



JANUARY 2022 TIME TABLE

2022.1.1 ▶ 1.31 J SPORTS 4



★ First On Air

Sat	Sun	Mon	Tue	Wed	Thu	Fri	
1	2	3	4	5	6	7	
5:30 Freestyle Ski FIS World Cup Moguls / Dual Moguls [Alpe d'Huez / FRA (12 / 17-18)]	4:00 WWE SMACK DOWN #1166 Ski Jumping FIS World Cup Men's Large Hill (Four Hills Tournament) [Garmisch-Partenkirchen / GER (01 / 01)]	4:00 Blank 6:00 Rugby College Tournament Semifinal-1 ▽ 8:00 Semifinal-2 10:00 Ski Jumping FIS World Cup Men's Large Hill (Four Hills Tournament) [Garmisch-Partenkirchen / GER (01 / 01)]	4:00 Blank 6:00 J SPORTS Selection	5:30 Blank 6:00 Rugby College Tournament Semifinal-2 8:00 Ski Jumping FIS World Cup Men's Large Hill (Four Hills Tournament) [Innsbruck / AUT (01 / 04)]	5:15 Blank 6:00 Rugby College Tournament Semifinal-2 8:00 Alpine Ski FIS World Cup Men's Slalom [Zagreb / CRO (01 / 05)]	5:30 Blank 6:00 Rugby 10th High School Tournament #48 Semifinal-1 7:30 SAIL GP High Light Round #7 (Sydney (AUS)) 8:00 How to see figure skating episode 2 8:30 Documentary -The REAL- Special Race #2 [Ladies Short Program] 9:30 Ski Jumping FIS World Cup Men's Large Hill (Four Hills Tournament) [Bischofshofen / AUT (01 / 06)]	
10:30 Dakar Rally Navi Cycle* Tour de France #1 ▽ 11:00 #2~5 ▽ 0:00 #6~9 ▽ 1:00 #10~13 ▽ 2:00 #14~17 ▽ 3:00 #18~21 Cycle* Clasica San Sebastian Cycle* Best Race Selection #10 [Tour de France 18stage]	8:00 Cycle* Arctic Cycle of Norway Stage1 ▽ 10:30 Stage2 ▽ 1:00 Stage3 ▽ 4:00 Stage4	0:00 RAW #1492 Dakar Rally Navi Cycle* Best Race Selection #1 Hello!! From SNOWBOARDERS #1 [Kokomo MURASE] 3:30 Rugby Wonderful! [JAPAN RUGBY LEAGUE ONE Special] 6:00 Documentary -The REAL- Cycle* Vuelta A Espana Stage7 7:00 High School Basketball Winter Cup #1 Women's Round 1 [Tokuyama Com. & Tech. Stage] Myojo Gakuen ▽ 2:00 #2 [Om. Brotherhood vs. Ryukoku Toyama] ▽ 3:45 #3 [Osaka Toin vs. Yakumo Gakuen]	0:00 Cycle* Vuelta A Espana Stage3 ▽ 2:30 Stage4 5:00 Cycle* Best Race Selection #11 [Tour de France 11 stage]	10:00 WWE RAW #1492 Dakar Rally Navi Cycle* Best Race Selection #1 4:45 Hello!! From SNOWBOARDERS #1 [Kokomo MURASE] 5:00 Rugby Wonderful! [JAPAN RUGBY LEAGUE ONE Special] 6:00 Documentary -The REAL- Cycle* Vuelta A Espana Stage5 ▽ 9:30 Stage6 0:00 High School Basketball Winter Cup #4 Women's Round 1 [St. Catalina Gakuen vs. Tsubata] #3 ▽ 4:45 #5 [Kushiki Suisho vs. Eime] #3 ▽ 4:45 #9 [Shohel vs. Kobayashi]	11:00 Documentary -The REAL- Cycle* Best Race Selection #2 4:30 Dakar Rally Navi Cycle* Best Race Selection #1 6:45 Hello!! From SNOWBOARDERS #3 [Sena TOMITA] 7:00 Cycle* Vuelta A Espana Stage7 0:15 High School Basketball Winter Cup #7 Women's Round 1 [Showa Gakuin vs. Kochi Chuou] #3 ▽ 7:55 [Kushiki Suisho vs. Eime] #3 ▽ 4:45 #9 [Shohel vs. Kobayashi]	10:30 Cycle* FumiYuki Beppu Special Race #2 [Ladies Short Program] 2:30 High School Basketball Winter Cup #10 Women's Round 1 [Kumamoto Com. vs. Shibata Gakuen]	
