

| GMT | Mon 08/02 | Tue 09/02 | Wed 10/02 | Thu 11/02 | Fri 12/02 | Sat 13/02 | Sun 14/02 | GMT |
|-------|--|---|---|---|---|---|--|-------|
| 00:00 | Football | Football | Football | Football - Copa Del Sol | African Soccer Show <Ep:3> <00:00-00:30> | Kickboxing | Football | 00:00 |
| 00:30 | Manchester City TV | Arsenal TV | TBC | Elfsborg (SWE) v Rosenborg (NOR) | ATV - Greatest Goals <Ep:5> <00:30-01:00> | <Revised> | Copa del Sol - TBC | 00:30 |
| 01:00 | Hull City v Manchester City | Chelsea v Arsenal | | <TX:Server: 00:00-01:45> | Football | It's Showtime 37 <Ep:35> | <TX:Server: 00:00-01:45> | 01:00 |
| 01:30 | & | & | | ATV Action Replay v Sheffield <Ep:6> <01:45-02:00> | Copa del Sol | Shakuta v Braan | African Soccer Show <Ep:38> <01:45-02:15> | 01:30 |
| 02:00 | Archive Highlights | Archive Highlights | | Football - Copa Del Sol | <TX:Server: 01:00-02:45> | <TX:Server: 00:00-02:30> | | 02:00 |
| 02:30 | <TX:Server: 00:00-03:00> | <TX:Server: 00:00-03:00> | <TX:Server: 00:00-03:00> | Odense (DEN) v CSKA (RUS) | City Center Race <Ep:2> Cardiff Half Marathon <02:45-03:15> | Wrestling | Copa del Sol | 02:30 |
| 03:00 | Football - Copa Del Sol - 03/02/10 | Football - Eredivisie <Ep:23> | Rugby Union - 09/01/10 | <TX:Server: 02:00-03:45> | TNA Epics <Ep:6> | TNA Impact <Ep:6> | TBC | 03:00 |
| 03:30 | Molde (NOR) v Shakhtar (UKR) | Ajax v FC Twente | Edinburgh v Cardiff | Football - SPL 10/02/10 | <TX:Server: 03:15-04:15> | <TX:Server: 02:30-04:15> | <TX:Server: 02:15-04:00> | 03:30 |
| 04:00 | <TX:Server: 03:00-04:45> | <TX:Server: 03:00-04:45> | <TX:Server: 03:00-04:45> | Motherwell v | Football | Football | Classic Cells <Ep:40-04:15> | 04:00 |
| 04:30 | Caribbean Workout <Ep:40> <04:45-05:15> | Caribbean Workout <Ep:41> <04:45-05:15> | Caribbean Workout <Ep:42> <04:45-05:15> | Rangers | SPL 10/02/10 | Eredivisie <Ep:22> | SPL 10/02/10 | 04:30 |
| 05:00 | Football - Copa Del Sol - 05/02/10 | Football | Football | <TX:Server: 03:45-05:30> | Celtic v Hearts | PSV v FC Utrecht | Motherwell v Rangers | 05:00 |
| 05:30 | Kalmar (Sweden) v | Copa del Sol - Blue Group | SPL 30/01/10 | Rat Race <Ep:2> <05:30-06:00> | <TX:Server: 04:15-06:00> | <TX:Server: 04:15-06:00> | <TX:Server: 04:15-06:00> | 05:30 |
| 06:00 | Molde (Norway) | Copenhagen (DEN) v Molde (NOR) | Hamilton v Celtic | Football - Copa Del Sol | African Soccer Show <Ep:38> <06:00-06:30> | SPL Highlights <Ep:25> <06:00-06:30> | Magic Sport 2 <Ep:2> <06:00-06:15> | 06:00 |
| 06:30 | <TX:Server: 05:15-07:00> | <TX:Server: 05:15-07:00> | <TX:Server: 05:15-07:00> | Elfsborg (SWE) v Rosenborg (NOR) | Kids Corner: Simba Jnr Goes to the World Cup <Ep:23> <06:30-07:00> | Football | Football | 06:30 |
| 07:00 | Football | Football | Football | <TX:Server: 06:00-07:45> | Kids Corner: Simba Jnr Goes to the World Cup <Ep:24> <07:00-07:30> | SPL 10/02/10 | TBC | 07:00 |
