

101		Mondays to Fridays																
Wanstead Woodbine Place	0500	0520	0540	0555	0610	0622	0634	0644	0655	0707	0718	0729	0740	0751	0803	0814	0826	0838
Aldersbrook Road Park Road	0505	0525	0545	0600	0615	0628	0640	0650	0702	0714	0725	0737	0749	0800	0812	0824	0836	0848
Manor Park Station	0509	0529	0549	0604	0619	0632	0644	0655	0707	0719	0730	0742	0754	0805	0817	0829	0841	0853
East Ham Station	0514	0534	0554	0609	0624	0637	0649	0701	0713	0725	0737	0749	0801	0813	0825	0837	0849	0901
East Ham Newham Town Hall	0518	0538	0558	0613	0628	0642	0654	0706	0718	0731	0743	0756	0809	0821	0833	0845	0857	0909
Beckton Bus Station	0523	0543	0603	0619	0634	0648	0700	0712	0725	0739	0751	0804	0817	0829	0841	0853	0905	0917
Wanstead Woodbine Place	0850	0902	0914	Then every 12 mins.	1014	1026	Then about every 12 mins.	1338	1349	1401	1413	1424	1435	1447	1458	1508	1518	1530
Aldersbrook Road Park Road	0900	0911	0922	12	1022	1034	1346	1357	1409	1421	1432	1443	1455	1507	1518	1529	1541	
Manor Park Station	0905	0916	0927	12	1027	1039	1351	1402	1414	1426	1437	1448	1500	1512	1523	1534	1546	
East Ham Station	0913	0924	0935	12	1035	1047	1359	1411	1423	1435	1446	1457	1509	1521	1533	1545	1557	
East Ham Newham Town Hall	0920	0931	0942	12	1042	1055	1407	1419	1431	1443	1454	1505	1517	1529	1542	1554	1606	
Beckton Bus Station	0927	0938	0949	12	1049	1102	1415	1427	1439	1451	1502	1514	1526	1538	1551	1603	1615	
Wanstead Woodbine Place	1542	1553	Then every 12 mins.	1653	1704	1716	1728	1740	1752	1804	1816	1828	1841	1853	1905	1917	1929	1942
Aldersbrook Road Park Road	1553	1604	12	1704	1716	1728	1740	1752	1804	1816	1827	1839	1851	1903	1914	1926	1938	1950
Manor Park Station	1558	1609	12	1709	1721	1733	1745	1757	1809	1821	1832	1844	1856	1907	1918	1930	1942	1954
East Ham Station	1609	1620	12	1720	1732	1744	1756	1807	1819	1831	1842	1854	1906	1916	1927	1938	1950	2001
East Ham Newham Town Hall	1618	1629	12	1729	1741	1753	1805	1816	1827	1839	1850	1902	1914	1924	1935	1946	1957	2008
Beckton Bus Station	1627	1638	12	1738	1750	1802	1814	1824	1835	1847	1858	1910	1921	1931	1942	1953	2004	2015
Wanstead Woodbine Place	1955	2010	2025	2038	Then every 15 mins.	2153	2208	2223	2238	2253	2308	2323	2338	2354	0009	0025	0040	0055
Aldersbrook Road Park Road	2002	2017	2032	2045	15	2200	2215	2229	2244	2259	2314	2329	2344	0000	0015	0030	0045	0100
Manor Park Station	2006	2021	2036	2049	15	2204	2219	2233	2248	2303	2318	2333	2347	0003	0018	0033	0048	0103
East Ham Station	2013	2028	2042	2055	15	2210	2225	2239	2254	2309	2323	2338	2352	0008	0023	0037	0052	0107
East Ham Newham Town Hall	2019	2034	2048	2101	15	2216	2230	2244	2259	2314	2328	2343	2357	0012	0027	0041	0056	0111
Beckton Bus Station	2026	2040	2054	2107	15	2222	2236	2250	2305	2320	2334	2349	0002	0017	0032	0046	0101	0116
101		Saturdays (also Good Friday)																
Wanstead Woodbine Place	0500	0520	0540	0600	0615	0630	0645	0700	0714	0729	0744	Then about every 12 mins.	1855	1910	1925	Then every 15 mins.	2010	2025
Aldersbrook Road Park Road	0505	0525	0545	0605	0620	0635	0650	0705	0719	0735	0750	12	1904	1919	1933	15	2018	2033
Manor Park Station	0508	0528	0548	0608	0623	0639	0654	0709	0723	0739	0754	12	1909	1924	1937	15	2022	2037
East Ham Station	0512	0532	0553	0613	0628	0644	0659	0714	0729	0745	0800	12	1917	1932	1945	15	2030	2045
East Ham Newham Town Hall	0516	0536	0557	0618	0633	0649	0704	0719	0734	0750	0805	12	1925	1940	1953	15	2038	2052
Beckton Bus Station	0521	0541	0602	0623	0639	0655	0710	0725	0740	0756	0811	12	1932	1947	2000	15	2045	2059