8	9	10	11	12	13	14	
4:15 High School Basketball Winter Cup #11 Women's Round 1 [Hiroshima Minami] vs. Hakuoh Univ. Ashikaga 6:00 Rugby 10th High School Tournament #49 Semifinal-2 7:30 Rugby Wonderful! [JAPAN RUGBY LEAGUE ONE Special] 8:30 REAL [Plan B] 9:30 U.S. Figure Skating Championships [Ladies Free Skating] 1:30 Talking alone RUGBY #5 2:00 REAL [Wout Flash Back] 3:00 SNOW JAPAN TV #7 3:15 Hello!! From SNOWBOARDERS #1 [Sena TOMITA] 3:20 JAPAN RUGBY LEAGUE ONE DIVISION 1 [RedHurricanes vs. Eagles] 5:45 Hello!! From SNOWBOARDERS #1 U.S. Figure Skating Championships [Ladies Free Skating] 6:00 Cycle* Vuelta A Espana Stage8 10:00 High School Basketball Winter Cup #12 Women's Round 1 ▽ 2:15 #13	4:00 2013 World Gran Prix Darts Quarterfinals [M. van Gerwen vs. D. Chisnall] 5:00 U.S. Figure Skating Championships [Men Short Program] 9:00 Cycle* Best Race Selection #4 3:00 Ski Jumping FIS World Cup Men's Large Hill [Bischofshofen / AUT (01 / 08)] 5:00 U.S. Figure Skating Championships [Men Short Program] J SPORTS Selection 1:00 WRC Navi 1:15 Dance! 2:15 U.S. Figure Skating Championships [Men Free Skating]	6:30 JAPAN RUGBY LEAGUE ONE DIVISION 1 [Spears vs. WILD KNIGHTS] 9:30 Ski Jumping FIS World Cup Men's Large Hill (Team HS 142) [Bischofshofen / AUT (01 / 09)] 11:30 Cycle* Best Race Selection #5 ▽ 3:00 #6 7:45 U.S. Figure Skating Championships [Men Free Skating] 0:00 Cycle* Vuelta A Espana Stage9 2:00 High School Basketball Winter Cup #14 Women's Round 1 [Meishu Gakuen Hitachi vs. Saku Chosei] ▽ 3:45 #15 [Yamagata Chuou vs. Tottori Johoku]	5:30 Blank 6:00 Rugby 10th High School Tournament #50 Final 8:15 JAPAN RUGBY LEAGUE ONE DIVISION 1 [SUNGOLIATH vs. BRAVE LUPUS] ▽ 10:40 [Spears vs. WILD KNIGHTS] 1:40 Hello!! From SNOWBOARDERS #2 [Hirotaki KUNITAKE] ▽ 1:50 #4 [Mitsuki Ono] 2:00 Cycle* Best Race Selection #7 5:45 World Table Tennis Digest 6:00 REAL [Wout Flash Back] 7:00 Cycle* Best Race Selection #12 0:15 Cycle* Vuelta A Espana Stage10 2:45 WRC Navi 3:00 Rugby Wonderful! #1	4:00 Blank 6:00 JAPAN RUGBY LEAGUE ONE DIVISION 1 [GREEN ROCKETS vs. EAGLES] ▽ 8:25 [STEELEERS vs. ShiningArcs] 10:50 Rugby College Tournament Final 1:20 Hello!! From SNOWBOARDERS #2 [Hirotaki KUNITAKE] 1:30 SAIL GP High Light Round #7 (Sydney (AUS)) 2:00 Cycle* Best Race Selection #5 5:30 Rugby Wonderful! #1 6:25 ISU European Figure Skating