

101 Mondays to Fridays																		
Wanstead Woodbine Place	0500	0520	0535	0550	0605	0617	0629	0640	0651	0701	0711	0721	0731	0742	Then every 12 minutes until	0918	0930	
Aldersbrook Road Queenswood Gdns.	0505	0525	0540	0555	0610	0622	0634	0645	0656	0706	0716	0727	0738	0750		0926	0938	
Manor Park Station	0510	0530	0545	0600	0615	0627	0639	0650	0701	0712	0722	0734	0745	0757		0933	0944	
East Ham Station	0515	0535	0550	0606	0621	0633	0645	0656	0708	0719	0730	0742	0754	0806		0942	0953	
East Ham Newham Town Hall	0520	0540	0555	0611	0626	0638	0650	0702	0714	0726	0738	0750	0802	0814		0950	1001	
Beckton Bus Station	0527	0547	0602	0618	0633	0645	0657	0709	0721	0733	0746	0758	0810	0822		0958	1010	
Cyprus Station Cyprus Place	0529	0549	0605	0621	0636	0648	0700	0712	0724	0737	0750	0802	0814	0826		1002	1014	
Gallions Reach Shopping Park	0535	0555	0611	0627	0642	0654	0706	0718	0730	0743	0756	0808	0820	0832	1008	1020		
Wanstead Woodbine Place	0942	0954	1006	Then every 12 minutes until	1442	1454	Then every 12 mins. until	1818	1830	1842	1854	1906	1919	1931	1943	1955	2010	
Aldersbrook Road Queenswood Gdns.	0950	1001	1012		1448	1500		1824	1836	1848	1900	1912	1925	1936	1948	2000	2015	
Manor Park Station	0956	1007	1018		1454	1506		1830	1842	1854	1906	1918	1930	1941	1953	2005	2020	
East Ham Station	1005	1016	1027		1503	1516		1840	1852	1904	1916	1926	1937	1948	2000	2012	2027	
East Ham Newham Town Hall	1013	1024	1036		1512	1524		1848	1900	1911	1923	1933	1944	1955	2007	2019	2034	
Beckton Bus Station	1022	1034	1046		1522	1534		1858	1910	1921	1931	1941	1952	2003	2015	2027	2042	
Cyprus Station Cyprus Place	1026	1038	1050		1526	1538		1902	1913	1924	1934	1944	1955	2006	2018	2030	2045	
Gallions Reach Shopping Park	1032	1044	1056	1532	1544	1908	1919	1930	1940	1950	2001	2012	2024	2036	2051			
101 Mondays to Fridays (cont.)																		
Saturdays (also Good Friday)																		
Wanstead Woodbine Place	2025	2040	2055	Then every 15 mins. until	2210	2225	2240	2255	2310	2325	Then every 15 mins. until	0055	0500	Then every 20 mins. until	0600	Then every 15 mins. until	0730	0742
Aldersbrook Road Queenswood Gdns.	2030	2045	2100		2215	2230	2245	2300	2315	2329		0059	0505		0605		0735	0747
Manor Park Station	2035	2050	2105		2220	2235	2250	2304	2319	2333		0103	0510		0610		0740	0752
East Ham Station	2042	2057	2112		2227	2242	2256	2309	2323	2337		0107	0515		0615		0745	0758
East Ham Newham Town Hall	2049	2104	2118		2233	2248	2301	2314	2328	2342		0112	0520		0620		0750	0803
Beckton Bus Station	2057	2111	2125		2240	2255	2308	2321	2335	2349		0119	0527		0627		0757	0810
Cyprus Station Cyprus Place	2100	2114	2128		2243	2257	2310	2323	2337	2351		0121	0529		0629		0759	0813
Gallions Reach Shopping Park	2106	2120	2134	2249	2303	2316	2329	2343	2357	0127	0535	0635	0805	0819				
