY Ep. 429	NEXT STOP DISCOVERY Ep. 430	NEXT STOP DISCOVERY Ep. 431	The Quest Ep.388	The First Penguin Ep.9	3:00 AM
3:05 AM								3:05 AM
3:10 AM								3:10 AM
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3:55 AM	NEWS	NEWS	NEWS	NEWS	NEWS	NEWS	NEWS	3:55 AM
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4:05 AM								4:05 AM
4:10 AM								4:10 AM
4:15 AM						NINOSAN Ep. 296	KIRIO FAN CLUB Ep. 1	4:15 AM
4:20 AM								4:20 AM
4:25 AM	Going Home ~Cops for the Lost~ Ep. 6	Going Home ~Cops for the Lost~ Ep. 7	Going Home ~Cops for the Lost~ Ep. 8	Going Home ~Cops for the Lost~ Ep. 9	Going Home ~Cops for the Lost~ Ep. 10(Last Ep)			4:25 AM
4:30 AM						Dining Al Fresco Ep. 429		4:30 AM
4:35 AM								4:35 AM
4:40 AM								4:40 AM
4:45 AM								4:45 AM
4:50 AM								4:50 AM
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5:00 AM								5:00 AM
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5:10 AM	Delicious Food Journey Ep.13	Delicious Food Journey Ep.14	Delicious Food Journey Ep.15	Delicious Food Journey Ep.16	Delicious Food Journey Ep.17	Fashionista! Ep. 20	We are worse at love than Pandas Ep.8	5:10 AM
5:15 AM								5:15 AM
5:20 AM								5:20 AM
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5:35 AM								5:35 AM
5:40 AM	Ensemble Ep.1	Ensemble Ep.2	Ensemble Ep.3	Ensemble Ep.4	Ensemble Ep.5	Fashionista! Ep. 21	PUNCH-DRUNK WOMAN Ep.6	5:40 AM
5:45 AM								5:45 AM
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6:05 AM						Fashionista! Ep. 22		6:05 AM
6:10 AM								6:10 AM
6:15 AM								6:15 AM
6:20 AM								6:20 AM
6:25 AM							My Capsule Toy Brothers Ep. 1	6:25 AM
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6:45 AM								6:45 AM
6:50 AM	Fashionista! Ep. 20	Fashionista! Ep. 21	Fashionista! Ep. 22	Fashionista! Ep. 23	Fashionista! Ep. 24	Fashionista! Ep. 23		6:50 AM
6:55 AM								6:55 AM
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	3/2/26 Mon	3/3/26 Tues	3/4/26 Wed	3/5/26 Thur	3/6/26 Fri	3/7/26 Sat	3/8/26 Sun
3:00 AM	NEXT STOP DISCOVERY Ep. 427	NEXT STOP DISCOVERY Ep. 428	NEXT STOP DISCOVERY Ep. 429	NEXT STOP DISCOVERY Ep. 430	NEXT STOP DISCOVERY Ep. 431	The Quest Ep.388	The First Penguin Ep.9
3:55 AM	NEWS	NEWS	NEWS	NEWS	NEWS	NEWS	NEWS
4:15 AM						NINOSAN Ep. 296	KIRIO FAN CLUB Ep. 1
4:25 AM	Going Home ~Cops for the Lost~ Ep. 6	Going Home ~Cops for the Lost~ Ep. 7	Going Home ~Cops for the Lost~ Ep. 8	Going Home ~Cops for the Lost~ Ep. 9	Going Home ~Cops for the Lost~ Ep. 10(Last Ep)		
4:30 AM						Dining Al Fresco Ep. 429	
5:10 AM	Delicious Food Journey Ep.13	Delicious Food Journey Ep.14	Delicious Food Journey Ep.15	Delicious Food Journey Ep.16	Delicious Food Journey Ep.17	Fashionista! Ep. 20	We are worse at love than Pandas Ep.8
5:40 AM	Ensemble Ep.1	Ensemble Ep.2	Ensemble Ep.3	Ensemble Ep.4	Ensemble Ep.5	Fashionista! Ep. 21	PUNCH-DRUNK WOMAN Ep.6
6:05 AM						Fashionista! Ep. 22	
6:25 AM							My Capsule Toy Brothers Ep. 1