Championships [Men Short Program] 1:00 Cycle* Vuelta A Espana Stage11 3:30 High School Basketball Winter Cup #16 Women's Round 1 [Fukudai Wakaba vs. Nara Bunka] 2:00 Cycle* Vuelta A Espana Stage12	5:15 Blank 5:30 JAPAN RUGBY LEAGUE ONE DIVISION 1 [RedHurricanes vs. BlackRams] 7:55 Freestyle Ski FIS World Cup Moguls [Tremblant / CAN (01 / 07-08)] 10:55 Hello!! From SNOWBOARDERS #3 [Sena TOMITA] 11:00 ISU European Figure Skating Championships [Men Short Program] 5:30 Kessoku SAMURAI JAPAN #79 6:00 ISU European Figure Skating Championships [Ladies Short Program]	4:00 Blank 5:25 The Deliberation Committee 5:30 JAPAN RUGBY LEAGUE ONE DIVISION 2 [SKYACTIVS vs. RED DOLPHINS] ▽ 7:55 DIVISION 1 [VERBLITZ vs. BlueRevs] 10:20 Hello!! From SNOWBOARDERS #4 [Mitsuki Ono] 10:30 ISU European Figure Skating Championships [Ladies Short Program]	4:00 Blank 5:25 The Deliberation Committee 5:30 JAPAN RUGBY LEAGUE ONE DIVISION 2 [LAAX / SUI (01 / 15)] 8:30 JAPAN RUGBY LEAGUE ONE DIVISION 2 [HEAT vs. Seawaves] 10:55 Hello!! From SNOWBOARDERS #5 [Kurumi Imai] 11:00 Cycle* Best Race Selection #13 5:30 Cycle* Vuelta A Espana Stage20 8:00 Cycle* jspocycle season preview 10:00 Cycle* Vuelta A Espana Stage21 1:00 High School Basketball Winter Cup #23 Women's Round 1 [Keishin vs. Tomioka Higashi] ▽ 1:45 #24 [Saga Kita vs. Wakayama Shinai] ▽ 2:30 #25 [Akita Kita vs. Kyoto Ryoyo]
15	16	17	18	19	20	21	
5:30 Kessoku SAMURAI JAPAN #79 6:00 JAPAN RUGBY LEAGUE ONE DIVISION 2 [Dynaobars vs. LINERS] 8:25 Hello!! From SNOWBOARDERS #3 [Sena TOMITA] 8:30 Kessoku SAMURAI JAPAN #79 9:00 Emperor's Cup JFA Japan Football Championship Classics #17 [VEGALTA vs. FRONTALE] 11:30 Cycle* Deutschland Tour SNOW JAPAN TV #18 Hello!! From SNOWBOARDERS #5 [Kurumi Imai] 0:50 J SPORTS Selection 9:00 ISU European Figure Skating Championships [Men Free Skating] 1:30 ISU European Figure Skating Championships [Ladies Free Skating]	6:00 Dance! 7:00 Alpine Ski FIS World Cup Men's Downhill [Wengen / SUI (01 / 15)] 9:00 2013 World Gran Prix Darts Quarterfinals [M. van Gerwen vs. D. Chisnall] 10:00 Cycle* Best Race Selection #14 0:30 WRC Navi 0:50 J SPORTS Selection 10:00 ISU European Figure Skating Championships [Ladies Free Skating] 2:30 Cycle* Vuelta A Espana Stage13	5:00 Blank 6:00 JAPAN RUGBY LEAGUE ONE DIVISION 1 [ShiningArcs vs. BRAVE LUPUS] ▽ 8:25 DIVISION 1 [EAGLES vs. STEELERS] 10:50 Hello!! From SNOWBOARDERS #1 [Kokomo MURASE] 11:00 Cycle* Best Race Selection #9 5:00 Cycle* Best Race Selection #15 0:15 Cycle* Vuelta A Espana Stage14 2:45 High School Basketball Winter Cup #17 Women's Round 1 [Seisa Kokusai Shonan vs. Niigata Chuou]	