| 07:30 | | | | ATV Celebrity fan Tony McCoy <Ep:1> <07:45-08:00> | Motorsport | Celtic v Hearts | <TX:Server: 06:15-08:00> | 07:30 |
| 08:00 | Manchester City TV | Arsenal TV | | City Center Race <Ep:2> Cardiff Half Marathon | Best of Superleague Formula 2009 <Ep:1> | <TX:Server: 06:30-08:15> | Football | 08:00 |
| 08:15 | Hull City v Manchester City | Chelsea v Arsenal | TBC | <TX:Server: 08:00-08:30> | <TX:Server: 07:30-08:30> | <Revised> | | 08:15 |
| 08:30 | & | & | | Football | Football | SPL 10/02/10 | TBC | 08:30 |
| 08:45 | Archive Highlights | Archive Highlights | | Arsenal TV | | Motherwell | | 08:45 |
| 09:00 | | | | Premier League 07/02/10 | TBC | v | | 09:00 |
| 09:15 | | | | Chelsea | | Rangers | | 09:15 |
| 09:30 | | | | v | | | <TX:Server: 08:00-09:45> | 09:30 |
| 09:45 | <TX:Server: 07:00-10:00> | <TX:Server: 07:00-10:00> | <TX:Server: 07:00-10:00> | Arsenal | | <TX:Server: 08:15-10:00> | ATV Celebrity fans Judge Jules <Ep:2> <09:45-10:00> | 09:45 |
| 10:00 | Athletics | Motorsport | Athletics | <TX:Server: 08:30-10:20> | <TX:Server: 08:30-10:20> | Football | Football | 10:00 |
| 10:15 | City Center Race <Ep:1> | Best of Superleague Formula 2009 | Adventure Racing World Championship | Football | Football | <Revised> | | 10:15 |
| 10:30 | London Run to the Beat | <Ep:1> | Portugal <Ep:1> | Arsenal TV | | Eredivisie <Ep:23> 07/02/2010 | | 10:30 |
| 10:45 | <TX:Server: 10:00-11:00> | <TX:Server: 10:00-11:00> | <TX:Server: 10:00-11:00> | Action from | TBC | Ajax | TBC | 10:45 |
| 11:00 | Football | Football | Football | the Archive | | v | | 11:00 |
| 11:15 | <Revised> | <Revised> | <Revised> | <TX:Server: 10:20-11:30> | <TX:Server: 10:20-11:30> | FC Twente | | 11:15 |
| 11:30 | Copa del Sol - Blue Group - 05/02/10 | Eredivisie <Ep:23> 07/02/2010 | SPL 30/01/10 | Football | Football | <TX:Server: 10:00-11:45> | <TX:Server: 10:00-11:45> | 11:30 |
| 11:45 | Copenhagen (Denmark) | Ajax | Rangers | <Revised> | <Revised> | ATV Action Replay Arsenal v West Brom <Ep:1> <11:45-12:00> | Football | 11:45 |
| 12:00 | v | v | v | SPL | Copa del Sol - 11/02/10 | World Sport 2010 <Ep:6> | TBC | 12:00 |
| 12:15 | Shakhtar (Ukraine) | FC Twente | Falkirk | Motherwell | | <TX:Server: 12:00-12:25> | | 12:15 |
| 12:30 | <TX:Server: 11:00-12:45> | <TX:Server: 11:00-12:45> | <TX:Server: 11:00-12:45> | v | TBC | Football | | 12:30 |
| 12:45 | ATV - Legends Gilberto <Ep:17> | Nissan UCI Mountain Bike World Cup <Ep:12> | ATV - Greatest Goals <Ep:2> | Rangers | | <LIVE> | | 12:45 |
| 13:00 | <TX:Server: 12:45-13:15> | <TX:Server: 12:45-13:15> | <TX:Server: 12:45-13:15> | <TX:Server: 11:30-12:45> | <TX:Server: 11:30-13:15> | SPL | <TX:Server: 11:45-13:25> | 13:00 |
| 13:15 | Caribbean Workout <Ep:41> | Football | Football | Football | Football | Aberdeen | | 13:15 |
