

BBC

Sunnudagur 30. desember

- 8.40 Today's viewing
- 8.45 The Gap
- 9.15 All God's Children
- 9.30 This is the Day
- 10.00 See Hear
- 10.25 Country File
- 10.55 Corners
- 11.15 Blue Peter: Review of the Year
- 11.40 The Watch House
- 12.10 Green Claws
- 12.25 First Sight
- 13.00 News Summary
- 13.05 Battle of Britain: 50th Anniversary
- 14.00 Eastenders
- 15.00 The making of a Continent 3
- 16.00 Isaac in America
- 17.00 Some Mothers do 'ave 'em
- 17.40 Antiques Roadshow
- 18.25 News and Weather
- 18.40 Songs of Praise
- 19.15 Only Fools and Horses
- 20.05 When the Fire Burns
- 21.30 283 useful Ideas from Japan
- 21.45 News and Weather
- 22.00 In Sickness and in Health
- 22.30 Everyman
- 23.15 Big Sheds
- 23.25 Beethoven Symphonies: Symphony No. 8 in F Op. 93 The London Classical Plays
- 0.00 Monday's viewing
- 0.05 Close

Nýggjársaftan 31. desember

- 7.55 Today's viewing
- 8.00 English Towns: Chichester, Sussex
- 8.30 The English Woman and the Horse
- 9.30 Wide World: Ghana Coffins
- 10.20 Paddles up
- 10.50 It doesn't have to hurt
- 11.00 Hopping down in Kent
- 11.35 Darts
- 13.00 News
- 13.30 Ladies and Gentlemen, it is my pleasure
- 14.30 Duty Men 9:10
- 15.20 283 useful Ideas from Japan
- 15.35 Athletics: Britain's Year of Gold
- 16.30 Thank you Mr. Cruft
- 17.10 That's Life: Talented Pets
- 17.40 Green Claws
- 18.00 Six O'Clock News
- 18.30 That's Show Business
- 19.00 Wogan
- 19.30 Dad's Army



- 20.00 May to December
- 20.55 News
- 21.15 Review of the Year
- 22.35 Look Stranger: Ski Fever
- 23.00 Clive James on 1990
- 0.00 Happy New Year
- 0.10 Tuesday's viewing
- 0.15 Close

Nýggjársdagur 1. januar

- 7.55 Today's viewing
- 8.00 English Towns: Richmond, North Yorkshire
- 8.30 Reflections
- 9.00 Henry Moore's Landscape

- 9.30 When Polar Bears swam in the Thames
- 10.30 Glasgow: A City reborn
- 11.15 New Year's Day Concert
- 12.30 Racing from Cheltenham
- 14.45 Paddles up
- 15.20 Miss Marple: The moving Finger
- 17.10 News
- 17.25 Duty Men 10:10
- 18.15 Under Sail: The 18 Footers of Sydney Harbour
- 18.35 Ski Sunday Special
- 19.10 Forty Minutes: The Grendon Experiment
- 19.50 Horizon: The gifted Child
- 20.30 Happy Feet
- 22.00 News
- 22.15 Pakistan: The General's Democracy
- 22.55 The Hangover Show
- 23.40 Wildlife on One: Gently smiling Jaws
- 0.05 Wednesday's viewing
- 0.10 Close

Mikudagur 2. januar

- 6.25 Today's viewing
- 6.30 BBC Breakfast News
- 8.50 Horizon: How do you read
- 9.40 Horizon: West of Bangalore
- 10.35 Paddles up
- 11.10 How are the Kids?
- 11.20 Under Sail: Seaward to Port
- 11.40 Impressions: The Miller
- 12.00 Abdication
- 13.00 One O'Clock News
- 13.30 The unanswered Question: Leonard Bernstein at Harvard
- 14.00 News
- 14.05 See Hear
- 14.25 Holiday outings
- 14.35 Country File
- 15.00 News
- 15.05 Songs of Praise
- 15.35 Master Craftsmen: The Glass Engraver
- 16.15 Jackanory
- 17.00 Newsround
- 17.05 The Watch House
- 17.35 Boswall's Wildlife Safari to Mexico
- 18.00 News
- 18.30 News South East
- 19.00 Wogan in Hollywood
- 19.35 Look Stranger
- 20.00 Waterfront Beat
- 21.00 Nine O'Clock News
- 21.30 QED Flying Horses
- 22.00 Steam into Summer
- 22.30 Newsnight
- 23.20 Drunk and disorderly
- 23.50 Thursday's viewing
- 23.55 Close

