

25	Mondays to Fridays																	
Ilford High Road Hainault Street	0410	0420	0430	0440	0450	0458	0505	0511	0518	0524	0531	0539	0546	0553	0600	0606	0612	0618
Manor Park Broadway	0419	0429	0439	0449	0459	0507	0514	0520	0527	0533	0540	0548	0555	0602	0610	0616	0623	0629
Forest Gate Police Station	0424	0434	0444	0454	0504	0512	0519	0525	0532	0538	0545	0553	0600	0607	0615	0621	0628	0634
Stratford Bus Station	0435	0445	0455	0505	0515	0523	0530	0536	0543	0549	0556	0604	0611	0619	0627	0633	0640	0646
Bow Church Station	0444	0454	0504	0514	0524	0532	0539	0545	0552	0558	0605	0613	0621	0629	0637	0643	0650	0656
Mile End Station	0447	0457	0507	0517	0527	0535	0542	0548	0555	0601	0608	0616	0624	0632	0640	0646	0653	0659
Whitechapel Station	0454	0504	0514	0524	0534	0542	0549	0555	0602	0608	0616	0624	0632	0640	0648	0654	0701	0708
Aldgate Station Aldgate High Street	0500	0510	0520	0530	0540	0548	0555	0601	0609	0617	0625	0633	0641	0649	0657	0703	0711	0719
Bank Station Cornhill	0507	0517	0527	0537	0547	0555	0602	0610	0618	0626	0634	0642	0650	0658	0706	0714	0722	0730
St Paul's Station Newgate Street	0509	0519	0529	0539	0549	0557	0605	0613	0621	0629	0637	0645	0653	0701	0709	0717	0725	0733
City Thameslink Stn. Holborn Viaduct	0511	0521	0531	0541	0551	0559	0607	0615	0623	0631	0639	0647	0655	0703	0711	0719	0727	0735
Ilford High Road Hainault Street	0624	0630	0636	0642	0648	0654	0700	0705	0711	0718	0726	0733	0741	0748	0756	0803	0811	0818
Manor Park Broadway	0635	0641	0647	0653	0659	0705	0711	0718	0724	0731	0739	0746	0754	0801	0810	0817	0826	0833
Forest Gate Police Station	0640	0646	0652	0658	0705	0711	0718	0725	0731	0738	0746	0753	0801	0808	0817	0824	0833	0840
Stratford Bus Station	0652	0658	0704	0711	0719	0726	0733	0740	0746	0753	0801	0808	0816	0824	0833	0840	0849	0856
Bow Church Station	0702	0709	0717	0724	0732	0739	0746	0753	0759	0806	0814	0822	0830	0838	0847	0854	0903	0910
Mile End Station	0706	0714	0722	0729	0737	0744	0751	0759	0805	0813	0821	0829	0837	0845	0854	0901	0909	0916
Whitechapel Station	0716	0724	0732	0740	0748	0755	0802	0810	0817	0825	0833	0841	0849	0857	0906	0913	0921	0928
Aldgate Station Aldgate High Street	0727	0735	0743	0751	0759	0806	0814	0822	0829	0837	0845	0853	0901	0909	0917	0924	0932	0939
Bank Station Cornhill	0738	0746	0754	0802	0810	0819	0827	0835	0842	0850	0858	0906	0914	0922	0930	0937	0945	0952
St Paul's Station Newgate Street	0741	0749	0757	0806	0814	0823	0831	0839	0846	0854	0902	0910	0918	0926	0934	0941	0949	0956
City Thameslink Stn. Holborn Viaduct	0743	0751	0759	0808	0816	0825	0833	0841	0848	0856	0904	0912	0920	0928	0936	0943	0951	0958
Ilford High Road Hainault Street	0826	0833	0841	0848	0856	0903	0911	0918	0926	0933	0941	0948	0956	1003	1011	1018	1026	1033
Manor Park Broadway	0841	0848	0856	0903	0911	0917	0924	0931	0939	0946	0954	1001	1009	1016	1024	1031	1039	1046
Forest Gate Police Station	0848	0855	0903	0910	0917	0923	0930	0937	0945	0952	1000	1007	1015	1022	1030	1037	1045	1052
Stratford Bus Station	0904	0911	0918	0925	0931	0937	0944	0951	0959	1006	1014	1021	1029	1036	1044	1051	1059	1106
Bow Church Station	0918	0925	0932	0939	0945	0951	0958	1005	1013	1020	1028	1035	1043	1050	1058	1105	1113	1120
Mile End Station	0923	0930	0937	0944	0950	0956	1003	1010	1018	1025	1033	1040	1048	1055	1103	1110	1118	1125
Whitechapel Station	0935	0942	0949	0956	1002	1008	1015	1022	1030	1037	1045	1052	1100	1107	1114	1121	1129	1136
Aldgate Station Aldgate High Street	0946	0953	1000	1007	1013	1019	1026	1033	1041	1048	1056	1103	1111	1117	1124	1131	1139	1146
Bank Station Cornhill	0959	1006	1013	1019	1025	1031	1038	1045	1053	1100	1108	1115	1122	1128	1135	1142	1150	1157
St Paul's Station Newgate Street	1003	1009	1016	1022	1028	1034	1041	1048	1056	1103	1111	1118	1125	1131	1138	1145	1153	1200
City Thameslink Stn. Holborn Viaduct	1005	1011	1018	1024	1030	1036	1043	1050	1058	1105	1113	1120	1127	1133	1140	1147	1155	1202
Ilford High Road Hainault Street	1041	1048	1056	1103	1111	1118	1126	1133	1141	1148	1156	1203	1211	1218	1226	1233	1241	1248
Manor Park Broadway	1054	1101	1109	1117	1125	1132	1140	1147	1155	1202	1210	1217	1225	1232	1240	1247	1255	1302
Forest Gate Police Station	1100	1108	1116	1124	1132	1139	1147	1154	1202	1209	1216	1223	1231	1238	1246	1253	1301	1308
Stratford Bus Station	1114	1122	1130	1138	1146	1153	1201	1208	1216	1223	1230	1237	1245	1252	1300	1307	1315	1322
Bow Church Station	1128	1136	1144	1152	1200	1207	1215	1222	1230	1237	1244	1251	1259	1306	1314	1321	1329	1336
Mile End Station	1133	1141	1149	1157	1205	1212	1220	1227	1235	1242	1249	1256	1304	1311	1319	1326	1334	1341
Whitechapel Station	1144	1152	1200	1208	1216	1223	1231	1238	1246	1253	1300	1307	1315	1322	1330	1337	1345	1352
Aldgate Station Aldgate High Street	1154	1202	1210	1218	1226	1233	1241	1248	1256	1303	1310	1317	1325	1332	1340	1347	1355	1402
Bank Station Cornhill	1205	1213	1221	1229	1237	1244	1252	1259	1306	1313	1320	1327	1335	1342	1350	1357	1405	1412
St Paul's Station Newgate Street	1208	1216	1224	1232	1240	1247	1255	1302	1309	1316	1323	1330	1338	1345	1353	1400	1408	1415
City Thameslink Stn. Holborn Viaduct	1210	1218	1226	1234	1242	1249	1257	1304	1311	1318	1325	1332	1340	1347	1355	1402	1410	1417
Ilford High Road Hainault Street	1256	1303	1311	1318	1326	1333	1341	1348	1356	1403	1410	1418	1425	1433	1440	1448	1455	1503
Manor Park Broadway	1310	1317	1325	1332	1340	1347	1355	1402	1410	1417	1424	1433	1440	1448	1455	1503	1510	1518
Forest Gate Police Station	1316	1323	1331	1338	1346	1353	1401	1408	1416	1424	1431	1440	1447	1455	1502	1510	1517	1525
Stratford Bus Station	1330	1337	1345	1352	1400	1407	1415	1422	1430	1438	1445	1454	1501	1510	1518	1526	1533	1541
Bow Church Station	1344	1351	1359	1406	1414	1421	1429	1436	1444	1452	1459	1507	1515	1523	1531	1539	1546	1554
Mile End Station	1349	1356	1404	1411	1418	1425	1433	1440	1448	1456	1504	1512	1520	1528	1536	1544	1551	1559
Whitechapel Station	1400	1407	1415	1422	1429	1436	1444	1451	1459	1507	1515	1523	1531	1539	1547	1555	1602	1610
Aldgate Station Aldgate High Street	1410	1417	1425	1432	1439	1446	1454	1501	1509	1517	1525	1533	1541	1549	1557	1605	1612	1620
Bank Station Cornhill	1419	1426	1434	1441	1448	1455	1503	1510	1518	1526	1534	1542	1550	1558	1606	1614	1621	1629
St Paul's Station Newgate Street	1422	1429	1437	1444	1451	1458	1506	1513	1521	1529	1537	1545	1553	1601	1609	1617	1624	1632
City Thameslink Stn. Holborn Viaduct	1424	1431	1439	1446	1453	1500	1508	1515	1523	1531	1539	1547	1555	1603	1611	1619	1626	1634