101 Saturdays (also Good Friday) (cont.)																		
Wanstead Woodbine Place	0754	0805	0817	0829	0840	0851	0903	0915	0926	0937	0948	1000	1012	1023	1034	1045	Then every 12 mins. until	1121
Aldersbrook Road Queenswood Gdns.	0759	0810	0822	0834	0845	0856	0908	0920	0931	0942	0953	1005	1017	1028	1039	1051		1127
Manor Park Station	0804	0815	0827	0839	0850	0901	0913	0925	0936	0947	0959	1011	1023	1034	1045	1057		1133
East Ham Station	0810	0822	0834	0846	0857	0909	0921	0933	0944	0956	1008	1020	1032	1043	1055	1107		1143
East Ham Newham Town Hall	0815	0827	0839	0851	0903	0915	0927	0939	0951	1003	1015	1027	1039	1051	1103	1115		1151
Beckton Bus Station	0822	0834	0846	0858	0911	0923	0935	0947	1000	1012	1024	1036	1048	1101	1113	1125		1201
Cyprus Station Cyprus Place	0825	0837	0849	0901	0914	0926	0938	0950	1003	1015	1027	1039	1051	1104	1116	1128		1204
Gallions Reach Shopping Park	0831	0843	0855	0907	0920	0932	0944	0956	1009	1021	1033	1045	1057	1110	1122	1134	1210	
Wanstead Woodbine Place	1133	1145	1157	1209	Then every 12 mins. until	1357	1409	1421	1433	1445	Then every 12 mins. until	1721	1733	1745	1757	1809	1821	1833
Aldersbrook Road Queenswood Gdns.	1139	1151	1203	1216		1404	1416	1428	1440	1451		1727	1739	1751	1803	1815	1827	1838
Manor Park Station	1145	1157	1209	1222		1410	1422	1434	1446	1457		1733	1745	1757	1809	1820	1832	1843
East Ham Station	1155	1207	1220	1233		1421	1433	1445	1456	1507		1743	1755	1807	1818	1829	1841	1852
East Ham Newham Town Hall	1203	1216	1229	1242		1430	1442	1453	1504	1515		1751	1803	1814	1825	1836	1848	1859
Beckton Bus Station	1214	1227	1240	1253		1441	1452	1503	1514	1525		1801	1812	1823	1834	1845	1856	1907
Cyprus Station Cyprus Place	1217	1230	1243	1256		1444	1455	1506	1517	1528		1804	1815	1826	1837	1848	1859	1910
Gallions Reach Shopping Park	1223	1236	1249	1302	1450	1501	1512	1523	1534	1810	1821	1832	1843	1854	1905	1916		
Wanstead Woodbine Place	1845	1857	1910	Then every 15 mins. until	2025	2040	2055	Then every 15 minutes until	2210	2225	2240	2255	2310	2325	Then every 15 minutes until	0055		
Aldersbrook Road Queenswood Gdns.	1850	1902	1915		2030	2045	2100		2215	2230	2245	2300	2315	2329		0059		
Manor Park Station	1855	1907	1920		2035	2050	2105		2220	2235	2250	2304	2319	2333		0103		
East Ham Station	1903	1915	1927		2042	2057	2112		2227	2242	2256	2309	2323	2337		0107		
East Ham Newham Town Hall	1910	1922	1934		2049	2104	2118		2233	2248	2301	2314	2328	2342		0112		
Beckton Bus Station	1918	1930	1942		2057	2111	2125		2240	2255	2308	2321	2335	2349		0119		
Cyprus Station Cyprus Place	1921	1933	1945		2100	2114	2128		2243	2257	2310	2323	2337	2351		0121		
Gallions Reach Shopping Park	1927	1939	1951	2106	2120	2134	2249	2303	2316	2329	2343	2357	0127					
101 Sundays and other Public Holidays (except Christmas Day and Boxing Day)																		
Wanstead Woodbine Place	0500	Then every 20 minutes until	0820	Then every 15 minutes until	0920	0934	0947	1001	1014	1026	1039	1052	1106	Then every 15 minutes until	1721			
Aldersbrook Road Queenswood Gdns.	0505		0825		0925	0939	0952	1006	1019	1031	1044	1057	1111		1726			
Manor Park Station	0510		0830		0930	0944	0957	1011	1024	1036	1049	1102	1117		1732			
East Ham Station	0515		0835		0935	0949	1003	1017	1031	1044	1058	1111	1126		1741			
East Ham Newham Town Hall	0520		0840		0940	0954	1008	1022	1036	1050	1104	1118	1133		1748			
Beckton Bus Station	0527		0847		0947	1001	1015	1030	1045	1100	1114	1128	1143		1758			
Cyprus Station Cyprus Place	0529		0849		0949	1004	1018	1033	1048	1103	1117	1131	1146		1801			
Gallions Reach Shopping Park	0535	0855	0955	1010	1024	1039	1054	1109	1123	1137	1152	1807						
Wanstead Woodbine Place	1737	1753	1809	1825	Then every 15 minutes until	2025	2040	2055	Then every 15 mins. until	2210	2225	2240	2255	2310	2325	Then every 15 mins. until	0055	
Aldersbrook Road Queenswood Gdns.	1742	1758	1814	1830		2030	2045	2100		2215	2230	2245	2300	2315	2329		0059	
Manor Park Station	1748	1804	1819	1835		2035	2050	2105		2220	2235	2250	2304	2319	2333		0103	