Hósdagur 3. januar

- 6.25 Today's viewing
- 6.30 Breakfast News
- 8.50 Glasgow: A City reborn
- 9.35 Royal Institution Christmas Lectures: The Origin of the Galaxies
- 10.35 Paddles up
- 11.00 Great Railway Journeys of the World
- 12.00 In the Shadow of Fujisan
- 13.00 One O'Clock News
- 13.30 The unanswered Question: Leonard Bernstein at Harvard
- 15.50 Dooby's Duck Truck
- 15.55 Gordon the Gopher
- 16.05 Jackanory
- 16.30 Billy Webb's amazing Story
- 16.55 Newsround
- 17.05 Blue Peter
- 17.35 How are the Kids?
- 17.40 Under Sail: Bristol Channel Pilot Cutters
- 18.00 Six O'Clock News
- 18.30 Regional News
- 19.00 Top of the Pops
- 19.30 Eastenders
- 20.00 To the Manor born
- 20.30 The Brittas Empire
- 21.00 Nine O'Clock News
- 21.30 Smith and Jones
- 22.00 The Mary Whitehouse experience
- 22.30 Newsnight
- 23.15 40 Minutes: Whatever happened to Susi?
- 23.55 Friday's viewing
- 0.00 Close

EuroSport

Fríggjadagur 21. desember

- 5.00 International Business Report
- 5.30 Newsline
- 6.00 The D.J. Kat Show
- 7.30 Major League Baseball
- 8.30 Eurobics
- 9.00 Ice Skating
- 11.00 Skiing
- 12.00 Eurobics
- 12.30 Snooker
- 14.30 Tennis
- 16.30 Synchronised Swimming
- 17.00 Equestrianism
- 18.00 World Sports Special
- 18.30 Eurosport News
- 19.00 Skiing
- 20.00 World Cup Luge
- 21.00 World Cup Skiing
- 22.30 World Jet Ski Tour
- 23.00 Eurosport News
- 23.30 Snooker

Leygardagur 22. desember

- 6.00 Barrier Reef
- 6.30 The Flying Kiwi
- 7.00 Fun Factory
- 9.00 Aerobatics World Championships
- 9.30 Mobil 1 Motor Sport News
- 10.00 Saturday Alive: The Ford Ski Report
- World Cup Skiing
- Skiing
- World Cup Ski Jumping
- World Cup Skiing
- 18.00 Cycling
- 19.00 Yachting
- 19.15 Wrestling
- 20.45 Boxing
- 21.45 World Cup Skiing
- 23.15 Ice Hockey

Sunnudagur 23. desember

- 6.00 Hour of Power
- 7.00 Fun Factory
- 9.00 Trans World Sport
- 10.00 Men Basketball
- 11.00 Sunday alive: World Cup Luge
- The History of Football
- Football
- Skiing
- World Cup Skiing
- 18.00 International Motor Sport
- 19.00 Football
- 21.00 American Arena Football
- 23.00 GA Champions Challenge
- 0.00 Surfing