4:30 Blank 6:00 JAPAN RUGBY LEAGUE ONE DIVISION 1 [ShiningArcs vs. Spears] ▽ 8:25 DIVISION 1 [EAGLES vs. STEELERS] 10:50 Hello!! From SNOWBOARDERS #2 [Hirotaki KUNITAKE] 11:00 Cycle* Best Race Selection #10 [Tour de France 18stage] 3:30 Cycle* Vuelta A Espana Stage15 ▽ 9:45 Stage16 11:45 Alpine Ski FIS World Cup Women's Giant Slalom / Slalom 0:00 High School Basketball Winter Cup #18 Women's Round 1 [Seisa Gakuen vs. Anjo Gakuen] ▽ 1:45 #19 [Kaishi Kokusai vs. Gifu Com. & Buisiness] ▽ 3:45 #22 [Sapporo Yamanote vs. Kashiwa Municipal]	4:00 Blank 6:00 JAPAN RUGBY LEAGUE ONE DIVISION 1 [RedHurricanes vs. BRAVE LUPUS] ▽ 8:25 DIVISION 1 [WILD KNIGHTS vs. GREEN ROCKETS] 10:50 Hello!! From SNOWBOARDERS #3 [Sena TOMITA] 11:00 Cycle* Best Race Selection #11 [Tour de France 11 stage] 6:15 Cycle* Vuelta A Espana Stage17 0:15 High School Basketball Winter Cup #20 Women's Round 1 [Yokkaichi Maryknoll vs. Tokyo Seitoku Univ.] #2 ▽ 2:00 #21 [Asahikawa Tosei vs. Japan Aviation] ▽ 3:45 #22 [Sapporo Yamanote vs. Kashiwa Municipal]	5:30 Blank 6:00 JAPAN RUGBY LEAGUE ONE DIVISION 1 [WILD KNIGHTS vs. EAGLES] ▽ 8:25 DIVISION 1 [BlackRams vs. BlueRevs] 10:50 Hello!! From SNOWBOARDERS #4 [Mitsuki Ono] 11:00 Cycle* Best Race Selection #12 4:15 Cycle* Vuelta A Espana Stage18 ▽ 10:00 Stage19 11:45 Alpine Ski FIS World Cup Women's Giant Slalom [Maribor / SLO (01 / 08)] 0:00 High School Basketball Winter Cup #23 Women's Round 1 [Keishin vs. Tomioka Higashi] ▽ 1:45 #24 [Saga Kita vs. Wakayama Shinai] ▽ 2:30 #25 [Akita Kita vs. Kyoto Ryoyo]	5:15 Blank 5:30 Snowboard FIS World Cup Halfpipe 8:30 JAPAN RUGBY LEAGUE ONE DIVISION 2 [HEAT vs. Seawaves] 10:55 Hello!! From SNOWBOARDERS #5 [Kurumi Imai] 11:00 Cycle* Best Race Selection #13 5:30 Cycle* Vuelta A Espana Stage20 8:00 Cycle* jspocycle season preview 10:00 Cycle* Vuelta A Espana Stage21 1:00 High School Basketball Winter Cup #23 Women's Round 1 [Tokai Univ. Fukuoka vs. Sendai Univ. Meisei] ▽ 2:45 #27 [Hamamatsu Kaiseikan vs. Sando Shohai]	
22	23	24	25	26	27	28	
4:30 Gambare Nippon Baseball Returns #3 5:00 Freestyle Ski FIS World Cup Moguls [Deer Valley / USA (01 / 13)] 8:00 Rugby Wonderful! #2 9:00 Alpine Ski FIS World Cup Men's Downhill [Kitzbuehel / AUT (01 / 21)] 11:00 Cycle* Best Race Selection #14 1:30 Gambare Nippon Baseball Returns #3 2:00 SNOW JAPAN TV #9 2:15 Hello!! From SNOWBOARDERS #2 [Hirotaki KUNITAKE] 2:20 JAPAN RUGBY LEAGUE ONE DIVISION 1 [ShiningArcs vs. GREEN ROCKETS] J SPORTS Selection 4:45 Cycle* CRO Race REAL [Wout Flash Back] 1:00 High School Basketball Winter Cup #28 Women's Round 1 [Morioka Shirayui Gakuen vs. Oko] ▽ 2:45 #1 Men's