



Flex Channel Guide

MAY 2026

HOW TO FIND WHICH CHANNELS YOU CAN GET

1. Match your package to the column
2. If there's a tick in your column, you get that channel. Essential Entertainment also includes all the free-to-all channels
3. If a channel is blue, it is a premium channel included in some TV bundles or can be added to your TV package for an extra charge

1	2	
✓	✓	101 BBC One HD
✓	✓	177 Discovery HD
✓	✓	516 Sky Sports F1 [®]

KEY

- 1 Free to all
 - 2 Essential Entertainment
- PREMIUM CHANNELS

ENTERTAINMENT

1	2	
✓	✓	100 Virgin TV Showcase
✓	✓	101 BBC One HD
✓	✓	102 BBC Two HD
✓	✓	103 ITV1 HD/STV HD*
✓	✓	104 Channel 4 HD/S4C HD*
✓	✓	105 Channel 5 HD
✓	✓	106 E4 HD
✓	✓	107 BBC Three HD/BBC Four HD*
✓	✓	108 BBC Four HD/Channel 4 HD Wales*
✓	✓	109 Sky One HD HD
✓	✓	110 Sky Witness HD
✓	✓	111 Sky Atlantic HD
✓	✓	112 Sky Comedy HD
✓	✓	113 TLC HD/BBC Three HD Scotland & Wales*
✓	✓	114 U&Alibi HD
✓	✓	115 ITV2 HD
✓	✓	116 U&Drama HD
✓	✓	117 ITV3 HD
✓	✓	118 ITV4 HD
✓	✓	119 ITV Quiz HD
✓	✓	120 SUSAN
✓	✓	121 Sky Documentaries HD
✓	✓	122 Sky Crime HD
✓	✓	123 Sky Arts HD
✓	✓	124 U&GOLD HD
✓	✓	125 U&W HD
✓	✓	126 5STAR
✓	✓	127 U&Dave HD
✓	✓	128 Quest HD/TLC HD Scotland & Wales*
✓	✓	129 U&Yesterday HD
✓	✓	130 SACTION HD
✓	✓	131 Sky HISTORY HD
✓	✓	132 Comedy Central HD
✓	✓	133 Crime + Investigation HD
✓	✓	134 MTV HD
✓	✓	135 Sky Nature HD
✓	✓	136 Together TV
✓	✓	137 Quest Red/Quest HD Scotland & Wales*
✓	✓	138 5Select
✓	✓	139 Challenge
✓	✓	140 Sky Sci-Fi HD
✓	✓	143 4Seven HD
✓	✓	144 E4 Extra
✓	✓	146 Quest Red Scotland & Wales*
✓	✓	147 More4 HD
✓	✓	148 True Crime
✓	✓	149 Legend
✓	✓	150 That's TV
✓	✓	151 That's TV 2
✓	✓	152 That's TV 3
✓	✓	154 Comedy Central Extra
✓	✓	156 Sky Mix HD
✓	✓	161 BBC Alba*
✓	✓	162 5USA*
✓	✓	164 S4C HD*
✓	✓	165 Really
✓	✓	166 Investigation Discovery
✓	✓	168 Food Network
✓	✓	169 DMAX
✓	✓	170 Great! TV
✓	✓	171 Legend Xtra
✓	✓	172 True Crime Xtra
✓	✓	174 BLAZE [®]
✓	✓	175 Virgin TV Ultra HD
✓	✓	176 U&Eden HD
✓	✓	177 Discovery HD
✓	✓	178 Animal Planet HD
✓	✓	179 Discovery Science
✓	✓	180 Discovery Turbo
✓	✓	181 Discovery History

✓	✓	182 National Geographic WILD HD
✓	✓	183 National Geographic HD
✓	✓	186 Sky HISTORY 2 HD
✓	✓	187 PBS America HD
✓	✓	192 God TV
✓	✓	204 Netflix
✓	✓	205 Amazon Prime Video
✓	✓	206 Virgin Media On Demand Streaming
✓	✓	220 Inside Crime HD
✓	✓	221 Real Wild HD
✓	✓	222 Mystery TV HD
✓	✓	223 Haunt TV HD
✓	✓	224 History Hit HD
✓	✓	227 U&The Past HD
✓	✓	228 U&Real Heroes HD
✓	✓	229 U&Transport HD
✓	✓	230 Homes Under The Hammer HD
✓	✓	231 Inside Outside HD
✓	✓	232 Hell's Kitchen HD
✓	✓	234 History Hunters HD
✓	✓	237 Real Crime HD
✓	✓	238 Wonder HD
✓	✓	241 U&Laughs HD
✓	✓	243 The Chat Show Channel HD
✓	✓	244 Baywatch HD
✓	✓	245 Nature Time HD
✓	✓	250 Deal Or No Deal HD
✓	✓	251 Tipping Point HD
✓	✓	252 Mythbusters HD
✓	✓	277 5 Cops HD
✓	✓	278 Catfish HD
✓	✓	279 CSI: Crime Scene Investigation HD
✓	✓	254 Deal Masters HD
✓	✓	991 BBC RB HD
✓	✓	999 Virgin TV Ultra HD