25		Mondays to Fridays (cont.)																
Ilford High Road Hainault Street	1510	1518	1525	1533	1540	1547	1554	1601	1608	1616	1623	1631	1638	1646	1653	1701	1709	1717
Manor Park Broadway	1525	1533	1540	1548	1555	1602	1609	1616	1623	1631	1638	1646	1653	1701	1708	1716	1724	1732
Forest Gate Police Station	1532	1540	1547	1555	1602	1609	1616	1623	1630	1638	1645	1653	1700	1708	1715	1723	1731	1739
Stratford Bus Station	1548	1556	1603	1611	1618	1625	1632	1639	1646	1654	1701	1709	1717	1725	1732	1740	1748	1756
Bow Church Station	1601	1609	1617	1625	1632	1639	1646	1653	1700	1708	1715	1723	1731	1739	1746	1754	1802	1810
Mile End Station	1606	1614	1622	1630	1637	1644	1651	1658	1705	1713	1720	1728	1736	1744	1751	1759	1807	1814
Whitechapel Station	1617	1625	1633	1641	1648	1655	1702	1709	1716	1724	1731	1739	1747	1755	1802	1810	1817	1824
Aldgate Station Aldgate High Street	1627	1635	1643	1651	1658	1705	1712	1720	1727	1735	1742	1750	1758	1806	1813	1821	1828	1835
Bank Station Cornhill	1636	1644	1652	1700	1707	1714	1722	1730	1737	1745	1752	1800	1808	1816	1823	1831	1838	1845
St Paul's Station Newgate Street	1639	1647	1655	1703	1710	1717	1725	1733	1740	1748	1755	1803	1811	1819	1826	1834	1841	1848
City Thameslink Stn. Holborn Viaduct	1641	1649	1657	1705	1712	1719	1727	1735	1742	1750	1757	1805	1813	1821	1828	1836	1843	1850
Ilford High Road Hainault Street	1724	1732	1739	1747	1755	1803	1810	1818	1825	1833	1840	1848	1856	1905	1913	1921	1928	1937
Manor Park Broadway	1739	1747	1754	1802	1810	1818	1824	1832	1839	1847	1854	1902	1910	1918	1926	1934	1941	1950
Forest Gate Police Station	1746	1754	1801	1809	1816	1824	1830	1838	1845	1853	1900	1908	1916	1924	1932	1940	1947	1956
Stratford Bus Station	1803	1811	1818	1825	1832	1840	1846	1854	1901	1908	1915	1922	1930	1938	1946	1954	2001	2010
Bow Church Station	1817	1824	1831	1838	1845	1853	1859	1907	1914	1921	1928	1935	1943	1951	1959	2007	2014	2022
Mile End Station	1821	1828	1835	1842	1849	1857	1903	1911	1918	1925	1932	1939	1947	1955	2003	2011	2018	2026
Whitechapel Station	1831	1838	1845	1852	1859	1907	1913	1921	1928	1935	1942	1949	1957	2005	2013	2021	2028	2036
Aldgate Station Aldgate High Street	1842	1849	1856	1903	1910	1917	1923	1929	1936	1943	1950	1957	2005	2013	2020	2028	2035	2043
Bank Station Cornhill	1852	1859	1906	1912	1919	1926	1932	1938	1945	1952	1959	2006	2014	2021	2028	2036	2043	2051
St Paul's Station Newgate Street	1855	1902	1909	1915	1922	1929	1935	1941	1948	1955	2002	2009	2017	2024	2031	2039	2046	2054
City Thameslink Stn. Holborn Viaduct	1857	1904	1911	1917	1924	1931	1937	1943	1950	1957	2004	2011	2019	2026	2033	2041	2048	2056
Ilford High Road Hainault Street	1947	1957	2007	2017	2027	2037	2047	2057	2107	2117	2127	2137	2147	2157	2207	2217	2227	2237
Manor Park Broadway	2000	2010	2020	2029	2038	2048	2058	2108	2118	2128	2138	2148	2158	2208	2217	2226	2236	2246
Forest Gate Police Station	2006	2016	2026	2035	2044	2054	2104	2114	2123	2133	2143	2153	2203	2212	2221	2230	2240	2250
Stratford Bus Station	2019	2028	2038	2047	2056	2106	2115	2125	2134	2144	2154	2204	2213	2222	2230	2239	2249	2259
Bow Church Station	2031	2040	2050	2059	2108	2118	2127	2137	2146	2156	2206	2214	2222	2231	2239	2248	2258	2308
Mile End Station	2035	2044	2054	2103	2112	2122	2131	2141	2150	2200	2209	2217	2225	2234	2242	2251	2301	2311
Whitechapel Station	2045	2054	2103	2112	2121	2131	2140	2150	2159	2208	2217	2225	2233	2242	2250	2259	2309	2318
Aldgate Station Aldgate High Street	2052	2101	2110	2119	2128	2138	2147	2157	2206	2215	2224	2232	2240	2249	2257	2306	2315	2324
Bank Station Cornhill	2100	2109	2118	2127	2136	2146	2155	2205	2214	2223	2232	2240	2248	2257	2305	2313	2322	2331
St Paul's Station Newgate Street	2103	2112	2121	2130	2139	2149	2158	2207	2216	2225	2234	2242	2250	2259	2307	2315	2324	2333
City Thameslink Stn. Holborn Viaduct	2105	2114	2123	2132	2141	2151	2200	2209	2218	2227	2236	2244	2252	2301	2309	2317	2326	2335
Ilford High Road Hainault Street	2247	2257	2307	2317					0007									
Manor Park Broadway	2256	2306	2316	2325					0015									
Forest Gate Police Station	2300	2310	2320	2329					0019									
Stratford Bus Station	2309	2319	2329	2338				Then	0028									
Bow Church Station	2317	2327	2337	2346				every 10	0036									
Mile End Station	2320	2330	2340	2349				minutes	0039									
Whitechapel Station	2327	2337	2347	2356				until	0046									
Aldgate Station Aldgate High Street	2333	2343	2353	0002					0052									
Bank Station Cornhill	2340	2350	0000	0009					0059									
St Paul's Station Newgate Street	2342	2352	0002	0011					0101									
City Thameslink Stn. Holborn Viaduct	2344	2354	0004	0013					0103									
25		Saturdays (also Good Friday)																
Ilford High Road Hainault Street	0410			0520	0528	0535	0543	0550	0558	0605	0613	0620	0627	0634	0640	0648	0655	0703
Manor Park Broadway	0419			0529	0537	0544	0552	0559	0607	0615	0623	0630	0637	0644	0650	0658	0705	0713
Forest Gate Police Station	0423			0533	0541	0548	0556	0603	0612	0620	0628	0635	0642	0649	0655	0703	0710	0718
Stratford Bus Station	0432		Then	0542	0550	0557	0606	0614	0623	0631	0639	0646	0653	0700	0706	0714	0721	0729
Bow Church Station	0440	every 10		0550	0558	0606	0615	0623	0632	0640	0648	0655	0702	0709	0717	0725	0732	0740
Mile End Station	0443	minutes		0553	0601	0609	0618	0626	0635	0643	0651	0658	0705	0712	0720	0728	0735	0743
Whitechapel Station	0449	until		0559	0607	0616	0625	0633	0642	0650	0658	0705	0712	0720	0728	0736	0743	0751
Aldgate Station Aldgate High Street	0454			0604	0613	0622	0631	0639	0648	0656	0704	0711	0719	0727	0735	0743	0750	0758
Bank Station Cornhill	0500			0610	0620	0629	0638	0646	0655	0703	0711	0718	0726	0734	0742	0750	0757	0805
St Paul's Station Newgate Street	0502			0612	0622	0631	0640	0648	0657	0705	0713	0720	0728	0736	0744	0752	0759	0807
City Thameslink Stn. Holborn Viaduct	0504			0614	0624	0633	0642	0650	0659	0707	0715	0722	0730	0738	0746	0754	0801	0809
Ilford High Road Hainault Street	0710	0718	0725	0733	0740	0748	0755	0803	0810	0817	0824	0831	0839	0845	0853	0900	0906	0913
Manor Park Broadway	0720	0728	0735	0743	0750	0758	0805	0813	0820	0827	0834	0841	0849	0855	0903	0910	0918	0926
Forest Gate Police Station	0725	0733	0740	0748	0755	0803	0810	0818	0825	0832	0839	0846	0854	0900	0908	0916	0924	0932
Stratford Bus Station	0736	0744	0751	0759	0806	0814	0821	0829	0836	0843	0850	0857	0905	0913	0921	0929	0937	0945
Bow Church Station	0747	0755	0802	0810	0817	0825	0832	0840	0847	0854	0901	0908	0916	0924	0932	0940	0948	0956
Mile End Station	0750	0758	0805	0813	0820	0828	0835	0843	0850	0858	0905	0912	0920	0928	0936	0944	0952	1000
Whitechapel Station	0758	0806	0813	0821	0828	0836	0843	0851	0858	0906	0913	0921	0929	0937	0945	0953	1001	1009
Aldgate Station Aldgate High Street	0805	0813	0820	0828	0835	0843	0850	0858	0905	0913	0920	0928	0936	0944	0952	1000	1008	1016
Bank Station Cornhill	0813	0821	0828	0836	0843	0851	0858	0906	0913	0921	0928	0936	0944	0952	1000	1009	1017	1025
St Paul's Station Newgate Street	0815	0823	0830	0838	0845	0853	0901	0909	0916	0924	0931	0939	0947	0955	1003	1012	1020	1028
City Thameslink Stn. Holborn Viaduct	0817	0825	0832	0840	0847	0855	0903	0911	0918	0926	0933	0941	0949	0957	1005	1014	1022	1030

