| PST | 11/23/26 Mon | 11/24/26 Tues | 11/25/26 Wed | 11/26/26 Thur | 11/27/26 Fri | 11/28/26 Sat | 11/29/26 Sun | PST |
|---|---|---|---|---|---|---|---|---|
| 3:00 AM | | | | | | | | 3:00 AM |
| 3:05 AM | | | | | | | | 3:05 AM |
| 3:10 AM | | | | | | | | 3:10 AM |
| 3:15 AM | ぶらり途中下車の旅<br>Ep. 464 | ぶらり途中下車の旅<br>Ep. 465 | ぶらり途中下車の旅<br>Ep. 466 | ぶらり途中下車の旅<br>Ep. 467 | ぶらり途中下車の旅<br>Ep. 468 | 上田と女が吠える夜<br>Ep.74 | 星の金貨<br>Ep.10 | 3:15 AM |
| 3:20 AM | | | | | | | | 3:20 AM |
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| 3:50 AM | NEWS | NEWS | NEWS | NEWS | NEWS | NEWS | NEWS | 3:50 AM |
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| 4:05 AM | | | | | | | | 4:05 AM |
| 4:10 AM | | | | | | | | 4:10 AM |
| 4:15 AM | | | | | | 満点☆青空レストラン<br>Ep. 466 | | 4:15 AM |
| 4:20 AM | | | | | | | | 4:20 AM |
| 4:25 AM | 白衣の戦士！<br>Ep. 6 | 白衣の戦士！<br>Ep. 7 | 白衣の戦士！<br>Ep. 8 | 白衣の戦士！<br>Ep. 9 | 白衣の戦士！<br>Ep. 10(Last Ep) | | ハイド&シーク 0秒前の彼女<br>Ep.7 | 4:25 AM |
| 4:30 AM | | | | | | | | 4:30 AM |
| 4:35 AM | | | | | | 笑点<br>Ep. 2659 | | 4:35 AM |
| 4:40 AM | | | | | | | | 4:40 AM |
| 4:45 AM | | | | | | | | 4:45 AM |
| 4:50 AM | | | | | | 笑点<br>Ep. 2660 | | 4:50 AM |
| 4:55 AM | | | | | | | | 4:55 AM |
| 5:00 AM | | | | | | | 簡単なお仕事です。に応募してみた<br>Ep. 7 | 5:00 AM |
| 5:05 AM | | | | | | | | 5:05 AM |
| 5:10 AM | 笑点<br>Ep. 2659 | 笑点<br>Ep. 2660 | 笑点<br>Ep. 2661 | 笑点<br>Ep. 2662 | 笑点<br>Ep. 2663 | | | 5:10 AM |
| 5:15 AM | | | | | | 笑点<br>Ep. 2661 | | 5:15 AM |
| 5:20 AM | | | | | | | | 5:20 AM |
| 5:25 AM | | | | | | | | 5:25 AM |
| 5:30 AM | | | | | | 笑点<br>Ep. 2662 | | 5:30 AM |
| 5:35 AM | | | | | | | | 5:35 AM |
| 5:40 AM | 今日から俺は!!<br>Ep. 1 | 今日から俺は!!<br>Ep. 2 | 今日から俺は!!<br>Ep. 3 | 今日から俺は!!<br>Ep. 4 | 今日から俺は!!<br>Ep. 5 | | 俺の話は長い〜2025・春〜<br>Ep. 1 | 5:40 AM |
| 5:45 AM | | | | | | | | 5:45 AM |
| 5:50 AM | | | | | | 笑点<br>Ep. 2663 | | 5:50 AM |
| 5:55 AM | | | | | | | | 5:55 AM |
| 6:00 AM | | | | | | | | 6:00 AM |
| 6:05 AM | | | | | | | | 6:05 AM |
| 6:10 AM | | | | | | | 満点☆青空レストラン<br>Ep. 466 | 6:10 AM |
| 6:15 AM | | | | | | | | 6:15 AM |
| 6:20 AM | | | | | | | | 6:20 AM |
| 6:25 AM | | | | | | | | 6:25 AM |
| 6:30 AM | 有吉反省会<br>Ep. 135 | 有吉反省会<br>Ep. 136 | 有吉反省会<br>Ep. 137 | 有吉反省会<br>Ep. 138 | 有吉反省会<br>Ep. 139 | | | 6:30 AM |
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| 7:00 AM | NEWS | NEWS | NEWS | NEWS | NEWS | | | 7:00 AM |
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| 7:15 AM | | | | | | | | 7:15 AM |
| 7:20 AM | | | | | | | | 7:20 AM |
| 7:25 AM | | | | | | | | 7:25 AM |
| 7:30 AM | だが、情熱はある<br>Ep10 | だが、情熱はある<br>Ep11 | だが、情熱はある<br>Ep12(Last Ep) | 俺の話は長い〜2025・春〜<br>Ep. 1 | 俺の話は長い〜2025・春〜<br>Ep. 2 | 上田と女が吠える夜<br>Ep.74 | 俺の話は長い〜2025・春〜<br>Ep. 2 | 7:30 AM |
| 7:35 AM | | | | | | | | 7:35 AM |
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| 7:45 AM | | | | | | | | 7:45 AM |
| 7:50 AM | | | | | | 満点☆青空レストラン<br>Ep. 466 | | 7:50 AM |
| 7:55 AM | | | | | | | | 7:55 AM |
| 8:00 AM | | | | | | | | 8:00 AM |
| 8:05 AM | | | | | | | | 8:05 AM |
| 8:10 AM | 鳴呼!!みんなの動物園<br>Ep.2 | 鳴呼!!みんなの動物園<br>Ep.3 | 鳴呼!!みんなの動物園<br>Ep.4 | 鳴呼!!みんなの動物園<br>Ep.6 | 鳴呼!!みんなの動物園<br>Ep.7 | | | 8:10 AM |
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| 8:40 AM | ESCAPE それは誘拐のはずだった<br>Ep.1 | ESCAPE それは誘拐のはずだった<br>Ep.2 | ESCAPE それは誘拐のはずだった<br>Ep.3 | ESCAPE それは誘拐のはずだった<br>Ep.4 | ESCAPE それは誘拐のはずだった<br>Ep.5 | | 今日から俺は!!<br>Ep. 1 | 8:40 AM |
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| 9:50 AM | 有吉ゼミ<br>Sp.80-1 | | | | | | | 9:50 AM |
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| 11:00 AM | いた！ヤバイ生き物 キケン生物と犬バトル<br>Ep. 1 | 有吉ゼミ<br>Sp.80-2 | 有吉ゼミ<br>Ep.91 | 有吉ゼミ<br>Ep.93 | 有吉ゼミ<br>Ep.94 | | | 11:00 AM |
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