

Sept. 26, 2025

PROGRAMMING HIGHLIGHTS FOR
ABC NEWS' 'GOOD MORNING AMERICA' AND 'GMA3,'
SEPT. 29-OCT. 4



ABC News*

The following report highlights the programming of ABC's Emmy® Award-winning "Good Morning America" and Emmy Award-nominated "GMA3" during the week of Sept. 29-Oct. 4. "Good Morning America" is a two-hour, live program airing Monday-Friday (7:00-9:00 a.m. EDT) and Saturday-Sunday mornings (check local listings) on ABC. "GMA3" is a one-hour program airing weekdays at 1:00 p.m. EDT/12:00 p.m. CDT on ABC. Simone Swink is the senior executive producer for both programs.

Highlights of the week include the following (subject to change):

"Good Morning America"

Monday, Sept. 29— Actor **Tim Allen** ("Shifting Gears"); legendary musician **Lionel Richie** discusses his new memoir ("Truly"); ESPN host **Stephen A. Smith** talks NFL Week 4 and "Monday Night Football"; Deals & Steals with ABC e-commerce editor **Tory Johnson**

Tuesday, Sept. 30 — Actor **Glen Powell** ("Chad Powers"); founder of Shred Happens and cookbook author **Arash Hashemi**; Deals & Steals with actress **Mindy Kaling** and ABC e-commerce editor **Tory Johnson**

Wednesday, Oct. 1 — Actress **Sheryl Lee Ralph** (“Abbott Elementary”); chef **Paul Hollywood** (“Celebrate: Joyful Baking All Year Round”); 40 Years of Pink: The State of Breast Cancer with **Dr. Alpa Patel**; Deals & Steals with ABC e-commerce editor **Tory Johnson**

Thursday, Oct. 2 — Actors **Dwayne Johnson** and **Emily Blunt** (“The Smashing Machine”); author **Nicholas Sparks** (“Remain”); “50 States in 50 Weeks: America the Beautiful” series stops in Vermont; Shop “GMA” series with lifestyle expert **Milly Almodovar**; Deals & Steals with ABC e-commerce editor **Tory Johnson**

Friday, Oct. 3 — “GMA” celebrates Breast Cancer Awareness with ABC News chief medical correspondent **Dr. Tara Narula**, **Dr. Monique James** and **Dr. Shanthi Sivendran**; The Right Stuff series with “GMA” lifestyle contributor **Lori Bergamotto**

Saturday, Oct. 4 — Secret Savings Special

“GMA3”

Monday, Sept. 29 — ESPN’s **Katie George** talks “Monday Night Football”; Deals & Steals with ABC e-commerce editor **Tory Johnson**; “GMA” Health Alert with ABC News medical correspondent **Dr. Darien Sutton**

Tuesday, Sept. 30 — Founder of Shred Happens and cookbook author **Arash Hashemi**; Deals & Steals with ABC e-commerce editor **Tory Johnson**; ABC Secret Savings with ABC News’ **Will Ganss**; “GMA” Health Alert with ABC News medical correspondent **Dr. Darien Sutton**

Wednesday, Oct. 1 — Professional dancer and choreographer **Maksim Chmerkovskiy** discusses “Dancing with the Stars”; chef **Paul Hollywood** (“Celebrate: Joyful Baking All Year Round”); 40 Years of Pink: The State of Breast Cancer with **Dr. Alpa Patel**; Deals & Steals with ABC e-commerce editor **Tory Johnson**

Thursday, Oct. 2 — Actors **Benny Safdie** and **Mark Kerr** (“The Smashing Machine”); author **Jeneva Rose** (“Dating After the End of the World”); “50 States in 50 Weeks: America the Beautiful” series stops in Vermont; Shop “GMA” series with lifestyle expert **Milly Almodovar**

Friday, Oct. 3 — “GMA” celebrates Breast Cancer Awareness Day with ABC News chief medical correspondent **Dr. Tara Narula**, **Dr. Monique James** and **Dr. Shanthi Sivendran**; Back to Basics with InStyle magazine Editor-in-Chief **Sally Holmes**; “GMA” Health Alert with ABC News chief medical correspondent **Dr. Tara Narula**

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