



Flex Channel Guide

DECEMBER 2025

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

If a channel is available in both SD and HD, and your package includes the HD version, you will automatically see the HD content (TiVo® customers should visit the relevant channel listed for SD/HD).

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 Showcase HD
✓ 110	Sky Witness HD
✓ 111	Sky Max HD
✓ 112	Sky Comedy HD
✓ 113	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	SUSA
✓ 121	Sky Crime HD
✓ 122	Sky Sci-Fi HD
✓ 123	Sky Arts HD
✓ 124	U&GOLD HD
✓ 125	U&W HD
✓ 126	5STAR
✓ 127	U&Dave HD
✓ 128	Really
✓ 129	U&Yesterday HD
✓ 130	SACTION HD
✓ 131	Sky HISTORY HD
✓ 132	Comedy Central HD
✓ 133	Crime + Investigation HD
✓ 134	MTV HD
✓ 135	Sky Mix HD
✓ 136	Together TV
✓ 137	Quest HD
✓ 138	5Select
✓ 139	Challenge
✓ 143	4Seven HD
✓ 144	E4 Extra
✓ 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
✓ 159	Regional Channels
✓ 161	BBC Alba*
✓ 162	SUSA*
✓ 164	S4C HD*
✓ 165	TLC HD
✓ 166	Investigation Discovery
✓ 168	Quest Red
✓ 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
✓ 188	Sky Documentaries HD
✓ 189	Sky Nature HD
✓ 190	Food Network
✓ 191	HGTV
✓ 192	God TV
✓ 204	Netflix
✓ 205	Amazon Prime Video
✓ 220	Inside Crime HD
✓ 221	Real Wild HD
✓ 222	Mystery TV HD
✓ 223	Haunt TV HD
✓ 224	History Hit HD
✓ 225	5 Cops HD
✓ 226	Catfish 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
✓ 233	Hell's Kitchen HD
✓ 234	History Hunters HD
✓ 237	Real Crime HD
✓ 238	Wonder HD
✓ 241	U&Laughs HD
✓ 242	NextUp Live Comedy HD
✓ 243	The Chat Show Channel HD
✓ 244	Baywatch HD
✓ 245	Love Pets HD
✓ 246	CSI: Crime Scene Investigation HD
✓ 250	Deal Or No Deal HD
✓ 251	Tipping Point HD
✓ 252	Mythbusters HD
✓ 253	Eggheads HD
✓ 254	Deal Masters HD
✓ 991	BBC R8 HD
✓ 999	Virgin TV Ultra HD

MUSIC	
1 2	
✓ 280	MTV Music
✓ 281	MTV Live HD
✓ 282	Club MTV
✓ 283	MTV 90s
✓ 284	MTV 80s
✓ 285	NOW 70s
✓ 286	NOW 80s
✓ 287	NOW 90s & 00s
✓ 288	NOW ROCK
✓ 292	Clubland TV
✓ 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
✓ 314	U&Alibi +1
✓ 315	ITV2 +1
✓ 316	U&Drama +1
✓ 317	ITV3 +1
✓ 318	ITV4 +1
✓ 320	SUSA +1
✓ 321	Sky Crime +1
✓ 324	U&GOLD +1
✓ 325	U&W +1
✓ 326	5STAR +1

✓ 327	U&DaveJaVu
✓ 329	U&Yesterday +1
✓ 332	Comedy Central +1
✓ 333	Crime + Investigation +1
✓ 337	Quest +1
✓ 347	More4 +1
✓ 348	True Crime +1
✓ 365	TLC +1
✓ 366	Investigation Discovery +1
✓ 369	DMAX +1
✓ 371	Legend Xtra +1
✓ 376	U&Eden +1
✓ 377	Discovery +1
✓ 378	Animal Planet +1
✓ 379	Discovery Science +1
✓ 381	Discovery History +1
✓ 383	National Geographic +1
✓ 391	HGTV +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
✓ 412	Sky Cinema Animation 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
✓ 446	Rakuten Top Movies
✓ 447	Rakuten TV Action
✓ 450	British Screen Classics
✓ 451	wedotv Movies

SPORT	
1 2	
✓ 501	Sky Sports Main Event HD
✓ 502	Sky Sports Premier League HD
✓ 503	Sky Sports Football HD
✓ 504	Sky Sports Cricket HD
✓ 505	Sky Sports Golf HD
✓ 506	Sky Sports F1® HD
✓ 507	Sky Sports Action HD
✓ 508	Sky Sports+ HD
✓ 509	Sky Sports News HD
✓ 510	Sky Sports Mix HD
✓ 511	Sky Sports Main Event
✓ 512	Sky Sports Premier League
✓ 513	Sky Sports Football
✓ 514	Sky Sports Cricket
✓ 515	Sky Sports Golf
✓ 516	Sky Sports F1®
✓ 517	Sky Sports Action
✓ 518	Sky Sports+
✓ 519	Sky Sports Racing HD
✓ 520	Sky Sports Tennis HD
✓ 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
✓ 532	Sky Sports Main Event UHD
✓ 533	Sky Sports F1® UHD
✓ 534	Sky Sports UHD
✓ 535	Sky Sports UHD 2
✓ 536	Racing TV HD
✓ 537	Sky Sports Tennis
✓ 544	LFC TV HD
✓ 551	Premier Sports 1 HD
✓ 552	Premier Sports 2 HD
✓ 553	Premier Sports Rugby HD
✓ 556	Red Bull TV HD
✓ 557	TRACE Sport Stars 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
✓ 736	Pop

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
✓ 759	High Street 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

° SD/HD variations apply. We will always offer you the best quality content you are entitled to. If your package includes HD channels, Virgin TV 360 will automatically replace your standard definition channels with the high definition version.

Channel packaging subject to change. Correct as of 1/12/2025 – 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.