Wanstead Woodbine Place	2040	2055	2110	2125	2140	2155	2210	2224	2239	2254	2309	2324	2339	2354	0009	0024	0040	0055
Aldersbrook Road Park Road	2047	2102	2117	2132	2147	2202	2217	2231	2246	2301	2316	2330	2345	0000	0015	0030	0046	0101
Manor Park Station	2051	2106	2121	2136	2151	2206	2221	2235	2250	2305	2320	2334	2349	0004	0019	0034	0049	0104
East Ham Station	2058	2113	2128	2143	2158	2213	2228	2241	2256	2311	2326	2340	2355	0009	0024	0039	0053	0108
East Ham Newham Town Hall	2105	2120	2135	2149	2204	2219	2234	2247	2302	2317	2332	2345	0000	0014	0029	0043	0057	0112
Beckton Bus Station	2112	2127	2142	2155	2210	2225	2240	2253	2308	2323	2338	2351	0006	0020	0035	0048	0102	0117
101		Sundays and other Public Holidays (except Christmas Day)																
Wanstead Woodbine Place	0500	0520	0540	0600	0620	0640	0700	0720	0740	0800	0820	0840	0855	0910	0925	0940	0955	1009
Aldersbrook Road Park Road	0505	0525	0545	0605	0625	0645	0705	0725	0745	0805	0826	0846	0901	0916	0932	0947	1002	1016
Manor Park Station	0508	0528	0548	0609	0629	0649	0709	0729	0749	0809	0830	0850	0905	0920	0936	0951	1006	1021
East Ham Station	0512	0532	0552	0613	0634	0654	0714	0734	0754	0814	0835	0855	0911	0927	0943	0958	1013	1028
East Ham Newham Town Hall	0516	0536	0556	0617	0638	0658	0718	0738	0758	0819	0840	0900	0916	0932	0948	1003	1018	1034
Beckton Bus Station	0520	0540	0600	0621	0643	0703	0723	0743	0804	0825	0846	0906	0922	0938	0954	1010	1025	1041
Wanstead Woodbine Place	1024	1039	1054	1108	1122	1137	1152	1207	1220	1234	1248	Then every 15 minutes until	1418	1434	1450	1505	1521	
Aldersbrook Road Park Road	1031	1046	1101	1115	1130	1145	1200	1215	1230	1244	1258	15	1428	1444	1500	1515	1530	
Manor Park Station	1036	1051	1106	1120	1135	1150	1205	1220	1235	1249	1303	15	1433	1449	1505	1520	1535	
East Ham Station	1043	1058	1113	1128	1143	1158	1214	1229	1244	1258	1313	15	1443	1459	1514	1529	1544	
East Ham Newham Town Hall	1049	1105	1121	1136	1151	1206	1222	1237	1252	1306	1321	15	1451	1507	1522	1537	1552	
Beckton Bus Station	1056	1112	1128	1143	1158	1214	1230	1245	1300	1315	1330	15	1500	1515	1530	1545	1600	
Wanstead Woodbine Place	1537	1553	1609	Then every 15 minutes until	1724	1739	1754	1809	1824	1839	1854	1909	1924	1939	1954	2009	2024	
Aldersbrook Road Park Road	1546	1602	1617	15	1732	1747	1802	1817	1832	1847	1902	1917	1932	1946	2001	2016	2031	
Manor Park Station	1551	1607	1622	15	1737	1752	1807	1821	1836	1851	1906	1921	1936	1950	2005	2020	2035	
East Ham Station	1600	1615	1630	15	1745	1800	1815	1829	1844	1859	1914	1929	1943	1957	2012	2027	2042	
East Ham Newham Town Hall	1608	1623	1638	15	1753	1807	1822	1836	1851	1906	1921	1935	1949	2003	2018	2033	2048	
Beckton Bus Station	1615	1630	1645	15	1800	1814	1829	1843	1858	1913	1928	1942	1956	2010	2025	2039	2054	
Wanstead Woodbine Place	2039	2054	2108	2123	2138	2153	2208	2223	2238	2253	2308	2323	2338	2354	0009	0025	0040	0055
Aldersbrook Road Park Road	2046	2100	2114	2129	2144	2159	2214	2229	2244	2259	2314	2329	2344	0000	0015	0030	0045	0100
Manor Park Station	2050	2104	2118	2133	2148	2203	2218	2233	2248	2303	2318	2332	2347	0003	0018	0033	0048	0103
East Ham Station	2057	2110	2124	2139	2154	2209	2224	2239	2254	2309	2324	2338	2353	0008	0023	0037	0052	0107
East Ham Newham Town Hall	2103	2116	2130	2145	2200	2214	2229	2244	2258	2313	2328	2342	2357	0012	0027	0041	0056	0111
Beckton Bus Station	2109	2122	2136	2151	2206	2220	2235	2250	2304	2319	2334	2348	0003	0017	0032	0046	0101	0116

