

SBC 1 TV PROGRAMME SCHEDULE			
SATURDAY 17TH OCTOBER 2026			
Start Time	Programme Title	Episode Title	Rating
06:00	Refleksyon & Gospel Song		
06:13	Local NEWS+ Sport	(rpt)	
07:00	Bonzour Sesel		
09:00	Regal Academy	Episode 44	
09:24	Animation: Duda & Dada	Episode 1	
09:37	Animation: Duda & Dada	Episode 2	
09:50	Puppy in my Pocket	Episode 5	
10:17	Animation: Super Wings	Episode 13	
10:29	Animation: Super Wings	Episode 14	
10:41	Animation: Idefix and the Indomitables	Episode 19	
10:55	Animation: Idefix and the Indomitables	Episode 20	
11:10	Series: Backstage	S2-Ep018	
11:33	Magazine: Rev		
12:00	Series: Jamie Johnson	Episode 49	
12:30	Series: Junior Bake Off	S5-Ep001	
13:16	Series: My Perfect Landing	Episode 6	
13:45	Series: Maggie & Bianca	Episode 58	
14:11	Series: Doctor X	Episode 8	
14:58	The Great Interior Design Challenge	Episode 12	
16:00	Comedy: Family Time	Episode 26	
16:23	Series : Like a Flowing River	Episode 41	
17:09	Series: Forever My Love	Episode 90	
18:00	Doc: The Tipping Points	Episode 3	
19:00	Doc: AI and You		
20:00	Nouvel		
20:38	Sports News		
20:52	Meteo		
21:00	Series: NCIS	Episode 2	15
21:41	Movie: Betrayal Among Friends		15
23:07	BBC World News		

SBC 1 TV PROGRAMME SCHEDULE			
SUNDAY 18TH OCTOBER 2026			
Start Time	Programme Title	Episode Title	Rating
06:00	Refleksyon & Gospel Song		
06:13	Local NEWS+ Sport	(rpt)	
07:00	Bonzour Sesel		
09:00	Regal Academy	Episode 45	
09:24	Animation: Duda & Dada	Episode 3	
09:37	Animation: Duda & Dada	Episode 4	
09:50	Puppy in my Pocket	Episode 6	
10:17	Animation: Super Wings	Episode 15	
10:29	Animation: Super Wings	Episode 16	
10:41	Animation: Idefix and the Indomitables	Episode 21	
10:55	Animation: Idefix and the Indomitables	Episode 22	
11:09	Series: The Athena	Episode 2	
11:35	Series: Sanditon	S2-Ep003	
12:30	Fab Jazz in Concert		
15:30	Series: Be Careful With My Heart	Episode 74	
16:17	Family Movie: No Letting Go		PG
18:00	Series : Welcome to Milele	Episode 23	
18:55	Series: Going Home	Episode 5	
20:00	Nouvel		
20:38	Sports News		
20:52	Meteo		
21:00	Telenovela: Wildflower	Episode 75	15
21:47	Telenovela: Wildflower	Episode 76	15
22:33	Series: El Chapo	Episode 24	18
23:15	BBC World News		

SBC 1 TV PROGRAMME SCHEDULE			
MONDAY 19TH OCTOBER 2026			
Start Time	Programme Title	Episode Title	Rating
06:00	Bonzour Sesel		
08:00	Messy Goes To Okido	Episode 64	
08:12	Messy Goes To Okido	Episode 65	
08:24	Super Why	Episode 23	
08:50	Series: We're Talking Animals	Episode 21	
09:25	Series: Poh's Kitchen Secrets	Episode 1	
10:00	Dokimanter : Soumaren	Episode 2	
10:16	Dis moi-Dix mots	Episode 6	
10:30	Magazine: Sucrément Bon	Episode 25	
11:00	Magazine: Close Up		
11:30	Documentary: Love Your Garden	Episode 21	
12:30	Nouvel		
13:00	Series: Broken Bonds	Episode 31	PG
13:45	Doc : America's Journey to Freedom - Pt 1		
14:30	Magazine: Tomorrow Today		
15:00	Space racers	Episode 47	
15:13	Space racers	Episode 48	
15:26	Franny's Feet	Episode 51	
15:48	The Deep	Episode 8	
16:12	Animation: Power Players	Episode 7	
16:24	Animation: Power Players	Episode 8	
16:40	Le Petit Prince	Episode 24	
17:10	Series: Popularity Papers	Episode 25	
17:35	Kids Fitness With Emma	Episode 5	
18:00	Flash d'Informations		
18:05	Topik Konversasyon		
19:00	News Headlines		
19:10	Game Show: Bridge of Lies	Episode 24	
20:00	Nouvel		
20:38	Sports News		

