

MTV

Fríggjadagur 18. janúar

- 0.00 VJ Pip Dann
- 2.00 Night Videos
- 6.00 Awake on the Wildside
- 9.00 The Big Picture
- 9.30 VJ Paul King
- 13.00 VJ Pip Dann
- 15.00 Yo! MTV Raps
- 15.30 Club MTV
- 16.00 MTV's Coca Cola Report
- 16.15 MTV's News at Night
- 16.30 MTV's Greatest Hits
- 17.30 MTV Prime
- 18.30 Dial MTV
- 19.00 VJ Ray Cokes
- 21.30 The Big Picture
- 22.00 Saturday Night Live
- 22.30 MTV's Coca Cola Report
- 22.45 MTV News at Night
- 23.00 MTV's greatest Hits

Leygardagur 19. janúar

- 0.00 The MTV Spotlight
- 0.30 VJ Pip Dann
- 2.00 Night Videos
- 7.00 VJ Paul King
- 9.00 Club MTV
- 10.00 The MTV Spotlight
- 10.30 MTV's US Top 20 countdown
- 12.30 XPO
- 13.00 VJ Pip Dann
- 16.00 The MTV Spotlight
- 16.30 YO! MTV Raps
- 17.30 The Big Picture
- 18.00 MTV's Braun European Top 20
- 20.00 The Party Zone
- 22.30 Club MTV
- 23.00 VJ Ray Cokes

Sunnudagur 20. janúar

- 2.00 Night Videos
- 7.00 VJ Paul King
- 9.00 Club MTV
- 9.30 VJ Paul King
- 10.00 The MTV Spotlight
- 10.30 MTV's Braun European Top 20
- 12.30 XPO
- 13.00 VJ Pip Dann
- 17.30 The MTV Spotlight
- 18.00 MTV's US Top 20 countdown
- 20.00 120 Minutes
- 22.00 XPO
- 22.30 Club MTV
- 23.00 Headbangers Ball

Mánadagur 21. janúar

- 1.00 VJ Ray Cokes
- 2.00 Night Videos
- 6.00 Awake on the Wildside
- 9.00 MTV at the Movies
- 9.30 VJ Paul King
- 13.00 VJ Pip Dann
- 15.00 Yo! MTV Raps
- 15.30 Club MTV
- 16.00 MTV's Coca Cola Report
- 16.15 MTV News at Night
- 16.30 MTV's Greatest Hits
- 17.30 MTV Prime
- 18.30 Dial MTV
- 19.00 VJ Ray Cokes
- 21.30 MTV at the Movies
- 22.00 Saturday Night Live
- 22.30 MTV's Coca Cola Report
- 22.45 MTV News at Night
- 23.00 MTV's greatest Hits

Týsdagur 22. janúar

- 0.00 VJ Pip Dann
- 2.00 Night Videos
- 6.00 Awake on the Wildside
- 9.00 MTV at the Movies
- 9.30 VJ Paul King
- 13.00 VJ Pip Dann
- 15.00 YO! MTV Raps
- 15.30 Club MTV
- 16.00 MTV's Coca Cola Report
- 16.15 MTV News at Night
- 16.30 MTV's Greatest Hits
- 17.30 MTV Prime
- 18.30 Dial MTV
- 19.00 VJ Ray Cokes
- 21.30 MTV at the Movies
- 22.00 Saturday Night Live
- 22.30 MTV's Coca-Cola Report
- 22.45 MTV News at Night
- 23.00 MTV's Greatest Hits

BBC

Fríggjadagur 18. janúar

- 6.25 Today's Viewing
- 6.30 BBC Breakfast News
- 8.50 Daytime UK
- 9.00 News and Weather
- 9.05 Brainwave
- 9.25 Dish of the Day
- 9.30 People Today
- 10.00 News and Weather
- 10.05 Playdays
- 10.35 People Today
- 11.00 News and Weather
- 11.05 Kilroy
- 11.45 Before Noon
- 12.00 News and Weather
- 12.05 After Noon
- 12.20 Scene Today
- 12.55 Regional News and Weather
- 13.00 One O'Clock News
- 13.30 Small Objects of Desire 2:6
- 14.00 News
- 14.15 Sport on Friday
- 15.00 News and Weather
- 15.50 News and Weather
- 16.00 Scene: The Crossing
- 16.30 Eye Spy 3:13
- 17.00 Newsround
- 17.10 Grange Hill 4:20
- 17.35 Soviet Union: Siberian Riches
- 18.00 Six O'Clock News
- 18.30 Newsroom South East
- 19.00 Wogan
- 19.40 ?
- 20.10 40 Minutes
- 21.00 Nine O'Clock News
- 21.30 The Boys from the Bush 1:10
- 22.30 Newsnight
- 23.15 Public Eye
- 0.45 Saturday's Viewing
- 0.50 Close