6:50 AM	Fashionista! Ep. 20	Fashionista! Ep. 21	Fashionista! Ep. 22	Fashionista! Ep. 23	Fashionista! Ep. 24	Fashionista! Ep. 23	
7:00 AM	NEWS	NEWS	NEWS	NEWS	NEWS	NEWS	NEWS
7:20 AM	BAMBINO! Ep.2	BAMBINO! Ep.3	BAMBINO! Ep.4	BAMBINO! Ep.5	BAMBINO! Ep.6	Fashionista! Ep. 24	My Capsule Toy Brothers Ep. 2
7:35 AM							My Capsule Toy Brothers Ep. 3
7:40 AM						Delicious Food Journey Ep.13	
8:05 AM	MUST BE ARASHI! Ep. 380	MUST BE ARASHI! Ep. 383	MUST BE ARASHI! Ep. 386	MUST BE ARASHI! Ep. 392	MUST BE ARASHI! Sp.03	Delicious Food Journey Ep.14	My Capsule Toy Brothers Ep. 4
8:25 AM							My Capsule Toy Brothers Ep. 5
8:40 AM						Delicious Food Journey Ep.15	
8:55 AM	My Capsule Toy Brothers Ep. 1	My Capsule Toy Brothers Ep. 3	My Capsule Toy Brothers Ep. 5	My Capsule Toy Brothers Ep. 7	My Capsule Toy Brothers Ep. 9	Delicious Food Journey Ep.16	My Capsule Toy Brothers Ep. 6
9:10 AM	My Capsule Toy Brothers Ep. 2	My Capsule Toy Brothers Ep. 4	My Capsule Toy Brothers Ep. 6	My Capsule Toy Brothers Ep. 8	My Capsule Toy Brothers Ep. 10	Delicious Food Journey Ep.17	
9:40 AM	THE TETSUWAN DASH Ep. 629	THE TETSUWAN DASH Ep. 638	THE TETSUWAN DASH Ep. 677	THE TETSUWAN DASH Ep. 684	THE TETSUWAN DASH Ep. 688	The Quest Ep.388	The First Penguin Ep.9
10:35 AM				NINOSAN Ep. 296	The First Penguin Ep.8	NINOSAN Ep. 296	KIRIO FAN CLUB Ep. 1
10:40 AM	SHOTEN Ep. 2843	The Quest Ep.393	NEXT STOP DISCOVERY Ep. 429	Dare to Surprise Ep.333			We are worse at love than Pandas Ep.8
11:05 AM						Dining Al Fresco Ep. 429	
11:15 AM	Turn to Me Mukai-kun Ep.10(Last Ep)	We are worse at love than Pandas Ep.7	Fashionista! Ep. 22	MOCO'S Kitchen Ep. 103	Fashionista! Ep. 24	THE TETSUWAN DASH Ep. 629	PUNCH-DRUNK WOMAN Ep.6
11:45 AM							
12:05 PM	Going Home ~Cops for the Lost~ Ep. 6	Going Home ~Cops for the Lost~ Ep. 7	Going Home ~Cops for the Lost~ Ep. 8	Going Home ~Cops for the Lost~ Ep. 9	Going Home ~Cops for the Lost~ Ep. 10(Last Ep)		
12:35 PM						THE TETSUWAN DASH Ep. 638	Ensemble Ep.1
12:50 PM	Guilty Flag Ep.20(Last Ep)	MUST BE ARASHI! Ep. 383	Dare to Surprise Ep.333	Dosanko Cooking Ep. 829	We are worse at love than Pandas Ep.8		
1:20 PM				The Quest Ep.388			
1:35 PM	MOCO'S Kitchen Ep. 102	Fashionista! Ep. 21	Delicious Food Journey Ep.15		Dining Al Fresco Ep. 429	THE TETSUWAN DASH Ep. 677	Ensemble Ep.2
2:05 PM							
2:20 PM	Ensemble Ep.1	Ensemble Ep.2	Ensemble Ep.3	Ensemble Ep.4	Ensemble Ep.5	THE TETSUWAN DASH Ep. 684	Ensemble Ep.3
2:40 PM							
3:05 PM	Dare to Surprise Ep.333	THE TETSUWAN DASH Ep. 638	KIRIO FAN CLUB Ep. 1	MUST BE ARASHI! Ep. 392	The Quest Ep.388	THE TETSUWAN DASH Ep. 688	Ensemble Ep.4
3:30 PM			MOCO'S Kitchen Ep. 103				
3:40 PM	NEWS	NEWS	NEWS	NEWS	NEWS	NEWS	NEWS
4:10 PM	The First Penguin Ep.8	KIRIO FAN CLUB Ep. 1	The Quest Ep.388	We are worse at love than Pandas Ep.8	PUNCH-DRUNK WOMAN Ep.6	The Quest Ep.388	The First Penguin Ep.9
4:30 PM							
4:45 PM		Dare to Surprise Ep.333		Fashionista! Ep. 23	MUST BE ARASHI! Sp.03	NINOSAN Ep. 296	KIRIO FAN CLUB Ep. 1