Round 1 [Kanazawa vs. Nara Kuei]	4:30 J SPORTS HOOP! 6:00 Emperor's Cup JFA Japan Football Championship Classics #17 [VEGALTA vs. FRONTALE] 8:30 Gambare Nippon Baseball Returns #3 9:00 Alpine Ski FIS World Cup Men's Downhill [Kitzbuehel / AUT (01 / 22)] 11:00 J SPORTS Selection 10:00 Cycle* UCI World Championships Men Elite [Individual Time Trial] 1:00 High School Basketball Winter Cup #28 Men's Round 1 [Toyotatsutani vs. Mitoku Gijyuku] ▽ 2:45 #3 [Unsei Gakuen vs. Ichinoseki Tech.]	4:30 Blank 6:00 JAPAN RUGBY LEAGUE ONE DIVISION 1 [BlueRevs vs. SUNGOLIATH] ▽ 8:25 DIVISION 1 [WILD KNIGHTS vs. EAGLES] 10:50 Hello!! From SNOWBOARDERS #1 [Kokomo MURASE] 11:00 J SPORTS Selection 3:00 U.S. Figure Skating Championships [Men Free Skating] 7:15 Cycle* UCI World Championships Men Elite [Road Race] 2:30 High School Basketball Winter Cup #4 Men's Round 1 [Matsue Nishi vs. Tomita]	4:15 High School Basketball Winter Cup #5 Men's Round 1 [Takaoka Daichi vs. Rakunan] 6:00 JAPAN RUGBY LEAGUE ONE DIVISION 1 [BRAVE LUPUS vs. BlackRams] ▽ 8:25 DIVISION 1 [VERBLITZ vs. RedHurricanes] 10:50 Hello!! From SNOWBOARDERS #2 [Hirotaki KUNITAKE] 11:00 J SPORTS Selection 3:00 U.S. Figure Skating Championships [Ladies Free Skating] Cycle* Paris-Roubaix 2:00 High School Basketball Winter Cup #6 Men's Round 1 [Tsu Tech. vs. Hokuriku] ▽ 3:45 #7 Men's Round 1 [Kochi Chuou vs. Hokutsu]	5:30 Blank 6:00 JAPAN RUGBY LEAGUE ONE DIVISION 1 [ShiningArcs vs. GREEN ROCKETS] ▽ 8:25 DIVISION 1 [STEELEERS vs. Spears] 10:50 Hello!! From SNOWBOARDERS #3 [Sena TOMITA] 11:00 ISU European Figure Skating Championships [Men Short Program] 5:30 Gambare Nippon Baseball Returns #3 6:00 Cycle* jspocycle season preview 8:00 U.S. Figure Skating Championships [Ice Dance] 10:00 Dance! 11:00 Cycle* Milano-Torino 1:00 High School Basketball Winter Cup #8 Men's Round 1 [Hachinohe Gakuin Kosei vs. Shirakaba Gakuen] ▽ 2:45 #9 Men's Round 1 [Sakai Gakuen vs. Goko]	4:30 Blank 6:00 JAPAN RUGBY LEAGUE ONE DIVISION 1 [WILD KNIGHTS vs. EAGLES] ▽ 8:25 DIVISION 1 [LINERS vs. HEAT] 10:50 Hello!! From SNOWBOARDERS #4 [Mitsuki Ono] 11:00 ISU European Figure Skating Championships [Men Free Skating] 3:30 Gambare Nippon Baseball Returns #3 4:00 Rugby Wonderful! #3 5:00 Dance! 6:00 U.S. Figure Skating Championships [Pairs] 8:00 U.S. Figure Skating Championships [Ice Dance] 10:30 Gambare Nippon Baseball Returns #3 11:00 Cycle* Gran Piemonte 1:00 High School Basketball Winter Cup #10 Men's Round 1 [Uto vs. Beppu Mizobe Gakuen] ▽ 2:45 #11 [Kiryu Daichi vs. Kanzei]	4:30 Blank 6:00 JAPAN RUGBY LEAGUE ONE DIVISION 2 [Dynaobars vs. SKYACTIVS] ▽ 8:25 DIVISION 2 [LINERS vs. HEAT] 10:50 Hello!! From SNOWBOARDERS #5 [Kurumi Imai] 11:00 ISU European Figure Skating Championships [Ladies Short Program] 7:00 ISU European Figure Skating Championships [Ice Dance] 10:00 Cycle* Il Lombardia 2:30 Gambare Nippon Baseball Returns #3 3:00 High School Basketball Winter Cup #12 Men's Round 1 [Utsunomiya Tech. vs. Reimei]	