25	Saturdays (also Good Friday) (cont.)																	
Ilford High Road Hainault Street	0921	0928	0936	0943	0951	0958	1006	1013	1021	1028	1036	1043	1050	1057	1104	1112	1119	1127
Manor Park Broadway	0934	0941	0949	0956	1004	1011	1019	1026	1034	1041	1049	1056	1103	1111	1120	1128	1135	1143
Forest Gate Police Station	0940	0947	0955	1002	1010	1017	1025	1032	1040	1047	1055	1102	1109	1118	1127	1135	1142	1150
Stratford Bus Station	0953	1000	1008	1016	1024	1031	1039	1046	1054	1101	1109	1117	1124	1133	1142	1150	1157	1205
Bow Church Station	1004	1012	1020	1028	1036	1043	1051	1058	1106	1114	1122	1130	1137	1146	1155	1203	1211	1219
Mile End Station	1008	1016	1024	1032	1040	1047	1055	1102	1110	1118	1126	1134	1141	1150	1159	1207	1215	1223
Whitechapel Station	1017	1025	1033	1041	1049	1056	1104	1112	1120	1128	1136	1144	1151	1200	1209	1218	1226	1234
Aldgate Station Aldgate High Street	1024	1032	1040	1048	1056	1103	1112	1120	1128	1136	1144	1152	1159	1208	1217	1226	1234	1242
Bank Station Cornhill	1033	1041	1049	1057	1105	1113	1122	1130	1138	1146	1154	1202	1210	1219	1228	1237	1245	1253
St Paul's Station Newgate Street	1036	1044	1052	1100	1108	1116	1125	1133	1141	1149	1157	1205	1213	1222	1231	1240	1248	1256
City Thameslink Stn. Holborn Viaduct	1038	1046	1054	1102	1110	1118	1127	1135	1143	1151	1159	1207	1215	1224	1233	1242	1250	1258
Ilford High Road Hainault Street	1134	1142	1149	1156	1203	1211	1218	1226	1233	1241	1248	1256	1303	1311	1318	1326	1333	1341
Manor Park Broadway	1150	1158	1206	1213	1221	1229	1237	1245	1252	1300	1307	1315	1322	1330	1337	1345	1352	1400
Forest Gate Police Station	1157	1205	1213	1220	1228	1236	1244	1252	1259	1307	1314	1322	1329	1337	1344	1352	1359	1407
Stratford Bus Station	1213	1221	1229	1236	1244	1252	1300	1308	1315	1323	1330	1338	1345	1353	1400	1408	1415	1423
Bow Church Station	1227	1235	1243	1250	1258	1306	1314	1322	1329	1337	1344	1352	1359	1407	1414	1422	1429	1437
Mile End Station	1231	1239	1247	1254	1302	1310	1318	1326	1333	1341	1348	1356	1403	1411	1418	1426	1433	1441
Whitechapel Station	1242	1250	1258	1305	1313	1321	1329	1337	1344	1352	1359	1407	1414	1422	1429	1437	1444	1452
Aldgate Station Aldgate High Street	1250	1258	1306	1314	1322	1330	1338	1346	1353	1401	1408	1416	1423	1431	1438	1446	1453	1501
Bank Station Cornhill	1301	1309	1317	1325	1333	1341	1349	1357	1404	1412	1419	1427	1434	1442	1449	1457	1504	1511
St Paul's Station Newgate Street	1304	1312	1320	1328	1336	1344	1352	1400	1407	1415	1422	1430	1437	1445	1452	1500	1507	1514
City Thameslink Stn. Holborn Viaduct	1306	1314	1322	1330	1338	1346	1354	1402	1409	1417	1424	1432	1439	1447	1454	1502	1509	1516
Ilford High Road Hainault Street	1348	1356	1403	1411	1418	1426	1433	1441	1448	1456	1503	1511	1518	1526	1533	1541	1548	1556
Manor Park Broadway	1407	1415	1422	1430	1437	1445	1452	1500	1507	1515	1522	1529	1536	1544	1551	1559	1606	1614
Forest Gate Police Station	1414	1422	1429	1437	1444	1452	1459	1507	1514	1522	1529	1536	1543	1551	1558	1606	1613	1621
Stratford Bus Station	1430	1438	1445	1453	1500	1508	1516	1524	1532	1540	1547	1554	1601	1609	1616	1623	1630	1638
Bow Church Station	1444	1452	1459	1507	1514	1522	1530	1538	1546	1554	1601	1608	1615	1623	1630	1637	1644	1652
Mile End Station	1448	1456	1503	1511	1518	1526	1534	1542	1550	1558	1605	1612	1619	1627	1634	1641	1648	1656
Whitechapel Station	1459	1507	1514	1522	1529	1537	1545	1553	1601	1609	1616	1623	1630	1637	1644	1651	1658	1706
Aldgate Station Aldgate High Street	1508	1516	1523	1531	1538	1546	1554	1602	1610	1618	1625	1632	1639	1646	1653	1700	1707	1715
Bank Station Cornhill	1518	1525	1532	1540	1547	1555	1603	1611	1619	1627	1634	1641	1648	1655	1702	1709	1716	1724
St Paul's Station Newgate Street	1521	1528	1535	1543	1550	1558	1606	1614	1622	1630	1637	1644	1651	1658	1705	1712	1719	1727
City Thameslink Stn. Holborn Viaduct	1523	1530	1537	1545	1552	1600	1608	1616	1624	1632	1639	1646	1653	1700	1707	1714	1721	1729
Ilford High Road Hainault Street	1603	1611	1618	1626	1633	1641	1648	1656	1703	1711	1718	1726	1733	1741	1748	1756	1803	1811
Manor Park Broadway	1621	1629	1636	1644	1651	1659	1706	1714	1721	1729	1736	1744	1751	1759	1806	1814	1821	1829
Forest Gate Police Station	1628	1636	1643	1651	1658	1706	1713	1721	1728	1736	1743	1751	1758	1806	1813	1821	1828	1835
Stratford Bus Station	1645	1653	1700	1708	1715	1723	1730	1738	1745	1753	1800	1808	1815	1823	1830	1837	1844	1851
Bow Church Station	1659	1707	1714	1722	1729	1737	1744	1752	1759	1807	1814	1821	1828	1836	1843	1850	1857	1904
Mile End Station	1703	1711	1718	1726	1733	1741	1748	1756	1803	1811	1818	1825	1832	1840	1847	1854	1901	1908
Whitechapel Station	1713	1721	1728	1736	1743	1751	1758	1806	1813	1821	1828	1835	1842	1850	1857	1904	1912	1919
Aldgate Station Aldgate High Street	1722	1730	1737	1745	1752	1800	1808	1816	1823	1831	1838	1845	1852	1900	1907	1913	1920	1927
Bank Station Cornhill	1731	1739	1746	1754	1801	1809	1817	1825	1832	1840	1847	1854	1901	1909	1916	1922	1929	1936
St Paul's Station Newgate Street	1734	1742	1749	1757	1804	1812	1819	1827	1834	1842	1849	1856	1903	1911	1918	1924	1931	1938
City Thameslink Stn. Holborn Viaduct	1736	1744	1751	1759	1806	1814	1821	1829	1836	1844	1851	1858	1905	1913	1920	1926	1933	1940
Ilford High Road Hainault Street	1818	1826	1833	1841	1848	1856	1903	1911	1918	1926	1935	1946	1957	2007	2017	2027	2037	2047
Manor Park Broadway	1836	1844	1851	1859	1906	1914	1921	1929	1936	1943	1952	2003	2013	2022	2030	2040	2050	2100
Forest Gate Police Station	1842	1850	1857	1905	1912	1920	1927	1935	1942	1949	1958	2009	2019	2028	2036	2046	2056	2106
Stratford Bus Station	1858	1906	1913	1921	1928	1936	1943	1951	1958	2005	2013	2023	2033	2042	2050	2100	2110	2118
Bow Church Station	1911	1918	1925	1933	1940	1948	1955	2003	2010	2017	2025	2035	2045	2054	2102	2112	2121	2129
Mile End Station	1915	1922	1929	1937	1944	1952	1959	2007	2014	2021	2028	2038	2048	2057	2105	2115	2124	2132
Whitechapel Station	1926	1933	1940	1948	1955	2003	2010	2017	2024	2031	2038	2048	2058	2107	2115	2125	2134	2142
Aldgate Station Aldgate High Street	1934	1941	1948	1956	2003	2011	2018	2025	2032	2039	2046	2056	2106	2115	2123	2132	2141	2149