20:52	Meteo		
21:00	Konblaz dan Sesel: Yer ek Ozordi pou Demen		
21:45	Series: The River	Episode 231	15
22:28	Series: Frankie Drake Mysteries	Episode 24	15
23:15	BBC World News		

SBC 1 TV PROGRAMME SCHEDULE			
TUESDAY 20TH OCTOBER 2026			
Start Time	Programme Title	Episode Title	Rating
06:00	Bonzour Sesel		
08:00	Messy Goes To Okido	Episode 66	
08:12	Messy Goes To Okido	Episode 67	
08:24	Super Why	Episode 24	
08:50	Series: We're Talking Animals	Episode 22	
09:25	Series: Poh's Kitchen Secrets	Episode 2	
10:00	Magazine: Euromaxx		
10:30	Fitness Zone Plus	Episode 2	
10:58	Magazine: Eating Plants	Episode 3	
11:30	Magazine: Fierce Earth	Episode 9	
12:00	In good shape		
12:30	Nouvel		
13:00	Series: Broken Bonds	Episode 32	PG
13:45	Doc : America's Journey to Freedom - Pt 2		
14:30	Magazine: Collar of Duty	S2-Ep007	
15:00	Series: Sam Fox: Extreme Adventures	Episode 13	
15:26	Kuu Kuu Harajuku	Episode 51	
15:40	Kuu Kuu Harajuku	Episode 52	
15:53	Animation: Jabu's Jungle	Episode 35	
16:17	Animation: Gus - The Itsy Bitsy Knight	Episode 39	
16:29	Animation: Gus - The Itsy Bitsy Knight	Episode 40	
16:41	Animation: Semi in Magic Cube	Episode 25	
16:55	Animation: Semi in Magic Cube	Episode 26	
17:10	Rev and Roll	Episode 7	

17:22	Rev and Roll	Episode 8	
17:35	Series: Brain Buzz	Episode 36	
18:00	Flash d'Informations		
18:05	Topik Konversasyon		
19:00	News Headlines		
19:10	Magazine: The World From Above	Episode 13	
19:40	Lo ban Lesplanad	Cheyenne Bristol	
20:00	Nouvel		
20:38	Sports News		
20:52	Meteo		
21:00	Lopinyon	Episode 14	
21:54	Téléfilm: Une Confession		15
23:21	BBC World News		

SBC 1 TV PROGRAMME SCHEDULE			
WEDNESDAY 21ST OCTOBER 2026			
Start Time	Programme Title	Episode Title	Rating
06:00	Bonzour Sesel		
08:00	Messy Goes To Okido	Episode 68	
08:12	Messy Goes To Okido	Episode 69	
08:24	Super Why	Episode 25	
08:50	Series: We're Talking Animals	Episode 23	
09:25	Series: Poh's Kitchen Secrets	Episode 3	
10:00	Magazine: Eco India		
10:30	Magazine: Global Us		
11:00	Magazine: Destination Culture		
11:30	Documentary: Love Your Garden	Episode 22	
12:30	Nouvel		
13:00	Series: Broken Bonds	Episode 33	PG
13:45	Doc : Watching You the world of Palantir and Alex Karp	Part 1	
14:30	Comedy: Modern Family	S2-Ep002	
15:00	Space racers	Episode 49	
15:13	Space racers	Episode 50	
15:26	Franny's Feet	Episode 52	
15:52	The Deep	Episode 9	
16:20	Animation: Power Players	Episode 9	
16:32	Animation: Power Players	Episode 10	
16:48	Le Petit Prince	Episode 25	
17:14	Series: Popularity Papers	Episode 26	
17:37	Kids Fitness With Emma	Episode 6	
18:00	Flash d'Informations		
18:05	Topik Konversasyon		
19:00	News Headlines		
19:10	Promnad dan distrik	Episode 8	
19:40	Lo ban Lesplanad	Zarah Hertel	
20:00	Nouvel		
20:38	Sports News		
20:52	Meteo		
21:00	Series: A Million Little Things	Episode 62	15