Leygardagur 19. janúar

- 8.25 Today's Viewing
- 8.30 Dooby's Duck Truck - Barnasending
- 8.40 Gordon the Gopher 3:13 - Barnasending
- 8.50 Billy Webb 3:6 - Barnasending
- 9.15 Clean Slate
- 9.45 First Sight
- 10.15 Behind the Headlines
- 10.45 Gardens by Design 3:6
- 11.15 Food and Drink 10:16
- 11.45 Holiday '91
- 12.15 Grandstand
- Rugby Union: Wales - England and France - Scotland. Racing from Haydock
- 17.05 News
- 17.20 40 Minutes
- 18.05 Jim'll fix it 1:13



- 18.40 'Allo! 'Allo! 3:10
- 19.10 The Paul Daniels Magic Show 3:9
- 20.10 Bergerac 3:10
- 20.45 News and Sport
- 21.05 Late again
- 21.55 Ruby Wax Chat Show 1:6
- 22.30 ?
- 0.00 Sunday's Viewing
- 0.05 Close

Sunnudagur 20. janúar

- 8.40 Today's Viewing
- 8.55 ?
- 9.15 Articles of Faith
- 9.30 This is the Day
- 10.00 A vous la France 13:15
- 10.25 Espana viva 13:15
- 10.50 Step up to Word Power: »Dear Sir or Madame« 2:20
- 11.15 A Way with Numbers 7:20
- 11.40 ?
- 12.05 See Hear
- 12.30 Country File
- 13.00 News Summary
- 13.05 On the Record
- 14.00 Eastenders
- 15.00 Scrutiny
- 15.30 In the Garden: »January«
- 16.00 Crufts: Agility and Obedience

- 17.05 The Clothes Show 18:33
- 17.30 Antiques Roadshow 4:12
- 18.15 Lifeline: »The hearing Dogs for the deaf«
- 18.25 News and Weather
- 18.40 Songs of Praise: »Merthyr Tydfil«
- 19.15 Only Fools and Horses 4:6
- 20.05 Lovejoy 3:12
- 20.55 News and Weather
- 21.10 That's Life
- 21.50 Screen Two: »They never slept« 2:12
- 23.20 Ski Sunday
- 23.55 Monday's Viewing
- 0.00 Close

Mánadagur 21. janúar

- 6.25 Today's Viewing
- 6.30 BBC Breakfast News
- 8.50 Daytime UK
- 9.00 News and Weather
- 9.05 Brainwave
- 9.25 Dish of the Day
- 9.30 People Today
- 10.00 News and Weather
- 10.05 Playdays - Barnasending
- 10.35 People Today
- 11.00 News and Weather
- 11.05 Kilroy
- 11.45 Before Noon
- 12.00 News and Weather
- 12.05 After Noon
- 12.20 Scene Today
- 12.55 Regional News and Weather
- 13.00 One O'Clock News
- 13.30 Mastermind 2:17
- 14.00 Natural World: Scandinavia 3:13
- 14.50 Snub 1:10
- 15.25 Bazaar 2:20
- 15.50 Job Bank
- 16.20 English Time for and against fast Food
- 17.00 Newsround
- 17.10 Blue Peter
- 17.35 Going for Gold 37:68
- 18.00 Six O'Clock News
- 18.30 Newsroom South East
- 19.00 Wogan
- 19.30 Watchdog
- 20.00 May to December 3:7
- 20.30 Wildlife on One: »The haunted Huntress« 3:12
- 21.00 Nine O'Clock News
- 21.30 Panorama
- 22.10 The Sky at Night
- 22.30 Newsnight
- 23.15 Money Programme
- 23.55 Tuesday's Viewing
- 0.00 Close

