

MTV**Leygardagur 2. februar**

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

Sunnudagur 3. februar

2.00 Night Videos
7.00 VJ Paul King
9.00 Club MTV
10.00 The Big Picture
10.30 MTV's Braun European Top 20
12.30 XPO
13.00 VJ Pip Dann
17.30 Week in Rock
18.00 MTV's US Top 20 countdown
20.00 120 Minutes
22.00 XPO
22.30 Headbangersball

Mánadagur 4. februar

0.30 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
15.30 Yo! MTV Raps
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

EuroSport**Leygardagur 2. februar**

6.00 Childrens Programming
7.00 Fun Factory
8.00 Saturday Alive:
Skiing
Ford Ski Report
Skiing
Luge
Handclimbing
Motorsport
Speedskating
Skiing

17.45 Yachting
18.00 Cycling
19.00 Indoor Soccer
20.00 Water-Skiing World Tour
21.00 Luge
21.30 Boxing
22.30 World Cup Today
23.30 Speedskating
0.00 Motorsport
1.00 Handclimbing
2.00 Close

Sunnudagur 3. februar

6.00 Hour of Power
7.30 Fun Factory
9.00 Sunday Alive:
Skiing
Transworld Sport
Basketball
Skiing
Luge
Speedskating
Indoor Speedway
Skiing
17.30 International Motorsport
18.30 Figure Skating
20.00 Speedskating



20.30 Football Documentary
21.30 Skiing: World Cup Today
22.30 Ice Skating
23.00 Luge
23.30 Indoor Soccer
0.30 World Waterskiing Tour
1.30 Close

Mánadagur 4. februar

5.00 International Business Report
5.30 Those were the Days
6.00 D.J. Kat
7.30 Eurobics
8.00 Skiing World Championships
9.00 European Championships Figure Skating
10.30 Eurobics
11.00 Tennis — Australian Hardcourt Championships
12.30 Synchronised Swimming
13.00 World Championships Speedskating
13.30 Australian Open Golf
15.30 Football Documentary - The Game of Billions
16.30 Freestyle Skiing
17.00 Big Wheels
17.30 Eurosport News
18.00 NHL Ice Hockey
19.00 U.S. College Basketball
20.00 Superbouts Special
22.00 Handball - Ladies World Championships
23.00 Eurosport News
23.30 World Championship Speedskating
0.00 Indoor Soccer
1.00 Close

BBC**Leygardagur 2. februar**

8.25 Today's Viewing
8.30 Dooby's Duck Truck - Barnasending
8.40 Gordon the Gopher 5:13 - Barnasending
8.50 Billy Webb 5:6 - Barnasending
9.15 Reportage
10.05 First Sight
10.45 Gardens by Design 5:6
11.15 Food and Drink 12:16
11.45 Holiday '91
12.15 Grandstand
World Alpine Ski Championships úr Saalbach í Eysturriki. — Rugby Union: Írland móti Fraklandi og Skotland móti Wales. — Kappkoyring frá Capestow.
17.05 News and Weather
17.20 Tomorrow's World
17.50 Jim'll fix it 3:13
18.25 'Allo! 'Allo! 5:10
18.55 The Paul Daniels Magic Show 5:9



19.40 Bergerac 5:10
20.30 Don't wait up
21.00 News and Sport
21.20 Late again
22.10 The Full Wax 3:6
22.40 Lazarus and Dingwall
Í og úttan fyrri Birmingham. — Tveir civillæddir lögreglumenn í arbeiði.
23.10 Rhythms of the World: »Samba Special«
0.05 Sunday's Viewing

Sunnudagur 3. februar

8.50 Today's Viewing
8.55 Playdays
9.15 Articles of Faith
9.30 This is the Day
10.00 A vous la France 15:15
10.25 Espana viva 15:15
10.50 Step up to Word Power: »Forms, Forms, Forms« 5:20
11.15 A Way with Numbers 9:20
11.40 Bazaar 2:20
12.05 See Hear
12.30 Country File
13.00 News Summary
13.05 On the Record
14.00 Eastenders
15.00 Snooker
17.05 The Clothes Show 20:33
17.30 Antiques Roadshow 6:12
18.15 O.K. 4:8
18.25 News and Weather
18.40 Songs of Praise: »Workshop«
19.15 Only Fools and Horses 6:6
20.05 Lovejoy 5:11
21.00 News and Weather
21.15 Money Programme
21.55 In Solidarity 1:4

Sendingin snýr seg um nakrar týðningar-miklar hringingar í 1989/90 í Polandi og hvørja ávirkan tær hava havt politiskt og í aðrar mátar. Paul Watson, saman við einum polskum filmsliði og einum polskt-føddum framleiðara, Boleslaw Sulik, sýnir ein film, eina søgu um eina tjóð, har serligar broytingar fara fram.

22.55 That's Life
23.35 Ski Sunday 9:10
0.10 Monday's Viewing

Mánadagur 4. februar

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 3:17
14.00 Natural World: Portrait of the Planet
14.50 Lifeschool: You and your Health — Safer Sex
15.10 Storytime: Foo the Potter
15.25 Bazaar 4:20
15.50 Job Bank
16.10 History File: The World since 1945 — Vietnam
16.30 Science in action
17.00 Newsround
17.10 Blue Peter
17.35 Going for Gold 45:68
18.00 Six O'Clock News
18.30 Newsroom South East
19.00 Wogan
19.30 Family Matters 1:14
20.00 May to December 5:7
20.30 Wildlife on One: »Birds of the Sun God 5:12
21.00 Nine O'Clock News
21.30 Panorama
22.10 Snooker
23.30 Advice Shop
0.00 Tuesday's Viewing
0.05 Close

Alt fleiri fáa á okkum

Bert leigan er á lágum stöði — restin er í hæðinni!

Alt á gerandisdagari kl. 10–17
Alt í fria tænastru
Alt í fria umbýtingarrætt
• Alt í eitt skilgott tilbú frá

DER VIDEO HI-FI-TV
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