Bank Station Cornhill	1943	1950	1957	2005	2012	2019	2026	2033	2040	2047	2054	2104	2114	2123	2131	2140	2149	2157
St Paul's Station Newgate Street	1945	1952	1959	2007	2014	2021	2028	2035	2042	2049	2056	2106	2116	2125	2133	2142	2151	2159
City Thameslink Stn. Holborn Viaduct	1947	1954	2001	2009	2016	2023	2030	2037	2044	2051	2058	2108	2118	2127	2135	2144	2153	2201
Ilford High Road Hainault Street	2057	2107	2117	2127	2137	2147	2157	2207	2217	2227	2237	2247	2257	2307	Then every 10 minutes until	0007		
Manor Park Broadway	2110	2119	2128	2138	2148	2158	2208	2218	2227	2237	2247	2257	2307	2317		0017		
Forest Gate Police Station	2115	2124	2133	2143	2153	2203	2213	2223	2232	2242	2252	2302	2312	2321		0021		
Stratford Bus Station	2127	2136	2145	2155	2205	2215	2225	2234	2243	2253	2303	2313	2322	2331		0031		
Bow Church Station	2138	2147	2156	2206	2214	2224	2234	2243	2252	2302	2312	2322	2331	2340		0040		
Mile End Station	2141	2150	2159	2209	2217	2227	2237	2246	2255	2305	2315	2325	2334	2343		0043		
Whitechapel Station	2151	2200	2209	2218	2226	2235	2245	2254	2303	2313	2323	2333	2342	2351		0051		
Aldgate Station Aldgate High Street	2158	2207	2216	2225	2233	2242	2252	2301	2310	2320	2330	2340	2349	2358		0058		
Bank Station Cornhill	2206	2215	2224	2233	2241	2250	2300	2309	2319	2329	2339	2349	2358	0007		0107		
St Paul's Station Newgate Street	2208	2217	2226	2235	2243	2252	2302	2312	2322	2332	2342	2352	0001	0010		0110		
City Thameslink Stn. Holborn Viaduct	2210	2219	2228	2237	2245	2254	2304	2314	2324	2334	2344	2354	0003	0012	0112			

25		Sundays and other Public Holidays (except Christmas Day)																
Ilford High Road Hainault Street	0410	Then every 12 minutes until	0522	0534	0546	0558	0610	0622	0634	0646	0658	0710	0722	0734	0746	0758	0810	
Manor Park Broadway	0419		0531	0543	0555	0607	0619	0631	0643	0655	0707	0719	0731	0743	0755	0807	0820	
Forest Gate Police Station	0423		0535	0547	0559	0612	0624	0636	0648	0700	0712	0724	0736	0748	0800	0812	0825	
Stratford Bus Station	0433		0545	0557	0609	0622	0634	0646	0658	0710	0722	0734	0746	0758	0810	0823	0836	
Bow Church Station	0441		0553	0605	0618	0631	0643	0655	0707	0720	0732	0744	0756	0809	0821	0833	0846	
Mile End Station	0444		0556	0608	0621	0634	0646	0658	0710	0723	0735	0747	0759	0812	0824	0836	0849	
Whitechapel Station	0451		0603	0615	0628	0641	0653	0705	0717	0730	0742	0754	0806	0819	0831	0843	0856	
Aldgate Station Aldgate High Street	0456		0608	0621	0634	0647	0659	0711	0723	0736	0748	0800	0812	0825	0837	0849	0902	
Bank Station Cornhill	0502		0614	0627	0640	0653	0705	0717	0729	0742	0754	0806	0818	0831	0843	0855	0908	
St Paul's Station Newgate Street	0504	0616	0629	0642	0655	0707	0719	0731	0744	0756	0808	0820	0833	0845	0857	0910		
City Thameslink Stn. Holborn Viaduct	0506	0618	0631	0644	0657	0709	0721	0733	0746	0758	0810	0822	0835	0847	0859	0912		
Ilford High Road Hainault Street	0822	0832	0841	0850	0859	0908	0916	0924	0934	0944	0953	1003	1011	1020	1029	1039	1048	1058
Manor Park Broadway	0832	0842	0851	0900	0909	0919	0928	0936	0946	0956	1005	1015	1024	1033	1042	1052	1101	1111
Forest Gate Police Station	0837	0847	0856	0905	0915	0925	0934	0942	0952	1002	1011	1021	1030	1039	1048	1058	1107	1117
Stratford Bus Station	0848	0858	0907	0917	0927	0937	0946	0954	1004	1014	1024	1034	1043	1052	1101	1111	1122	1132
Bow Church Station	0858	0908	0918	0928	0938	0948	0957	1007	1017	1027	1037	1047	1056	1105	1115	1126	1137	1147
Mile End Station	0901	0911	0922	0932	0942	0952	1001	1011	1021	1031	1041	1051	1100	1109	1119	1130	1141	1151
Whitechapel Station	0908	0920	0931	0941	0951	1001	1010	1020	1030	1040	1050	1100	1109	1119	1129	1140	1151	1201
Aldgate Station Aldgate High Street	0914	0926	0937	0947	0957	1007	1017	1027	1037	1047	1057	1107	1117	1127	1137	1148	1159	1209
Bank Station Cornhill	0920	0932	0943	0953	1004	1015	1025	1035	1045	1055	1105	1116	1126	1136	1146	1157	1208	1218
St Paul's Station Newgate Street	0922	0934	0945	0956	1007	1018	1028	1038	1048	1058	1108	1119	1129	1139	1149	1200	1211	1221
City Thameslink Stn. Holborn Viaduct	0924	0936	0947	0958	1009	1020	1030	1040	1050	1100	1110	1121	1131	1141	1151	1202	1213	1223
Ilford High Road Hainault Street	1107	1116	1126	1136	1146	1155	1205	Then every 10 minutes until	1255	1305	1315	1325	1335	1344	1354	1404	1414	
Manor Park Broadway	1121	1130	1140	1150	1201	1211	1222		1312	1323	1334	1344	1354	1403	1413	1423	1431	
Forest Gate Police Station	1127	1136	1146	1156	1207	1218	1229		1319	1330	1341	1351	1401	1410	1420	1430	1438	
Stratford Bus Station	1142	1151	1201	1211	1222	1233	1244		1334	1345	1356	1406	1416	1426	1436	1446	1454	
Bow Church Station	1157	1206	1216	1226	1236	1247	1257		1347	1358	1409	1419	1430	1440	1450	1500	1508	
Mile End Station	1201	1210	1220	1230	1240	1251	1301		1351	1402	1413	1423	1434	1444	1454	1504	1512	
Whitechapel Station	1211	1221	1231	1241	1251	1302	1312		1402	1413	1424	1434	1445	1455	1505	1515	1524	
Aldgate Station Aldgate High Street	1219	1229	1239	1249	1259	1310	1320		1410	1421	1432	1442	1453	1503	1513	1523	1532	
Bank Station Cornhill	1228	1238	1248	1258	1308	1319	1329		1419	1430	1441	1451	1501	1511	1521	1531	1540	
St Paul's Station Newgate Street	1231	1241	1251	1301	1311	1322	1332	1422	1433	1444	1454	1504	1514	1524	1534	1543		
City Thameslink Stn. Holborn Viaduct	1233	1243	1253	1303	1313	1324	1334	1424	1435	1446	1456	1506	1516	1526	1536	1545		
Ilford High Road Hainault Street	1424	1434	1444	1454	1504	1514	1524	1534	1544	1554	1604	1614	1624	1635	Then every 10 minutes until	1725	1735	
Manor Park Broadway	1441	1451	1501	1511	1521	1530	1540	1550	1600	1610	1620	1629	1639	1650		1740	1750	
Forest Gate Police Station	1448	1458	1508	1518	1528	1537	1547	1557	1607	1617	1627	1636	1646	1657		1747	1757	
Stratford Bus Station	1504	1514	1524	1534	1544	1554	1604	1614	1623	1633	1643	1652	1702	1713		1803	1812	
Bow Church Station	1518	1528	1538	1548	1558	1608	1618	1627	1636	1646	1656	1705	1715	1725		1815	1824	
Mile End Station	1522	1532	1542	1552	1602	1612	1622	1631	1640	1650	1700	1709	1719	1729		1819	1828	
Whitechapel Station	1534	1544	1554	1604	1614	1623	1633	1642	1651	1701	1711	1720	1730	1740		1830	1839	
Aldgate Station Aldgate High Street	1542	1552	1602	1612	1622	1632	1642	1651	1700	1710	1720	1729	1739	1749		1839	1848	
