

BBC**Fríggjadagur 25. 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 3:6
 - 14.00 News
 - 14.15 Sport on Friday
 - 15.00 News and Weather
 - 15.50 News and Weather
 - 16.00 Scene: Refugees
 - 16.35 Take Two 4:6
 - 17.00 Newsround
 - 17.10 Grange Hill 6:20
 - 17.35 Soviet Union: Steel Town
 - 18.00 Six O'Clock News
 - 18.30 Newsroom South East
 - 19.00 Wogan
 - 19.40 Brushstrokes 3:6
 - 20.10 ?
 - 20.30 Gardens by Design
 - 21.00 Nine O'Clock News
 - 21.30 The Boys from the Bush 2:10
- Uppþoka úr Austurliu. Sögan er frá »Melbourne Confidential«, eini hjúnalags-skriftovu og detektiv-skriftovu og um tey, sum reka hana.
- 22.30 Newsnight
 - 23.15 Public Eye
 - 23.45 Saturday's Viewing

Leygardagur 26. janúar

- 8.25 Today's Viewing
 - 8.30 Dooby's Duck Truck - Barnasending
 - 8.40 Gordon the Gopher 4:13 - Barnasending
 - 8.50 Billy Webb 4:6 - Barnasending
 - 9.15 Clean Slate
 - 9.45 ?
 - 10.15 Behind the Headlines
 - 10.45 Gardens by Design 4:6
 - 11.15 Food and Drink 11:16
 - 11.45 Holiday '91
 - 12.15 Grandstand
- World Alpine Ski Championships frá Saalbach í Eysturriki. — Kappkoyring frá Cheltenham. — European Skiing Championships frá Sofia, Bulgaria.
- 17.05 News
 - 17.20 Tomorrow's World Science
 - 17.50 Jim'll fix it 2:13
 - 18.25 'Allo! 'Allo! 4:10
 - 18.55 The Paul Daniels Magic Show 4:9
 - 19.40 Bergerac 4:10
 - 20.30 Don't Wait up
 - 21.00 News and Sport
 - 21.20 Late again
 - 22.10 The Full Wax
 - 22.40 40 Minutes
 - 23.20 Behind the Headlines
 - 23.50 Sunday's Viewing

Sunnudagur 27. 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 14:15
- 10.25 Espana viva 14:15
- 10.50 Step up to Word Power: »Personal Letters« 4:20
- 11.15 A Way with Numbers 8:20
- 11.40 Bazaar 1:20
- 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 First Sight
- 16.00 Rhythms of the World
- 17.00 The Clothes Show 19:33
- 17.25 Antiques Roadshow 5:12
- 18.10 O.K. 3:8
- 18.20 News and Weather

- 18.35 Songs of Praise: »Westminster Abbey«
 - 19.15 Only Fools and Horses 5:6
 - 20.05 Lovejoy 4:12
 - 20.55 News and Weather
 - 21.10 Screen Two: »Hallelujah anyhow«
- Adlyn (Dona Croll) er prestur í London. Til jarðarferðina hjá einum gomlum vini, mætur Adlyn Will, sum hon ikki hevur sæð, síðani hon fór úr Jamaica, og sum hon hevur verið meira enn væl við. Hann býr nú í USA, og tað gongst honum væl. Tey gerast goð aftur, og filmurin lýsir, hvørjar trupulleikar hetta elvir til.
- 22.40 That's Life
 - 23.20 Ski Sunday 8:10
 - 23.55 Monday's Viewing

Mánadagur 28. janúar

- 6.25 Today's Viewing
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 - 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
- Lurtarar ringja inn
- 12.00 News and Weather
 - 12.05 After Noon
 - 12.20 Scene Today
- Prát og tónleikur og nógvar góðar søgur frá Pebble Mill í Birmingham.
- 12.55 Regional News and Weather
 - 13.00 One O'Clock News
 - 13.30 Mastermind 2:17
 - 14.00 Natural World: The Cat that came in from the Cold
 - 14.50 Snub 2:10
 - 15.25 Bazaar 3:20
 - 15.50 Job Bank
 - 16.10 History File: The World since 1945
- »The Cuban Missile Crisis«
- 16.30 Landmarks: Egypt
 - 17.00 Newsround
 - 17.10 Blue Peter
 - 17.35 Going for Gold 41:68
 - 18.00 Six O'Clock News
 - 18.30 Newsroom South East
 - 19.00 Wogan
 - 19.30 Watchdog
 - 20.00 May to December 4:7
 - 20.30 Wildlife on One: »Lifesize« 4:12
 - 21.00 Nine O'Clock News
 - 21.30 Panorama
 - 22.10 Small Object of Desire: »Passports«
 - 22.30 Newsnight
 - 23.15 Money Programme
 - 23.55 Tuesday's Viewing

Týsdagur 29. janúar

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- 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: »Coming in from Cold«
- 14.20 Choir of the Year 3:6
- 15.00 News
- 15.05 Westminster Live
- 15.50 Bitsah!
- 16.10 Lifeschool: You and your Health — Listen to me
- 16.35 The really wild Roadshow 1:10
- 17.00 Newsround
- 17.10 Grange Hill 7:20
- 17.35 Going for Gold 42:68
- 18.00 Six O'Clock News
- 18.30 Newsroom South East
- 19.00 Holiday '91 4:13
- 19.30 Eastenders