29	30	31	<h2>J SPORTS Corporation</h2> <p>Telecom Center Bldg. F20,2-5-10 Aomi, Koto-ku, Tokyo 135-8668 Japan Customer Center : 0570-099-333 (10:00~20:00)</p> <h3>株式会社ジェイ・スポーツ</h3> <p>〒135-8668 東京都東区青海2-5-10 テレコムセンタービル 20階 www.jsports.co.jp</p> <p>新型コロナウイルス感染拡大に備えた対策によりカスタマーセンターの営業時間を変更となる可能性がございます。 【最新情報・番組のお問い合わせ】 J SPORTSカスタマーセンター 0570-099-333 (ナビダイヤル/毎日 受付時間10:00~20:00)</p> <p>J SPORTSはCATV、スカパー！などで約630万世帯が J SPORTS公式アカウント @jsports 視聴する国内最大4チャンネルのスポーツテレビ局です。 J SPORTS公式アカウント @jsports J SPORTS online shop @jsposhop J SPORTS 公式ページ</p>				
4:45 J SPORTS Selection 5:00 Takamadonmya Cup Premier League Review 6:00 SNOW JAPAN TV #10 6:15 Rugby Wonderful! #3 7:15 JAPAN RUGBY LEAGUE ONE DIVISION 2 [RED DOLPHINS vs. Seawaves] 9:40 Hello!! From SNOWBOARDERS #1 [Kokomo MURASE] ▽ 9:50 #2 [Hirotaki KUNITAKE] 10:00 REAL [Wout Flash Back] 11:00 J SPORTS Selection 1:00 ISU European Figure Skating Championships [Ladies Free Skating] 5:30 ISU European Figure Skating Championships [Pairs] ▽ 8:30 "Exhibition" 11:30 J SPORTS Selection	4:00 High School Basketball Winter Cup #13 Men's Round 1 [Nagashino vs. Hiroshima Minami] 5:45 Alpine Ski FIS World Cup Women's Giant Slalom / Slalom ▽ 6:00 Men's Slalom [Schladming / AUT (01 / 25)] 9:00 J SPORTS Selection 0:30 Alpine Ski FIS World Cup Women's Giant Slalom [Maribor / SLO (01 / 08)] 0:45 Cycle* Best Race Selection #15 8:00 Cycle* Paris-Tours 10:00 Cycle* All Japan Cycle Road Race Championship Cycle* jspocycle season preview 1:30 J SPORTS Selection	4:00 Blank 5:30 JAPAN RUGBY LEAGUE ONE DIVISION 1 [BlueRevs vs. RedHurricanes] ▽ 7:55 DIVISION 1 [BlackRams vs. SUNGOLIATH] 10:20 Hello!! From SNOWBOARDERS #2 J SPORTS Selection 2:00 ISU Four Continents Figure Skating Championships [Ice Dance Rhythm dance] ▽ 5:30 [Ice Dance Free Dance] 9:00 Alpine Ski FIS World Cup Men's Slalom [Schladming / AUT (01 / 25)] 0:00 Hello!! From SNOWBOARDERS #4 0:10 High School Basketball Winter Cup #14 Men's Round 1 [Tsuchiura Nihon Univ. vs. Kyusyu Gakuen] ▽ 1:55 #15 [Fukuoka Univ. Ohoi vs. Sagami Univ.] 3:40 J SPORTS Selection (~3:55)					

*A program may be changed. Please confirm by a website for details.
*There is stopwave accompanying a maintenance. Please ask the cable TV office of the contract, and SKY Perfect! for details.