Bank Station Cornhill	1550	1600	1610	1620	1630	1640	1650	1659	1708	1718	1728	1737	1747	1757		1847	1856	
St Paul's Station Newgate Street	1553	1603	1613	1623	1633	1643	1653	1702	1711	1721	1731	1740	1750	1759	1849	1858		
City Thameslink Stn. Holborn Viaduct	1555	1605	1615	1625	1635	1645	1655	1704	1713	1723	1733	1742	1752	1801	1851	1900		
Ilford High Road Hainault Street	1745	1755	1805	1815	1825	1835	1845	1855	1905	1915	1925	1936	1947	1957	2007	2017	2027	2037
Manor Park Broadway	1800	1810	1820	1829	1839	1849	1859	1909	1919	1928	1938	1949	2000	2010	2020	2030	2040	2050
Forest Gate Police Station	1806	1816	1826	1835	1845	1855	1905	1915	1925	1934	1944	1955	2006	2015	2025	2035	2045	2055
Stratford Bus Station	1821	1831	1841	1850	1900	1910	1918	1928	1938	1947	1957	2008	2018	2027	2037	2047	2057	2107
Bow Church Station	1833	1843	1853	1902	1912	1922	1930	1940	1950	1959	2009	2020	2030	2039	2049	2059	2109	2118
Mile End Station	1837	1847	1857	1906	1916	1926	1934	1944	1954	2003	2013	2023	2033	2042	2052	2102	2112	2121
Whitechapel Station	1848	1858	1908	1917	1927	1937	1945	1955	2005	2014	2023	2033	2043	2052	2102	2111	2120	2129
Aldgate Station Aldgate High Street	1857	1906	1915	1924	1934	1944	1952	2002	2012	2020	2029	2039	2049	2058	2108	2117	2126	2135
Bank Station Cornhill	1905	1914	1923	1932	1942	1952	2000	2009	2018	2026	2035	2045	2055	2104	2114	2123	2132	2141
St Paul's Station Newgate Street	1907	1916	1925	1934	1944	1954	2002	2011	2020	2028	2037	2047	2057	2106	2116	2125	2134	2143
City Thameslink Stn. Holborn Viaduct	1909	1918	1927	1936	1946	1956	2004	2013	2022	2030	2039	2049	2059	2108	2118	2127	2136	2145
Ilford High Road Hainault Street	2047	2057	2107	2117	2127	2137	2147	2157	2207	2217	2227	2237	2247	2257	2307	Then every 10 minutes until	0007	
Manor Park Broadway	2100	2110	2120	2129	2138	2147	2157	2207	2217	2227	2237	2247	2257	2307	2316		0016	
Forest Gate Police Station	2105	2115	2125	2134	2143	2152	2202	2212	2222	2232	2242	2252	2302	2311	2320		0020	
Stratford Bus Station	2116	2126	2136	2145	2154	2203	2213	2222	2232	2242	2252	2302	2312	2321	2330		0030	
Bow Church Station	2127	2137	2147	2156	2205	2213	2222	2231	2241	2251	2301	2311	2321	2330	2339		0039	
Mile End Station	2130	2140	2150	2159	2208	2216	2225	2234	2244	2254	2304	2314	2324	2333	2342		0042	
Whitechapel Station	2138	2148	2158	2207	2215	2223	2232	2241	2251	2301	2311	2321	2331	2340	2349		0049	
Aldgate Station Aldgate High Street	2144	2154	2204	2213	2221	2229	2238	2247	2257	2306	2316	2326	2336	2345	2354		0054	
Bank Station Cornhill	2150	2200	2210	2219	2227	2235	2244	2253	2303	2312	2322	2332	2342	2351	0000		0100	
St Paul's Station Newgate Street	2152	2202	2212	2221	2229	2237	2246	2255	2305	2314	2324	2334	2344	2353	0002	0102		
City Thameslink Stn. Holborn Viaduct	2154	2204	2214	2223	2231	2239	2248	2257	2307	2316	2326	2336	2346	2355	0004	0104		

25	Mondays to Fridays																	
Holborn Circus <i>Holborn Viaduct</i>	0510	0520	0530	0540	0550	0557	0604	0611	0619	0626	0633	0640	0647	0654	0701	0708	0716	0723
St Paul's Station <i>Newgate Street</i>	0512	0522	0532	0542	0552	0559	0606	0613	0621	0628	0635	0642	0649	0656	0703	0710	0718	0725
Bank Station <i>Cornhill</i>	0517	0527	0537	0547	0557	0604	0611	0618	0626	0633	0640	0647	0654	0701	0708	0715	0723	0730
Aldgate Station <i>Aldgate High Street</i>	0524	0534	0544	0554	0604	0611	0620	0627	0635	0642	0649	0656	0703	0710	0718	0725	0733	0740
Whitechapel Station	0529	0539	0549	0559	0609	0617	0626	0633	0641	0648	0655	0702	0709	0716	0724	0731	0739	0746
Mile End Station	0535	0545	0555	0605	0615	0623	0632	0639	0647	0654	0701	0708	0716	0723	0731	0738	0746	0753
Bow Church Station	0538	0548	0558	0608	0618	0626	0635	0642	0650	0657	0704	0712	0720	0727	0735	0742	0750	0757
Stratford Bus Station	0546	0556	0606	0617	0627	0635	0644	0651	0659	0706	0714	0722	0730	0737	0745	0752	0800	0808
Forest Gate Police Station	0554	0604	0615	0626	0636	0644	0653	0700	0709	0717	0725	0733	0741	0748	0756	0803	0811	0820
Manor Park <i>Broadway</i>	0557	0607	0618	0629	0639	0647	0656	0703	0712	0721	0729	0737	0745	0752	0800	0808	0816	0825
Ilford High Road <i>Hainault Street</i>	0606	0616	0627	0638	0648	0656	0705	0714	0723	0732	0740	0748	0756	0803	0811	0820	0828	0837
Holborn Circus <i>Holborn Viaduct</i>	0731	0738	0745	0752	0758	0805	0813	0820	0828	0835	0843	0850	0858	0905	0913	0920	0928	0935
St Paul's Station <i>Newgate Street</i>	0733	0740	0747	0754	0800	0808	0816	0823	0831	0838	0846	0853	0901	0908	0915	0922	0930	0937
Bank Station <i>Cornhill</i>	0738	0745	0752	0759	0805	0813	0821	0828	0836	0843	0851	0858	0906	0913	0920	0927	0935	0942
Aldgate Station <i>Aldgate High Street</i>	0748	0755	0802	0809	0817	0825	0833	0840	0848	0855	0903	0910	0919	0926	0933	0940	0948	0955
Whitechapel Station	0754	0801	0808	0816	0824	0832	0840	0847	0855	0902	0910	0918	0927	0934	0941	0948	0956	1004
Mile End Station	0801	0808	0816	0824	0832	0840	0848	0855	0903	0911	0919	0927	0936	0943	0950	0957	1005	1013
Bow Church Station	0805	0813	0821	0829	0837	0845	0853	0900	0908	0916	0924	0932	0941	0948	0955	1002	1010	1018
Stratford Bus Station	0816	0824	0832	0840	0848	0856	0904	0911	0919	0927	0935	0943	0952	0959	1006	1013	1020	1028
Forest Gate Police Station	0828	0836	0844	0852	0900	0908	0916	0923	0931	0939	0947	0955	1004	1011	1018	1025	1032	1040
Manor Park <i>Broadway</i>	0833	0841	0849	0857	0905	0912	0920	0927	0935	0943	0951	0959	1008	1015	1022	1029	1036	1044
Ilford High Road <i>Hainault Street</i>	0845	0853	0901	0909	0917	0924	0932	0939	0947	0955	1003	1011	1019	1026	1033	1040	1047	1055
Holborn Circus <i>Holborn Viaduct</i>	0943	0950	0958	1005	1013	1020	1028	1035	1043	1050	1058	1105	1113	1120	1128	1135	1143	1150
St Paul's Station <i>Newgate Street</i>	0945	0952	1000	1007	1015	1022	1030	1037	1045	1052	1100	1107	1115	1122	1130	1137	1145	1152
Bank Station <i>Cornhill</i>	0950	0957	1005	1012	1020	1027	1035	1042	1050	1057	1105	1112	1120	1127	1135	1142	1150	1157
Aldgate Station <i>Aldgate High Street</i>	1003	1010	1018	1025	1033	1040	1048	1055	1103	1110	1118	1125	1133	1140	1148	1155	1203	1211
Whitechapel Station	1012	1019	1027	1034	1042	1049	1057	1104	1113	1120	1128	1135	1143	1150	1158	1205	1213	1221