MUSIC

1	2	
✓	✓	285 NOW 70s
✓	✓	286 NOW 80s
✓	✓	287 NOW 90s & 00s
✓	✓	288 NOW ROCK
✓	✓	289 Clubland TV
✓	✓	296 Stingray Classica HD
✓	✓	297 Stingray DJAZZ HD
✓	✓	298 ZenLIFE HD
✓	✓	299 Qello Concerts HD

PLUS 1

1	2	
✓	✓	303 ITV1 +1 & STV +1*
✓	✓	304 Channel 4 +1
✓	✓	305 Channel 5 +1
✓	✓	306 E4 +1
✓	✓	310 Sky Witness +1
✓	✓	313 TLC +1*
✓	✓	314 U&Alibi +1
✓	✓	315 ITV2 +1
✓	✓	316 U&Drama +1
✓	✓	317 ITV3 +1
✓	✓	318 ITV4 +1
✓	✓	320 5USA +1*
✓	✓	322 Sky Crime +1
✓	✓	324 U&GOLD +1
✓	✓	325 U&W +1
✓	✓	326 5STAR +1
✓	✓	327 U&DaveJaVu
✓	✓	328 Quest +1/TLC +1 Scotland & Wales*
✓	✓	329 U&Yesterday +1
✓	✓	332 Comedy Central +1
✓	✓	333 Crime + Investigation +1
✓	✓	337 Quest +1 Scotland & Wales*

✓	✓	347 More4 +1
✓	✓	362 5 USA + 1 Scotland*
✓	✓	365 Really +1
✓	✓	366 Investigation Discovery +1
✓	✓	369 DMAX +1
✓	✓	376 U&Eden +1
✓	✓	377 Discovery +1
✓	✓	378 Animal Planet +1
✓	✓	379 Discovery Science +1
✓	✓	381 Discovery History +1
✓	✓	383 National Geographic +1

MOVIES

1	2	
✓	✓	400 Virgin Movies Previews
✓	✓	401 Sky Cinema Premiere HD
✓	✓	402 Sky Cinema Select HD
✓	✓	403 Sky Cinema Hits HD
✓	✓	404 Sky Cinema Greats HD
✓	✓	406 Sky Cinema Family HD
✓	✓	407 Sky Cinema Action HD
✓	✓	408 Sky Cinema Comedy HD
✓	✓	409 Sky Cinema Thriller HD
✓	✓	410 Sky Cinema Drama HD
✓	✓	411 Sky Cinema Sci-Fi & Horror HD
✓	✓	419 Movies 24
✓	✓	420 Movies 24 +
✓	✓	424 Great! Romance
✓	✓	425 Great! Mystery
✓	✓	426 Great! Action
✓	✓	428 Film4 HD
✓	✓	430 Film4 +1
✓	✓	445 Talking Pictures TV
✓	✓	450 British Screen Classics
✓	✓	451 wedotv Movies
✓	✓	460 Rakuten TV Top Movies
✓	✓	461 Rakuten TV Action
✓	✓	462 Rakuten TV Drama
✓	✓	463 Rakuten TV Comedy
✓	✓	464 Rakuten TV Sci-Fi

SPORT

1	2	
✓	✓	501 Sky Sports Main Event HD
✓	✓	502 Sky Sports Premier League HD
✓	✓	503 Sky Sports Football HD
✓	✓	504 Sky Sports+ HD
✓	✓	505 Sky Sports Cricket HD
✓	✓	506 Sky Sports Golf HD
✓	✓	507 Sky Sports F1 [®] HD
✓	✓	508 Sky Sports Tennis HD
✓	✓	509 Sky Sports News HD
✓	✓	510 Sky Sports Action HD
✓	✓	511 Sky Sports Mix HD
✓	✓	512 Sky Sports Racing HD
✓	✓	513 Sky Sports Main Event UHD
✓	✓	514 Sky Sports F1 [®] UHD
✓	✓	515 Sky Sports Main Ultra HD 1
✓	✓	516 Sky Sports Main Ultra HD 2
✓	✓	521 TNT Sports 1 HD
✓	✓	522 TNT Sports 2 HD
✓	✓	523 TNT Sports 3 HD
✓	✓	524 TNT Sports 4 HD
✓	✓	525 TNT Sports Ultimate
✓	✓	526 MUTV
✓	✓	528 Premier Sports 1 HD
✓	✓	529 Premier Sports 2 HD
✓	✓	530 Premier Sports Rugby HD
✓	✓	536 Racing TV HD
✓	✓	540 Red Bull TV HD
✓	✓	541 TRACE Sport Stars HD
✓	✓	550 MUTV
✓	✓	551 LFC TV HD