5:00 PM	Delicious Food Journey Ep.13		Wit vs Wild Ep. 1				
5:20 PM				Dining Al Fresco Ep. 429		Dining Al Fresco Ep. 429	We are worse at love that Pandas Ep.8
5:30 PM	Dosanko Cooking Ep. 829	MOCO'S Kitchen Ep. 103					
5:45 PM				Dosanko Cooking Ep. 829	THE TETSUWAN DASH Ep. 688	MUST BE ARASHI! Ep. 380	
6:10 PM	MUST BE ARASHI! Ep. 380	NINOSAN Ep. 296		MOCO'S Kitchen Ep. 103			MOCO'S Kitchen Ep. 103
6:15 PM		Delicious Food Journey Ep.14					
6:35 PM							
6:40 PM	NEWS	NEWS	NEWS	NEWS	NEWS	NEWS	NEWS
6:45 PM							
7:05 PM	KIRIO FAN CLUB Ep. 1	MUST BE ARASHI! Ep. 383	We are worse at love than Pandas Ep.8	PUNCH-DRUNK WOMAN Ep.6	The First Penguin Ep.9	MUST BE ARASHI! Ep. 383	PUNCH-DRUNK WOMAN Ep.6
7:20 PM							
7:30 PM	NINOSAN Ep. 296						
7:40 PM							
7:50 PM	NEXT STOP DISCOVERY Ep. 427	The Quest Ep.388	THE TETSUWAN DASH Ep. 677	Delicious Food Journey Ep.16	Dining Al Fresco Ep. 429	MUST BE ARASHI! Ep. 386	Going Home ~Cops for the Lost~ Ep. 7
8:05 PM							
8:15 PM				MUST BE ARASHI! Ep. 392	NEXT STOP DISCOVERY Ep. 431		
8:30 PM						MUST BE ARASHI! Ep. 392	
8:35 PM							
8:45 PM	PUNCH-DRUNK WOMAN Ep.5	The First Penguin Ep.8	KIRIO FAN CLUB Ep. 1				Going Home ~Cops for the Lost~ Ep. 8
9:05 PM							
9:15 PM				The Quest Ep.388	MOCO'S Kitchen Ep. 103		
9:30 PM			Fashionista! Ep. 22			The Quest Ep.388	
9:40 PM	Guilty Flag Ep.20(Last Ep)	NEXT STOP DISCOVERY Ep. 428			We are worse at love that Pandas Ep.8		Going Home ~Cops for the Lost~ Ep. 9
10:05 PM							
10:15 PM			MUST BE ARASHI! Ep. 386	NINOSAN Ep. 296		NINOSAN Ep. 296	
10:30 PM							
10:40 PM	The Quest Ep.393	Fashionista! Ep. 21	Dare to Surprise Ep.333	The First Penguin Ep.8	MUST BE ARASHI! Sp.03	Dining Al Fresco Ep. 429	Going Home ~Cops for the Lost~ Ep. 10(Last Ep)
10:50 PM		MOCO'S Kitchen Ep. 103					
11:05 PM							
11:10 PM	NEWS	NEWS	NEWS	NEWS	NEWS	MOCO'S Kitchen Ep. 103	NEWS
11:30 PM							
11:35 PM	BAMBINO! Ep.2	BAMBINO! Ep.3	BAMBINO! Ep.4	BAMBINO! Ep.5	BAMBINO! Ep.6	NEXT STOP DISCOVERY Ep. 427	The First Penguin Ep.9
11:55 PM							
12:05 AM				Fashionista! Ep. 22	Delicious Food Journey Ep.17		
12:20 AM	The First Penguin Ep.8	THE TETSUWAN DASH Ep. 638	PUNCH-DRUNK WOMAN Ep.5				KIRIO FAN CLUB Ep. 1
12:40 AM				Dosanko Cooking Ep. 829	KIRIO FAN CLUB Ep. 1	NEXT STOP DISCOVERY Ep. 428	
1:00 AM							We are worse at love that Pandas Ep.8
1:15 AM	My Capsule Toy Brothers Ep. 1	My Capsule Toy Brothers Ep. 3	My Capsule Toy Brothers Ep. 5	My Capsule Toy Brothers Ep. 7	My Capsule Toy Brothers Ep. 9		
1:35 AM							
1:40 AM						Fashionista! Ep. 20	
1:55 AM	My Capsule Toy Brothers Ep. 2	My Capsule Toy Brothers Ep. 4	My Capsule Toy Brothers Ep. 6	My Capsule Toy Brothers Ep. 8	My Capsule Toy Brothers Ep. 10		PUNCH-DRUNK WOMAN Ep.6
2:20 AM							
2:35 AM	Dare to Surprise Ep.333	ARIYOSHI SEMINAR Ep.93	The First Penguin Ep.8	The Quest Ep.388	NEXT STOP DISCOVERY Ep. 431	Daylight Saving	NINOSAN Ep. 296
2:55 AM							