Mile End Station	1021	1028	1036	1043	1051	1058	1106	1114	1123	1130	1138	1145	1153	1200	1208	1215	1223	1231
Bow Church Station	1026	1033	1041	1048	1056	1103	1112	1120	1129	1136	1144	1151	1159	1206	1214	1221	1229	1237
Stratford Bus Station	1036	1043	1051	1058	1106	1114	1123	1131	1140	1147	1155	1202	1210	1217	1225	1232	1240	1248
Forest Gate Police Station	1048	1055	1103	1110	1118	1126	1135	1143	1152	1159	1207	1214	1222	1229	1237	1244	1252	1300
Manor Park <i>Broadway</i>	1052	1059	1107	1114	1122	1130	1139	1147	1156	1203	1211	1219	1227	1234	1242	1249	1257	1305
Ilford High Road <i>Hainault Street</i>	1103	1111	1119	1126	1134	1142	1151	1159	1208	1217	1225	1233	1241	1248	1256	1303	1311	1319
Holborn Circus <i>Holborn Viaduct</i>	1158	1205	1213	1220	1228	1235	1243	1250	1258	1305	1313	1320	1328	1335	1342	1349	1356	1403
St Paul's Station <i>Newgate Street</i>	1200	1207	1215	1222	1230	1237	1245	1252	1300	1307	1315	1322	1330	1337	1344	1351	1358	1405
Bank Station <i>Cornhill</i>	1205	1212	1220	1227	1235	1242	1250	1257	1305	1312	1320	1327	1335	1342	1349	1356	1403	1410
Aldgate Station <i>Aldgate High Street</i>	1219	1226	1234	1241	1249	1256	1304	1311	1318	1325	1333	1340	1348	1355	1402	1409	1416	1423
Whitechapel Station	1229	1236	1244	1251	1259	1306	1314	1321	1328	1335	1343	1350	1358	1405	1412	1419	1426	1433
Mile End Station	1239	1246	1254	1301	1309	1316	1324	1331	1338	1345	1353	1400	1408	1416	1423	1430	1437	1444
Bow Church Station	1245	1252	1300	1307	1315	1322	1330	1337	1344	1351	1359	1406	1414	1422	1429	1436	1443	1450
Stratford Bus Station	1256	1303	1311	1319	1327	1334	1342	1349	1356	1403	1411	1418	1426	1434	1441	1448	1455	1502
Forest Gate Police Station	1308	1315	1323	1331	1339	1346	1354	1401	1408	1416	1424	1431	1439	1447	1454	1501	1509	1517
Manor Park <i>Broadway</i>	1313	1320	1328	1336	1344	1351	1359	1406	1413	1421	1429	1436	1444	1452	1500	1507	1515	1523
Ilford High Road <i>Hainault Street</i>	1327	1334	1342	1350	1358	1406	1414	1422	1429	1437	1445	1452	1500	1508	1516	1524	1532	1540
Holborn Circus <i>Holborn Viaduct</i>	1410	1417	1425	1432	1438	1445	1452	1459	1507	1514	1522	1529	1537	1544	1552	1559	1607	1614
St Paul's Station <i>Newgate Street</i>	1412	1419	1427	1434	1440	1447	1454	1502	1510	1517	1525	1532	1540	1547	1555	1602	1610	1617
Bank Station <i>Cornhill</i>	1417	1424	1432	1439	1445	1452	1459	1507	1515	1522	1530	1537	1545	1552	1600	1607	1615	1622
Aldgate Station <i>Aldgate High Street</i>	1430	1437	1445	1452	1458	1505	1512	1520	1528	1535	1543	1550	1558	1605	1612	1619	1627	1634
Whitechapel Station	1440	1447	1455	1502	1508	1515	1522	1530	1538	1545	1553	1600	1608	1615	1622	1629	1637	1644
Mile End Station	1451	1458	1506	1513	1520	1527	1534	1542	1550	1557	1605	1612	1620	1627	1634	1641	1649	1656
Bow Church Station	1457	1505	1513	1520	1527	1534	1541	1549	1557	1604	1611	1618	1626	1633	1640	1647	1655	1702
Stratford Bus Station	1509	1517	1525	1532	1539	1546	1553	1601	1609	1616	1624	1631	1639	1646	1653	1701	1709	1717
Forest Gate Police Station	1524	1532	1540	1547	1554	1601	1608	1616	1624	1631	1639	1646	1654	1701	1708	1716	1724	1732
Manor Park <i>Broadway</i>	1530	1538	1546	1553	1600	1607	1615	1623	1631	1638	1646	1653	1701	1708	1715	1723	1731	1739
Ilford High Road <i>Hainault Street</i>	1547	1555	1603	1610	1618	1626	1634	1642	1650	1657	1705	1712	1719	1726	1733	1741	1749	1757

25		Mondays to Fridays (cont.)																	
Holborn Circus Holborn Viaduct	1622	1629	1637	1644	1650	1656	1702	1708	1715	1722	1729	1735	1742	1748	1755	1802	1809	1817	
St Paul's Station Newgate Street	1625	1632	1640	1647	1653	1659	1705	1711	1718	1725	1732	1738	1745	1751	1758	1805	1812	1820	
Bank Station Cornhill	1630	1637	1645	1652	1658	1704	1710	1716	1723	1730	1737	1743	1750	1756	1803	1810	1817	1825	
Aldgate Station Aldgate High Street	1642	1649	1658	1705	1711	1717	1723	1729	1736	1743	1750	1756	1802	1808	1815	1822	1829	1837	
Whitechapel Station	1652	1659	1708	1715	1721	1727	1733	1739	1746	1753	1800	1806	1812	1818	1824	1831	1838	1846	
Mile End Station	1704	1711	1720	1726	1732	1738	1744	1750	1757	1803	1810	1816	1822	1828	1834	1841	1848	1856	
Bow Church Station	1710	1717	1726	1732	1738	1744	1750	1756	1803	1809	1816	1822	1828	1834	1840	1847	1854	1902	
Stratford Bus Station	1725	1733	1742	1748	1754	1800	1806	1812	1818	1824	1830	1836	1842	1848	1854	1900	1906	1914	
Forest Gate Police Station	1740	1748	1757	1803	1809	1815	1821	1827	1833	1839	1845	1851	1857	1903	1908	1914	1920	1927	
Manor Park Broadway	1747	1755	1803	1809	1815	1821	1827	1833	1839	1845	1851	1857	1902	1908	1913	1919	1925	1932	
Ilford High Road Hainault Street	1805	1813	1820	1826	1832	1838	1844	1850	1856	1902	1908	1913	1918	1924	1929	1934	1940	1946	
Holborn Circus Holborn Viaduct	1825	1833	1841	1849	1857	1905	1912	1920	1927	1934	1941	1949	1956	2004	2011	2019	2026	2034	
St Paul's Station Newgate Street	1828	1836	1844	1852	1900	1907	1914	1922	1929	1936	1943	1951	1958	2006	2013	2021	2028	2036	
Bank Station Cornhill	1833	1841	1849	1857	1905	1912	1919	1926	1933	1940	1947	1955	2002	2010	2017	2025	2032	2040	
Aldgate Station Aldgate High Street	1845	1853	1901	1909	1916	1923	1930	1937	1944	1951	1958	2006	2012	2020	2027	2035	2042	2050	
Whitechapel Station	1854	1902	1910	1918	1925	1932	1939	1946	1953	2000	2007	2014	2020	2028	2035	2043	2050	2058	
Mile End Station	1904	1912	1920	1928	1935	1942	1949	1956	2003	2010	2017	2023	2029	2037	2044	2052	2059	2107	
Bow Church Station	1910	1918	1926	1934	1941	1948	1955	2001	2008	2015	2022	2028	2034	2042	2049	2057	2104	2111	
Stratford Bus Station	1922	1930	1938	1945	1952	1959	2006	2012	2019	2026	2033	2039	2045	2053	2100	2107	2114	2121	
Forest Gate Police Station	1935	1943	1951	1958	2005	2011	2017	2023	2030	2037	2044	2050	2056	2104	2111	2118	2125	2132	
Manor Park Broadway	1940	1948	1956	2003	2010	2016	2022	2028	2035	2042	2049	2055	2101	2109	2115	2122	2129	2136	
Ilford High Road Hainault Street	1954	2001	2008	2015	2022	2028	2034	2040	2047	2054	2101	2107	2112	2118	2124	2131	2138	2145	
Holborn Circus Holborn Viaduct	2041	2051	2101	2111	2122	2132	2142	2152	2202	2212	2222	2231	2241	2250	2300	Then every 10 minutes until	0030		