Jólaaftan

- 5.00 Sky News
- 5.30 Those were the Days
- 6.00 The D.J. Kat Show
- 7.30 Major League Baseball
- 8.30 Eurobics
- 9.00 Basketball
- 10.00 Cycling
- 11.00 Surfing
- 12.00 Eurobics
- 12.30 1990 Tennis Classics
- 15.30 1990 Tennis Classics
- 16.30 Football
- 18.30 Eurosport News
- 19.00 Big Wheels
- 20.00 N.H.L. Ice Hockey
- 21.00 U.S. College Football
- 22.00 3-Cushion Billiards
- 23.00 Eurosport News
- 23.30 Bodybuilding

Jóladagur

- 5.00 Sky News
- 5.30 Newsline
- 6.00 The D.J. Kat Show
- 7.30 Major League Baseball
- 8.30 Eurobics
- 9.00 Judo
- 9.30 World Aerobatics Championships
- 10.00 International Motor Sport
- 11.00 3-Cushion Billiards
- 12.00 Eurobics
- 12.30 1990 Tennis Classics
- 15.30 1990 Tennis Classics
- 16.30 Equestrianism
- 17.30 Ascent of the Matterhorn
- 19.00 Alaska Sports Special
- 20.00 Ice Skating Special
- 21.00 Wrestling
- 22.00 Cross Country Skiing
- 23.00 Tennis Documentary
- 0.00 Bodybuilding

2. jóladagur

- 7.30 Major League Baseball
- 8.30 Eurobics
- 9.00 Judo
- 9.30 Ascent of the Matterhorn
- 11.00 Equestrianism
- 12.00 Eurobics
- 12.30 1990 Tennis Classics
- 14.30 1990 Tennis Classics
- 16.30 Surfing
- 17.00 Ice Skating
- 18.30 Eurosport News
- 19.00 Trans World Sport
- 20.00 Rallying
- 21.00 Boxing
- 22.00 Cross Country Skiing
- 23.00 Eurosport News
- 23.30 Bodybuilding
- 0.30 Close

Hósdagur 27. desember

- 7.30 Major League Baseball
- 8.30 Eurobics
- 9.00 1990 Tennis Classics
- 11.00 Equestrianism
- 12.00 Eurobics
- 12.30 World Aerobatics Championships
- 13.00 Documentary
- 15.00 Tennis
- 18.00 Mobil 1 Motor Sport News
- 18.30 Eurosport News
- 19.00 Football
- 21.00 Surfing
- 21.30 Documentary
- 22.30 Trampoline
- 23.00 Eurosport News
- 23.30 Bodybuilding
- 0.30 Close

Fríggjadagur 28. desember

- 7.30 Major League Baseball
- 8.30 Eurobics
- 9.00 World Jet Ski Tour
- 9.30 Ice Skating
- 11.00 Equestrianism
- 12.00 Eurobics
- 12.30 Trampoline
- 13.00 Documentary
- 15.00 Tennis
- 18.00 World Sports Special
- 18.30 Eurosport News
- 19.00 Motorcross
- 20.00 Tennis
- 23.00 Eurosport News
- 23.30 Bodybuilding
- 0.30 Close

Leygardagur 29. desember

- 7.30 Fun Factory
- 9.00 Trampoline
- 9.30 Mobil 1 Motor Sport News
- 10.00 Motorcross
- 11.00 Saturday Alive
- Motor Sport
- 1990 Athletics Classics
- Tennis
- Skiing
- World Cup Freestyle Skiing
- 18.00 Cycling
- 19.00 Yachting
- 19.15 Wrestling
- 20.45 Boxing
- 21.45 Tennis
- 0.45 Close

Sunnudagur 30. desember

- 6.00 Hour of Power
- 7.00 Trampoline
- 7.30 Fun Factory
- 9.00 Trans World Sport
- 10.00 Boxing
- 11.00 Sunday Alive: Ice Skating
- World Cup Ski Jumping
- Skiing
- Tennis
- Cross Country Running
- World Cup Freestyle Skiing
- 18.00 International Motor Sport
- 19.00 Football
- 21.00 World Cup Ski Jumping
- 22.00 Motor Sport
- 22.15 Cross Country Jumping
- 23.15 Tennis
- 2.15 Close