| 13:30 | <TX:Server: 13:15-13:45> | <Revised> | <Revised> | <Revised> | <Revised> | v | Football | 13:30 |
| 13:45 | African Soccer Show <Ep:37> | Copa Del Sol Blue Group | Eredivisie <Ep:23> 07/02/2010 | SPL 10/02/10 | Copa del Sol 11/02/10 | Celtic | <LIVE> | 13:45 |
| 14:00 | <TX:Server: 13:45-14:10> | Kalmar (Sweden) | Ajax | Celtic | | KO 12.30 GMT | Eredivisie <Ep:24> | 14:00 |
| 14:15 | Football | v | v | v | TBC | <TX:Satellite: 12:25-14:30> | Heracles | 14:15 |
| 14:30 | <Revised> | Shakhtar (Ukraine) | FC Twente | Hearts | | African Soccer Show <Ep:38> | v | 14:30 |
| 14:45 | Eredivisie <Ep:23> 07/02/2010 | <TX:Server: 13:15-15:00> | <TX:Server: 13:15-15:00> | <TX:Server: 13:15-15:00> | <TX:Server: 13:15-15:00> | <TX:Server: 14:30-15:00> | PSV | 14:45 |
| 15:00 | Ajax | Athletics | Kids Corner: Simba Jnr Goes to the World Cup <Ep:23> | Kids Corner: Simba Jnr Goes to the World Cup <Ep:24> | World Sport 2010 <Ep:6> | Football | KO 13.30 GMT | 15:00 |
| 15:15 | v | Adventure Racing World Championship | <TX:Server: 15:00-15:30> | <TX:Server: 15:00-15:30> | <TX:Server: 15:00-15:30> | <Revised> | <TX:Satellite: 13:25-15:30> | 15:15 |
| 15:30 | FC Twente | Portugal <Ep:1> | Rat Race <Ep:2> Sheffield | Caribbean Workout <Ep:43> | SPL Highlights <Ep:25> | Copa del Sol | Football | 15:30 |
| 15:45 | <TX:Server: 14:10-15:55> | <TX:Server: 15:00-15:55> | <TX:Server: 15:30-16:00> | <TX:Server: 15:30-15:55> | <TX:Server: 15:30-15:55> | TBC | <Delayed> | 15:45 |
| 16:00 | Football | Football | Football | Football | Football | | SPL | 16:00 |
| 16:15 | <LIVE> | <LIVE> | <LIVE> | <LIVE> | <LIVE> | <TX:Server: 15:00-16:45> | Rangers | 16:15 |
| 16:30 | Copa del Sol - Blue Group | Copa del Sol - Red Group | Copa del Sol - Red Group 07/02/10 | Copa Del Sol | Copa del Sol | World Sport 2010 <Ep:6> | v | 16:30 |
| 16:45 | Copenhagen (Denmark) | Odense (Denmark) | Elfsborg (Sweden) | | | <TX:Server: 16:45-17:15> | Hibernian | 16:45 |
| 17:00 | v | v | v | Teams TBC | Teams TBC | | <TX:Server: 15:30-17:15> | 17:00 |
| 17:15 | Molde (Norway) | CSKA Moscow (Russia) | Rosenborg (Norway) | | | Football | ATV - Action Replay v Fenerbache <Ep:7> <17:15-17:30> | 17:15 |
| 17:30 | KO 16.00 GMT | KO 16.00 GMT | <TX:Server: 16:00-17:45> | KO 16.00 GMT | KO 16.00 GMT | <Revised> | Kickboxing | 17:30 |
| 17:45 | <TX:Satellite: 15:55-18:00> | <TX:Satellite: 15:55-18:00> | ATV Action Replay v Sheffield <Ep:6> <17:45-18:00> | <TX:Satellite: 15:55-18:00> | <TX:Satellite: 15:55-18:00> | Copa del Sol | <Revised> | 17:45 |
| 18:00 | Caribbean Workout <Ep:41> | Caribbean Workout <Ep:42> | Football | African Soccer Show <Ep:38> | SPL Highlights <Ep:25> | TBC | It's Showtime 38 | 18:00 |