St Paul's Station Newgate Street	2043	2053	2103	2113	2124	2134	2144	2154	2204	2214	2224	2233	2243	2252	2302		0032		
Bank Station Cornhill	2047	2057	2107	2117	2128	2138	2148	2158	2208	2218	2228	2237	2247	2256	2306		0036		
Aldgate Station Aldgate High Street	2057	2107	2117	2127	2138	2148	2158	2208	2218	2228	2238	2247	2257	2306	2315		0045		
Whitechapel Station	2105	2114	2124	2134	2145	2155	2205	2215	2225	2235	2245	2254	2303	2312	2321		0051		
Mile End Station	2114	2122	2132	2142	2153	2203	2213	2223	2233	2243	2253	2302	2311	2320	2329		0059		
Bow Church Station	2118	2126	2136	2146	2157	2207	2216	2226	2236	2246	2256	2305	2314	2323	2332		0102		
Stratford Bus Station	2128	2136	2146	2156	2206	2216	2225	2235	2245	2255	2305	2314	2323	2332	2341		0111		
Forest Gate Police Station	2139	2147	2157	2207	2217	2226	2235	2245	2255	2305	2314	2323	2332	2341	2350		0120		
Manor Park Broadway	2143	2151	2201	2211	2221	2230	2239	2249	2259	2308	2317	2326	2335	2344	2353		0123		
Ilford High Road Hainault Street	2152	2200	2210	2220	2230	2239	2248	2258	2307	2316	2325	2334	2343	2352	0001	0131			
25		Saturdays (also Good Friday)																	
Holborn Circus Holborn Viaduct	0510	Then every 10 minutes until	0610	0619	0627	0634	0642	0649	0657	0704	0712	0719	0727	0734	0740	0748	0755		
St Paul's Station Newgate Street	0512		0612	0621	0629	0636	0644	0651	0659	0706	0714	0721	0729	0736	0742	0750	0757		
Bank Station Cornhill	0515		0615	0624	0632	0639	0647	0654	0702	0709	0717	0724	0732	0739	0745	0753	0800		
Aldgate Station Aldgate High Street	0522		0622	0631	0639	0646	0654	0701	0709	0716	0724	0731	0739	0746	0752	0800	0808		
Whitechapel Station	0527		0627	0636	0644	0651	0659	0707	0715	0722	0730	0737	0745	0752	0758	0806	0814		
Mile End Station	0533		0633	0642	0650	0657	0705	0713	0721	0729	0737	0744	0752	0759	0805	0813	0821		
Bow Church Station	0536		0636	0645	0653	0700	0708	0716	0724	0732	0740	0747	0755	0802	0809	0818	0826		
Stratford Bus Station	0544		0644	0653	0701	0708	0716	0724	0732	0740	0748	0755	0803	0810	0818	0827	0835		
Forest Gate Police Station	0553		0653	0702	0710	0717	0725	0733	0741	0749	0757	0805	0813	0820	0828	0837	0845		
Manor Park Broadway	0556		0656	0705	0714	0721	0729	0737	0745	0753	0801	0809	0817	0824	0832	0841	0849		
Ilford High Road Hainault Street	0604	0704	0714	0724	0731	0739	0747	0755	0803	0811	0819	0827	0834	0842	0851	0859			
Holborn Circus Holborn Viaduct	0803	0810	0818	0825	0832	0839	0846	0853	0900	0908	0915	0923	0930	0938	0945	0953	1000	1008	
St Paul's Station Newgate Street	0805	0812	0820	0827	0834	0841	0848	0855	0902	0910	0917	0925	0932	0940	0947	0955	1002	1010	
Bank Station Cornhill	0808	0815	0823	0830	0837	0844	0851	0858	0905	0913	0920	0928	0935	0943	0950	0958	1006	1014	
Aldgate Station Aldgate High Street	0817	0824	0832	0839	0846	0853	0900	0907	0914	0922	0929	0937	0944	0952	0959	1007	1015	1023	
Whitechapel Station	0823	0830	0838	0845	0852	0859	0906	0914	0921	0929	0936	0944	0951	0959	1006	1014	1022	1030	
Mile End Station	0830	0837	0845	0852	0859	0906	0914	0922	0929	0937	0944	0952	0959	1007	1015	1023	1031	1039	
Bow Church Station	0835	0842	0850	0857	0904	0911	0919	0927	0934	0942	0949	0957	1004	1012	1020	1028	1036	1044	
Stratford Bus Station	0844	0851	0859	0906	0914	0922	0930	0938	0945	0953	1000	1008	1015	1023	1031	1039	1047	1055	
Forest Gate Police Station	0854	0901	0909	0917	0925	0933	0941	0949	0956	1004	1011	1019	1026	1034	1042	1050	1058	1106	
Manor Park Broadway	0858	0905	0913	0921	0929	0937	0945	0953	1000	1008	1015	1023	1030	1038	1046	1054	1102	1110	
Ilford High Road Hainault Street	0908	0916	0924	0932	0940	0948	0956	1004	1012	1020	1027	1035	1042	1050	1058	1106	1115	1123	
Holborn Circus Holborn Viaduct	1015	1023	1030	1038	1045	1053	1100	1108	1115	1123	1130	1138	1145	1153	1200	1208	1215	1223	
St Paul's Station Newgate Street	1017	1025	1032	1040	1047	1055	1102	1110	1117	1125	1132	1140	1147	1155	1202	1210	1217	1225	
Bank Station Cornhill	1021	1029	1036	1044	1051	1059	1106	1114	1121	1129	1136	1144	1151	1159	1206	1214	1221	1229	
Aldgate Station Aldgate High Street	1030	1038	1045	1053	1100	1108	1115	1123	1130	1138	1145	1153	1200	1208	1215	1223	1230	1238	
Whitechapel Station	1037	1045	1052	1100	1108	1116	1123	1131	1138	1146	1153	1201	1208	1216	1223	1231	1238	1246	
Mile End Station	1046	1054	1101	1109	1117	1125	1132	1140	1147	1155	1202	1210	1218	1226	1233	1241	1248	1256	
Bow Church Station	1051	1059	1106	1114	1122	1130	1137	1145	1152	1200	1207	1215	1223	1231	1238	1246	1253	1301	
Stratford Bus Station	1102	1110	1118	1126	1134	1142	1149	1157	1204	1212	1220	1228	1236	1244	1251	1259	1306	1314	
Forest Gate Police Station	1114	1122	1130	1138	1146	1154	1201	1209	1217	1225	1233	1241	1249	1257	1304	1312	1319	1327	
Manor Park Broadway	1119	1127	1135	1143	1151	1159	1206	1214	1222	1230	1238	1246	1254	1302	1309	1317	1324	1332	
Ilford High Road Hainault Street	1132	1140	1148	1156	1204	1212	1221	1230	1239	1247	1255	1303	1311	1319	1326	1334	1341	1349	

25		Sundays and other Public Holidays (except Christmas Day)																
Holborn Circus Holborn Viaduct	0510	0522	0534	Then every 12 minutes until	0710	0722	0734	0746	0758	0810	0822	0832	0842	0852	0902	0912	0922	
St Paul's Station Newgate Street	0512	0524	0536		0712	0724	0736	0748	0800	0812	0824	0834	0844	0854	0904	0914	0924	
Bank Station Cornhill	0515	0527	0539		0715	0727	0739	0751	0803	0815	0827	0837	0847	0857	0907	0917	0927	
Aldgate Station Aldgate High Street	0522	0534	0546		0722	0734	0746	0758	0810	0822	0834	0844	0854	0904	0914	0925	0935	
Whitechapel Station	0527	0539	0551		0727	0739	0751	0803	0815	0828	0840	0850	0900	0910	0920	0931	0941	
Mile End Station	0534	0546	0558		0734	0746	0758	0810	0822	0835	0847	0857	0907	0918	0928	0939	0949	
Bow Church Station	0537	0549	0601		0737	0749	0801	0813	0826	0839	0851	0901	0912	0923	0933	0944	0954	
Stratford Bus Station	0545	0557	0610		0746	0758	0810	0822	0835	0848	0900	0910	0921	0932	0942	0953	1003	
Forest Gate Police Station	0554	0606	0619		0755	0807	0820	0832	0845	0858	0910	0921	0932	0943	0953	1004	1014	
Manor Park Broadway	0557	0609	0622		0758	0811	0824	0836	0849	0902	0914	0925	0936	0947	0957	1008	1018	