Týsdagur 22. janúar

- 6.25 Today's Viewing
- 6.30 BBC Breakfast News
- 8.50 Daytime UK
- 9.00 News and Weather
- 9.05 Brainwave
- 9.25 Dish of the Day
- 9.30 People Today
- 10.00 News and Weather
- 10.05 Playdays - Barnasending
- 10.35 People Today
- 11.00 News and Weather
- 11.05 Kilroy
- 11.45 Before Noon
- 12.00 News and Weather
- 12.05 After Noon
- 12.20 Scene Today
- 12.55 Regional News and Weather
- 13.00 One O'Clock News
- 13.30 Horizon
- Ein kannning um vandan við passivari royking
- 14.20 Choir of the Year 2:6
- 15.00 News
- 15.05 Westminster Live
- 15.50 Bitsah!
- 16.05 Lifeschool: You and your Health - Listen to me
- 16.35 Now then 6:6
- 17.00 Newsround
- 17.10 Grange Hill 4:20
- 17.35 Going for Gold 38:68
- 18.00 Six O'Clock News
- 18.30 Newsroom South East
- 19.00 Holiday '91 3:13
- 19.30 Eastenders
- 20.00 Dads Army
- 20.30 A Question of Sport 13:25
- 21.00 Nine O'Clock News
- 21.30 Spender 3:8
- 22.20 Building Sight
- 22.30 Newsnight
- 23.15 Skiing: World Alpine
- 0.15 Wednesday's Viewing
- 0.20 Close

Mikudagur 23. janúar

- 6.25 Today's Viewing
- 6.30 BBC Breakfast News
- 8.50 Daytime UK
- 9.00 News and Weather
- 9.05 Brainwave
- 9.25 Dish of the Day
- 9.30 People Today
- 10.00 News and Weather
- 10.05 Playdays - Barnasending
- 10.35 People Today
- 11.00 News and Weather
- 11.05 Kilroy
- 11.45 Before Noon
- 12.00 News and Weather
- 12.05 After Noon
- 12.20 Scene Today
- 12.55 Regional News and Weather
- 13.00 One O'Clock News
- 13.30 Food & Drink 11:16
- 14.00 Young Musician of the Year Launch 1:2
- Tværsendingar um teir fjóra vinnarnar í 1990 og hvað teir hava fingist við söðni
- 14.40 Black Britain: »Say it loud«
- 15.35 Words and Pictures: The Glerp
- 15.50 Bodger and Badger 3:12
- 16.10 Zig Zag
- 16.30 You and Me
- 16.45 Let's see
- 17.00 Newsround
- 17.10 Five Children and it 3:6
- 17.35 Going for Gold 39:68
- 18.00 Six O'Clock News
- 18.30 Newsroom South East
- 19.00 Wogan
- 19.35 Around Scotland: Iron Afe Scotland
- 20.00 Waterfront Beat 4:8
- 20.50 Points of View
- 21.00 Nine O'Clock News
- 21.30 QED: »Murphy's Law«
- 22.00 Behind the Headlines
- 22.30 Parnell and the English Woman 3:4
- 23.25 ?
- 0.00 Thursday's Viewing
- 0.05 Close

Hósdagur 24. janúar

- 6.25 Today's Viewing
- 6.30 BBC Breakfast News
- 8.50 Daytime UK
- 9.00 News and Weather
- 9.05 Brainwave
- 9.25 Dish of the Day
- 9.30 People Today
- 10.00 News and Weather
- 10.05 Playdays - Barnasending
- 10.35 People Today
- 11.00 News and Weather
- 11.05 Kilroy
- 11.45 Before Noon
- 12.00 News and Weather
- 12.05 After Noon
- 12.20 Scene Today
- 12.55 Regional News and Weather
- 13.00 One O'Clock News
- 13.30 Culloden 2:6
- 14.00 Advice Shop
- 14.30 Reportage
- 15.20 Rapido
- 15.50 Dooby Duck's Truck
- 16.00 Gordon the Gopher 4:13
- 16.10 Music Time: Mercury
- 16.35 Billy Webb 4:6
- 17.00 Newsround
- 17.10 Blue Peter
- 17.35 Going for Gold 40:68
- 18.00 Six O'Clock News
- 18.30 Newsroom South East
- 19.00 Top of the Pops
- 19.30 Eastenders
- 20.00 Tomorrow's World
- 20.30 Brittas Empire 4:6
- 21.00 Nine O'Clock News
- 21.30 Taking the Floor 1:6
- 22.00 Question Time
- 23.00 The Mary Whitehouse Experience
- 23.30 ?
- 23.55 Friday's Viewing
- 0.00 Close