| 18:15 | <TX:Server: 18:00-18:25> | <TX:Server: 18:00-18:25> | <Revised> | <TX:Server: 18:00-18:25> | <TX:Server: 18:00-18:30> | | <Ep:36> | 18:15 |
| 18:30 | Football | Football | Copa del Sol - Red Group 07/02/10 | ATV - Greatest Goals <Ep:5> | African Soccer Show <Ep:38> | <TX:Server: 17:15-19:00> | From Prague Czech Republic | 18:30 |
| 18:45 | <LIVE> | <LIVE> | Odense | <TX:Server: 18:25-18:55> | <TX:Server: 18:30-18:55> | | World Championship | 18:45 |
| 19:00 | Copa del Sol - Blue Group | Copa del Sol - Red Group | v | Football | Football | Kickboxing | Hari v Bouzidi | 19:00 |
| 19:15 | Kalmar (Sweden) | Elfsborg (Sweden) | CSKA Moscow | <LIVE> | <LIVE> | <LIVE> | <TX:Server: 17:30-19:30> | 19:15 |
| 19:30 | v | v | <TX:Server: 18:00-19:40> | Copa del Sol | Copa del Sol | It's Showtime 38 | TBC | 19:30 |
| 19:45 | Shakhtar (Ukraine) | Rosenborg (Norway) | Football | Teams TBC | Teams TBC | <Ep:36> | <TX:Server: 19:30-20:00> | 19:45 |
| 20:00 | KO 18.30 GMT | KO 18.30 GMT | <LIVE> | | | From Prague Czech Republic | Football | 20:00 |
| 20:15 | <TX:Satellite: 18:25-20:30> | <TX:Satellite: 18:25-20:30> | SPL | | | World Championship | | 20:15 |
| 20:30 | Football | Football | Celtic | KO 19.00 GMT | KO 19.00 GMT | Hari v Bouzidi | TBC | 20:30 |
| 20:45 | Arsenal TV | | v | <TX:Satellite: 18:55-21:00> | <TX:Satellite: 18:55-21:00> | <TX:Satellite: 19:00-21:00> | | 20:45 |
| 21:00 | Premier League 07/02/10 | | Hearts | | | News | v | 21:00 |
| 21:15 | Chelsea | TBC | KO 19.45 GMT | TNA Epics | <1st Airing> | <1st airing> | TBC | 21:15 |
| 21:30 | v | v | <TX:Satellite: 19:40-21:45> | <Ep:6> | | The Hub <Ep:2> | <TX:Server: 20:00-21:50> | 21:30 |
| 21:45 | Arsenal | TBC | Football | <TX:Server: 21:00-22:00> | TNA Wrestling | <TX:Server: 21:00-22:00> | Football | 21:45 |
| 22:00 | <TX:Server: 20:30-22:20> | <TX:Server: 20:30-22:20> | <Delayed> | ATV Celebrity fan Frank Warren <Ep:7> <20:00-22:15> | TNA Impact! | Wrestling | TBC | 22:00 |
| 22:15 | Football | Football | SPL | Football | <Ep:6> | <Revised> | | 22:15 |
| 22:30 | Arsenal TV | TBC | Motherwell | <Revised> | <TX:Server: 21:00-22:45> | | | 22:30 |
| 22:45 | Action from | | v | Copa del Sol | ATV Celebrity fan Heston Blumenthal <Ep:6> <22:45-23:00> | TNA Wrestling | <TX:Server: 21:50-23:00> | 22:45 |
| 23:00 | the Archive | | Rangers | Teams TBC | Wrestling | TNA Impact | | 23:00 |
| 23:15 | <TX:Server: 22:20-23:30> | <TX:Server: 22:20-23:30> | <TX:Server: 21:45-23:30> | | TNA Epics | <Ep:6> | | 23:15 |
| 23:30 | ATV - Greatest Goals <Ep:1> | ATV - Greatest Goals <Ep:2> | ATV - Greatest Goals <Ep:3> | | <Ep:6> | <TX:Server: 22:00-23:45> | TBC | 23:30 |
| 23:45 | <TX:Server: 23:30-00:00> | <TX:Server: 23:30-00:00> | <TX:Server: 23:30-00:00> | <TX:Server: 22:15-00:00> | <TX:Server: 23:00-00:00> | ATV Celebrity fans Judge Jules <Ep:2> <23:45-00:00> | <TX:Server: 23:00-00:00> | 23:45 |