Ilford High Road Hainault Street	0605	0618	0631	0807	0820	0833	0845	0858	0911	0923	0935	0946	0957	1008	1019	1029		
Holborn Circus Holborn Viaduct	0931	0939	0948	0957	1006	1016	1026	1037	1045	1055	1105	1115	1125	1135	1145	1155	1204	1213
St Paul's Station Newgate Street	0933	0941	0950	0959	1008	1018	1028	1039	1047	1057	1107	1117	1127	1137	1147	1157	1206	1215
Bank Station Cornhill	0936	0944	0953	1002	1012	1022	1032	1043	1051	1101	1111	1121	1131	1141	1151	1201	1210	1219
Aldgate Station Aldgate High Street	0944	0952	1001	1011	1021	1031	1041	1052	1100	1111	1121	1131	1141	1151	1201	1211	1220	1229
Whitechapel Station	0950	0958	1008	1018	1028	1038	1048	1059	1107	1118	1128	1138	1148	1159	1209	1219	1228	1237
Mile End Station	0958	1006	1016	1026	1036	1046	1056	1107	1117	1128	1138	1148	1158	1209	1219	1229	1238	1247
Bow Church Station	1003	1013	1023	1033	1043	1053	1103	1113	1123	1134	1144	1154	1204	1215	1225	1235	1244	1253
Stratford Bus Station	1013	1023	1033	1043	1053	1103	1113	1123	1133	1144	1154	1204	1215	1226	1237	1247	1256	1305
Forest Gate Police Station	1024	1034	1044	1054	1104	1114	1124	1134	1144	1155	1205	1216	1227	1238	1249	1259	1308	1319
Manor Park Broadway	1028	1038	1048	1058	1108	1119	1129	1139	1149	1200	1210	1221	1232	1243	1254	1304	1314	1325
Ilford High Road Hainault Street	1039	1049	1100	1111	1122	1133	1143	1153	1204	1215	1226	1237	1248	1259	1310	1320	1331	1342
Holborn Circus Holborn Viaduct	1223	1233	1243	1253	1303	1313	1323	1333	1343	1353	1403	1413	1423	1433	1443	1453	1503	1513
St Paul's Station Newgate Street	1225	1235	1245	1255	1305	1315	1325	1335	1345	1355	1405	1415	1425	1435	1445	1455	1505	1515
Bank Station Cornhill	1229	1239	1249	1259	1309	1319	1329	1339	1349	1359	1409	1419	1429	1439	1449	1459	1509	1519
Aldgate Station Aldgate High Street	1239	1249	1259	1309	1318	1328	1338	1348	1358	1408	1418	1428	1438	1448	1458	1508	1518	1528
Whitechapel Station	1247	1257	1308	1318	1327	1337	1347	1357	1407	1417	1427	1437	1447	1457	1507	1517	1527	1537
Mile End Station	1257	1307	1318	1328	1337	1347	1357	1407	1417	1428	1438	1448	1458	1508	1519	1529	1539	1549
Bow Church Station	1304	1314	1325	1335	1344	1354	1404	1414	1425	1436	1446	1456	1506	1516	1528	1538	1548	1558
Stratford Bus Station	1316	1327	1338	1348	1357	1407	1417	1427	1438	1449	1459	1509	1519	1529	1541	1551	1601	1611
Forest Gate Police Station	1330	1341	1352	1402	1411	1421	1431	1441	1451	1502	1512	1523	1533	1543	1555	1605	1615	1625
Manor Park Broadway	1336	1347	1358	1408	1417	1427	1437	1447	1457	1508	1518	1528	1538	1548	1600	1610	1620	1630
Ilford High Road Hainault Street	1353	1404	1415	1425	1435	1445	1455	1505	1515	1525	1535	1545	1555	1605	1616	1626	1636	1646
Holborn Circus Holborn Viaduct	1523	1533	1543	1553	1603	Then every 10 minutes until	1653	1703	1713	1723	1733	1743	1753	1803	1813	1823	1833	
St Paul's Station Newgate Street	1525	1535	1545	1555	1605		1655	1705	1715	1725	1735	1745	1755	1805	1815	1825	1835	
Bank Station Cornhill	1529	1539	1549	1559	1609		1659	1709	1719	1729	1739	1749	1759	1809	1819	1829	1839	
Aldgate Station Aldgate High Street	1538	1548	1558	1608	1620		1710	1720	1730	1740	1750	1800	1810	1821	1831	1841	1851	
Whitechapel Station	1547	1557	1607	1617	1629		1719	1729	1739	1749	1759	1809	1819	1830	1840	1850	1900	
Mile End Station	1559	1609	1619	1629	1640		1730	1740	1750	1800	1810	1820	1830	1840	1850	1900	1910	
Bow Church Station	1608	1618	1628	1638	1649		1739	1749	1759	1809	1818	1827	1837	1846	1856	1906	1916	
Stratford Bus Station	1620	1630	1640	1650	1701		1751	1801	1811	1821	1830	1839	1849	1858	1908	1918	1928	
Forest Gate Police Station	1634	1644	1654	1704	1715		1805	1815	1825	1835	1844	1853	1903	1912	1921	1930	1940	
Manor Park Broadway	1639	1649	1659	1709	1720		1810	1821	1831	1841	1850	1859	1908	1917	1926	1935	1945	
Ilford High Road Hainault Street	1655	1705	1715	1725	1736	1826	1837	1847	1857	1906	1915	1924	1933	1942	1951	2001		
Holborn Circus Holborn Viaduct	1843	1853	1903	1913	1923	1933	1943	1953	2003	2013	2023	2033	2043	2053	2103	2113	2123	2133
St Paul's Station Newgate Street	1845	1855	1905	1915	1925	1935	1945	1955	2005	2015	2025	2035	2045	2055	2105	2115	2125	2135
Bank Station Cornhill	1849	1859	1909	1919	1929	1938	1948	1958	2008	2018	2028	2038	2048	2058	2108	2118	2128	2138
Aldgate Station Aldgate High Street	1901	1911	1920	1930	1939	1948	1958	2008	2017	2027	2037	2047	2057	2107	2116	2126	2136	2146
Whitechapel Station	1910	1920	1929	1939	1948	1957	2007	2016	2025	2035	2045	2055	2105	2114	2123	2133	2143	2153
Mile End Station	1920	1930	1939	1949	1958	2007	2017	2026	2035	2045	2055	2105	2114	2123	2132	2142	2152	2202
Bow Church Station	1926	1936	1945	1955	2004	2013	2023	2032	2041	2051	2101	2110	2119	2128	2137	2147	2157	2207
Stratford Bus Station	1938	1948	1957	2007	2015	2024	2034	2043	2052	2102	2111	2120	2129	2138	2147	2157	2207	2216
Forest Gate Police Station	1950	2000	2009	2018	2026	2035	2045	2054	2103	2113	2122	2131	2140	2149	2158	2208	2216	2225
Manor Park Broadway	1955	2005	2014	2023	2031	2040	2050	2059	2108	2117	2126	2135	2144	2153	2202	2212	2220	2229
Ilford High Road Hainault Street	2011	2019	2027	2035	2043	2052	2102	2111	2119	2128	2137	2146	2155	2204	2212	2221	2229	2238
Holborn Circus Holborn Viaduct	2143	2153	2203	2212	2222	2231	2241	2250	2300	2310	Then every 10 minutes until	0030						
St Paul's Station Newgate Street	2145	2155	2205	2214	2224	2233	2243	2252	2302	2312		0032						
Bank Station Cornhill	2148	2158	2208	2217	2227	2236	2246	2255	2305	2315		0035						
Aldgate Station Aldgate High Street	2156	2206	2215	2224	2234	2243	2253	2302	2312	2321		0041						
Whitechapel Station	2203	2212	2221	2230	2240	2249	2259	2308	2318	2327		0047						
Mile End Station	2211	2220	2229	2238	2248	2257	2307	2316	2326	2335		0055						
Bow Church Station	2215	2224	2233	2242	2252	2301	2310	2319	2329	2338		0058						
Stratford Bus Station	2224	2233	2242	2251	2301	2310	2319	2328	2338	2347		0107						
Forest Gate Police Station	2233	2242	2251	2300	2310	2319	2328	2337	2347	2356		0116						
Manor Park Broadway	2237	2246	2255	2304	2314	2323	2332	2341	2351	0000		0120						
Ilford High Road Hainault Street	2246	2255	2304	2313	2322	2331	2340	2349	2359	0008	0128							