- 20.00 Dads Army
- 20.30 A Question of Sport 14:25
- 21.00 Nine O'Clock News
- 21.30 Spender 4:8
- 22.20 Building Sight
- 22.30 Newsnight
- 23.15 Everyman
- 23.55 Wednesday's Viewing
- 0.00 Close

Mikudagur 30. janúar

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- 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 12:16
- 14.00 Black Britain: »Strength and Unity«
- 14.40 English Time: For and against talking
- »Posh«
- 15.20 Inset: Language in the National Curriculum
- 15.55 You and Me: Enough is enough
- 16.10 Soviet Union: Collective Farm
- 16.30 Bodger and Badger 4:12
- 17.00 Newsround
- 17.10 Five Children and it 4:6
- 17.35 Going for Gold 43:68
- 18.00 Six O'Clock News
- 18.30 Newsroom South East
- 19.00 Wogan
- 19.35 Around Scotland: Iron Age Scotland
- 20.00 Waterfront Beat 5:8
- 20.50 Points of View
- 21.00 Nine O'Clock News
- 21.30 QED: »Panic attacks«
- 22.00 ?
- 22.30 Parnell and the English Woman 4:4
- 23.30 Newsnight
- 0.15 Thursday's Viewing
- 0.20 Close

Hósdagur 31. 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 3:6
 - 14.00 Advice Shop
 - 14.30 Reportage
 - 15.20 Rapido
 - 15.50 Dooby's Duck Truck
 - 16.00 Gordon the Gopher 5:13
 - 16.10 Into Music: Beginning going home
 - 16.35 Billy Webb 5:6
 - 17.00 Newsround
 - 17.10 Blue Peter
 - 17.35 Going for Gold 44:68
 - 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 5:6
 - 21.00 Nine O'Clock News
 - 21.30 Open all Hours
 - 22.00 Question Time
 - 23.00 The Mary Whitehouse Experience
 - 23.30 Skiing
- World Alpine Ski Championships frá Saalbach.
- 0.10 Friday's Viewing
 - 0.15 Close

EuroSport**Fríggjadagur 25. janúar**

- 7.30 Eurobics
- 8.00 Snooker
- 11.00 Skiing World Championships
- 13.00 Tennis
- 14.00 Snooker
- 18.00 World Sports Special
- 18.30 Eurosport News
- 19.00 Snooker
- 22.00 Figure Skating
- 23.30 Skiing World Championships
- 1.30 Eurosport News
- 2.00 Close

Leygardagur 26. janúar

- 8.00 Fun Factory
 - 9.00 Surfing
 - 9.30 Mobil 1 Motor Sport News
 - 10.00 Saturday Alive:
- The Ford Ski Report
- Skiing World Championships
 - Tennis
 - Yachting
 - 14.00 Snooker
 - 18.00 Cycling
 - 19.00 Snooker
 - 22.00 Yachting
 - 22.15 Wrestling
 - 23.45 Figure Skating
 - 1.15 Skiing World Championships
 - 2.15 Close

Sunnudagur 27. janúar

- 6.00 Hour of Power
 - 7.30 Fun Factory
 - 9.00 Trans World Sport
 - 10.00 Basketball
 - 11.00 Sunday Alive:
- Skiing World Championships
- Figure Skating
 - Tennis
 - Skiing World Championships
 - 18.00 International Motor Sport
 - 19.00 Water Skiing World Cup
 - 20.00 Figure Skating
 - 21.30 Skiing World Championships
 - 22.30 Tennis
 - 0.30 Close

Mánadagur 28. janúar

- 7.30 Eurobics
- 8.00 Equestrianism
- 9.00 Cycling
- 10.00 World Water Skiing Tour
- 11.00 Skiing World Championships
- 13.00 Tennis
- 14.30 Eurobics
- 15.00 Volleyball
- 16.00 Basketball
- 17.00 Offshore Powerboating
- 18.00 World Jet Ski Tour
- 18.30 Eurosport News
- 19.00 Big Wheels
- 20.00 N.H.L. Ice Hockey
- 21.00 U.S. College Basketball
- 22.00 Skiing World Championships
- 23.00 Eurosport News
- 23.30 Tennis
- 1.30 Close

Týsdagur 29. janúar

- 7.30 Eurobics
- 8.00 N.H.L. Ice Hockey
- 9.00 U.S. College Basketball
- 10.00 Offshore Powerboating
- 11.00 Skiing World Championships
- 13.00 Tennis
- 14.30 Eurobics
- 15.00 Volleyball
- 16.00 P.G.A. Golf
- 17.00 U.S. College Football
- 18.00 Spanish Goals
- 18.30 Eurosport News
- 19.00 W.W.F. Wrestling
- 20.00 Boxing
- 21.00 Skiing World Championships
- 22.00 Indoor Speedway Championships
- 23.00 Eurosport News
- 23.30 Tennis
- 1.30 Close