NEWS

1	2	
✓	✓	601 BBC News HD
✓	✓	602 Sky News HD
✓	✓	604 GB News HD
✓	✓	605 BBC Parliament HD
✓	✓	609 Bloomberg HD
✓	✓	613 CNBC
✓	✓	620 Euronews
✓	✓	621 NDTV 24x7
✓	✓	622 Al Jazeera English
✓	✓	624 France 24 English HD
✓	✓	626 CNN HD

KIDS

1	2	
✓	✓	701 CBBC HD
✓	✓	702 CBeebies HD
✓	✓	703 Baby TV
✓	✓	704 Cartoon Network HD
✓	✓	705 Cartoon Network +1
✓	✓	706 Cartoonito
✓	✓	707 Sky Kids HD
✓	✓	712 Nickelodeon HD
✓	✓	713 Nick +1
✓	✓	715 Nick Jr.
✓	✓	716 Nick Jr. Too
✓	✓	717 Nicktoons
✓	✓	730 Boomerang
✓	✓	731 Boomerang +1

SHOPPING

1	2	
✓	✓	740 QVC HD
✓	✓	741 QVC Beauty
✓	✓	742 QVC Style HD
✓	✓	743 QVC Extra
✓	✓	747 Ideal World
✓	✓	754 HobbyMaker HD
✓	✓	755 Gemporia
✓	✓	757 TJC HD
✓	✓	758 Cruise1st.tv HD

INTERNATIONAL

1	2	
✓	✓	801 Utsav Gold HD
✓	✓	802 Utsav Bharat
✓	✓	803 Utsav Plus HD
✓	✓	805 SONY TV Asia HD
✓	✓	806 SONY MAX HD
✓	✓	807 SONY SAB
✓	✓	808 SONY MAX 2
✓	✓	809 Zee TV HD
✓	✓	810 Zee Cinema HD
✓	✓	811 Zee Punjabi
✓	✓	815 B4U Movies
✓	✓	816 B4U Music
✓	✓	825 Colors Gujarati
✓	✓	826 Colors HD
✓	✓	827 Colors Rishtey
✓	✓	828 Colors Cineplex
✓	✓	831 Al Jazeera Arabic
✓	✓	838 Islam Channel UK

LOCAL

1	2	
✓	✓	159 Regional Channels
✓	✓	861 BBC One London HD
✓	✓	862 BBC One Scotland HD
✓	✓	863 BBC One NI HD
✓	✓	864 BBC One Wales HD
✓	✓	865 BBC Two England HD

ADULT

1	2	
✓	✓	969 Adult Previews
✓	✓	970 Television X: The Fantasy Channel
✓	✓	971 Babes & Brazzers
✓	✓	972 Adult Channel
✓	✓	973 XXX Brits
✓	✓	974 Xrated 40 Plus
✓	✓	978 TV X (subscription)
✓	✓	979 XXX Brits (subscription)
✓	✓	980 Adult Channel (subscription)
✓	✓	981 Babestation
✓	✓	983 Pure Babes HD

INFORMATION

1	2	
✓	✓	968 PIN Help
✓	✓	985 PIN Help
✓	✓	998 What's On

Entertainment subscriptions

Disney +	Netflix	Sky Cinema HD
Racing TV	Sky Sports HD/ Ultra HD	TNT Sports
Premier Sports	Asian Mela	Baby TV
Kids Pick	Essential Entertainment	Adult Collections

All entertainment subscriptions shown available at extra cost

* Regional variations apply

Channel packaging subject to change. Correct as of 7/5/2026 - see virginmedia.com for latest packaging line-up. Premium channels and package upgrades must be kept for at least 30 days. HD TV set required and Virgin TV 360 box connected with HDMI cables required for HD channels. Additional Netflix subscription needed to watch Netflix. Additional Amazon Prime subscription needed to watch Prime Video. Channels/HD Channels may be subject to change. You must subscribe to Sky Sports in SD to take these channels in HD. Most customers can add channels to their package for an additional monthly charge.