21:44	Series: The Split	S3-Ep003	15
22:37	BBC World News		

SBC 1 TV PROGRAMME SCHEDULE			
THURSDAY 22ND OCTOBER 2026			
Start Time	Programme Title	Episode Title	Rating
06:00	Bonzour Sesel		
08:00	Messy Goes To Okido	Episode 70	
08:12	Messy Goes To Okido	Episode 71	
08:24	Super Why	Episode 26	
08:50	Series: We're Talking Animals	Episode 24	
09:13	Series: Bushwhacked	Episode 11	
09:38	DOC : China before China	Episode4	
10:37	Magazine: On The Pulse	Episode 8	
11:00	Magazine: Vanishing Food	Episode 8	
11:30	Doc: Founder Valley- Digital Future		
12:00	In good shape		
12:30	Nouvel		
13:00	Series: Broken Bonds	Episode 34	
13:45	Doc : Watching You the world of Palantir and Alex Karp	Part 2	
14:30	Magazine: Eco Africa		
15:00	Magazine: Collar of Duty	S2-Ep008	
15:26	Kuu Kuu Harajuku	Episode 53	
15:39	Kuu Kuu Harajuku	Episode 54	
15:52	Animation: Jabu's Jungle	Episode 36	
16:16	Animation: Gus - The Itsy Bitsy Knight	Episode 41	
16:28	Animation: Gus - The Itsy Bitsy Knight	Episode 42	
16:41	Animation: The Enchanted Village of Pinocchio	Episode 1	
16:54	Animation: The Enchanted Village of Pinocchio	Episode 2	
17:07	Rev and Roll	Episode 9	
17:20	Rev and Roll	Episode 10	
17:35	Series: Brain Buzz	Episode 37	
18:00	Flash d'Informations		
18:05	Topik Konversasyon		

19:00	News Headlines		
19:10	Magazine: Focus on Africa - "Conversation"		
19:40	Lo ban Lesplanad	Yugine Aglae	
20:00	Nouvel		
20:38	Sports News		
20:52	Meteo		
21:00	Telenovela: Wildflower	Episode 77	15
21:47	Telenovela: Wildflower	Episode 78	15
22:34	Series: Alex Rider	Episode 5	15
23:19	BBC World News		

SBC 1 TV PROGRAMME SCHEDULE FRIDAY 23RD OCTOBER 2026			
Start Time	Programme Title	Episode Title	Rating
06:00	Bonzour Sesel		
08:00	Treble Chance 75 rpt		
08:08	Messy Goes To Okido	Episode 72	
08:32	Super Why	Episode 27	
08:57	Series: We're Talking Animals	Episode 25	
09:25	Series: Poh's Kitchen Secrets	Episode 4	
10:00	Doc: Buried and Found		
10:30	Magazine: How Do They Do It	Episode 12	
11:00	Tout le Monde a la Plage	Episode 10	
11:30	Documentary: Love Your Garden	Episode 23	
12:30	Nouvel		
13:00	Series: Broken Bonds	Episode 35	
13:45	Series: Broken Bonds	Episode 36	
14:30	Comedy: Modern Family	S2-Ep003	
15:00	Space racers	Episode 51	
15:13	Space racers	Episode 52	
15:26	Looped	Episode 1	
15:48	The Deep	Episode 10	
16:10	Animation: Power Players	Episode 11	
16:23	Animation: Power Players	Episode 12	

16:37	Le Petit Prince	Episode 26	
17:02	Series: Swashbuckle	S2-Ep001	
17:35	Kids Fitness With Emma	Episode 7	
18:00	Flash d'Informations		
18:05	Topik Konversasyon		
19:00	News Headlines		
19:10	Ageless Garden	S2-Ep001	
19:40	Lo ban Lesplanad	Sabine Henriette	
20:00	Nouvel		
20:38	Sports News		
20:52	Meteo		
21:00	Game Show: Bridge of Lies	S2-Ep001	
21:46	Series: NCIS Hawaii	S2-Ep020	15
22:33	Movie: Missing Daughter		15