East Ham Station	1757	1813	1827	1842		2042	2057	2112		2227	2242	2256	2309	2323	2337		0107	
East Ham Newham Town Hall	1804	1820	1834	1849		2049	2104	2118		2233	2248	2301	2314	2328	2342		0112	
Beckton Bus Station	1813	1828	1842	1857		2057	2111	2125		2240	2255	2308	2321	2335	2349		0119	
Cyprus Station Cyprus Place	1816	1831	1845	1900		2100	2114	2128		2243	2257	2310	2323	2337	2351		0121	
Gallions Reach Shopping Park	1822	1837	1851	1906	2106	2120	2134	2249	2303	2316	2329	2343	2357	0127				

101		Mondays to Fridays																
Gallions Reach Shopping Park	0440		0600	0614	0626	0636	0646	0656	0706		0906	0917	0928	0938	0949	1000		1412
Cyprus Station Cyprus Place	0447	<i>Then</i>	0607	0621	0633	0643	0653	0703	0713	<i>Then</i>	0913	0924	0935	0945	0956	1007	<i>Then</i>	1419
Beckton Bus Station	0450	<i>every</i>	0610	0624	0636	0646	0656	0706	0717	<i>every</i>	0917	0928	0939	0949	1000	1011	<i>every</i>	1423
East Ham Newham Town Hall	0456	20	0616	0630	0642	0652	0702	0713	0725	12	0925	0936	0947	0957	1008	1020	12	1432
East Ham Station	0500	<i>mins.</i>	0620	0634	0646	0656	0707	0719	0731	<i>mins.</i>	0931	0942	0954	1005	1017	1029	<i>mins.</i>	1441
Manor Park Station	0505	<i>until</i>	0625	0639	0651	0702	0713	0725	0737	<i>until</i>	0937	0949	1002	1014	1026	1038	<i>until</i>	1450
Aldersbrook Road Queenswood Gdns.	0508		0628	0642	0655	0706	0717	0729	0741		0941	0953	1006	1018	1030	1042		1454
Wanstead Woodbine Place	0514		0634	0648	0702	0714	0726	0738	0750		0950	1002	1014	1026	1038	1050		1502
Gallions Reach Shopping Park	1424	1436	1447	1458	1510	1522	1534	1546	1558	1610	1622		1758	1810	1822	1834	1846	1858
Cyprus Station Cyprus Place	1431	1443	1454	1505	1517	1529	1541	1553	1605	1617	1629	<i>Then</i>	1805	1817	1829	1841	1853	1905
Beckton Bus Station	1435	1447	1458	1509	1521	1533	1545	1557	1609	1621	1633	<i>every</i>	1809	1821	1833	1845	1857	1909
East Ham Newham Town Hall	1444	1456	1507	1519	1531	1543	1555	1607	1619	1631	1642	12	1818	1830	1842	1854	1906	1918
East Ham Station	1453	1505	1517	1529	1541	1553	1605	1617	1629	1641	1652	<i>mins.</i>	1828	1840	1852	1904	1914	1925
Manor Park Station	1502	1514	1526	1538	1550	1602	1614	1626	1638	1650	1701	<i>until</i>	1837	1849	1901	1912	1922	1932
Aldersbrook Road Queenswood Gdns.	1506	1518	1530	1542	1554	1606	1618	1630	1643	1655	1706		1842	1854	1905	1916	1926	1936
Wanstead Woodbine Place	1515	1527	1539	1551	1603	1615	1627	1639	1652	1704	1715		1851	1902	1913	1923	1933	1943
Gallions Reach Shopping Park	1910	1922		2010	2023	2036	2050	2104		2204	2219	2234	2250	2305	2320			0050
Cyprus Station Cyprus Place	1917	1929	<i>Then</i>	2017	2030	2043	2057	2111	<i>Then</i>	2211	2226	2241	2257	2312	2327			0057
Beckton Bus Station	1921	1932	<i>every</i>	2020	2033	2046	2100	2114	<i>every</i>	2214	2229	2244	2300	2315	2329		<i>Then</i>	0059
East Ham Newham Town Hall	1929	1940	12	2028	2041	2054	2108	2121	15	2221	2236	2251	2307	2321	2335		<i>every 15</i>	0105
East Ham Station	1935	1946	<i>mins.</i>	2034	2047	2100	2114	2127	<i>mins.</i>	2227	2242	2256	2311	2325	2339		<i>minutes</i>	0109
Manor Park Station	1942	1953	<i>until</i>	2041	2054	2107	2120	2133	<i>until</i>	2233	2247	2301	2315	2329	2343		<i>until</i>	0113
Aldersbrook Road Queenswood Gdns.	1946	1957		2045	2058	2110	2123	2136		2236	2250	2304	2318	2332	2346			0116
Wanstead Woodbine Place	1953	2004		2052	2104	2116	2129	2142		2242	2256	2310	2324	2338	2352			0122
101		Saturdays (also Good Friday)																
Gallions Reach Shopping Park	0440		0600	0615	0630	0645	0700	0715	0730	0745	0800	0812	0824	0836	0848	0859	0911	
Cyprus Station Cyprus Place	0447		0607	0622	0637	0652	0707	0722	0737	0752	0807	0819	0831	0843	0855	0906	0918	
Beckton Bus Station	0450	<i>Then</i>	0610	0625	0640	0655	0710	0725	0740	0755	0810	0822	0834	0846	0858	0909	0921	
East Ham Newham Town Hall	0456	<i>every 20</i>	0616	0631	0646	0701	0716	0731	0746	0802	0818	0830	0842	0854	0906	0918	0930	
East Ham Station	0500	<i>minutes</i>	0620	0635	0650	0705	0720	0735	0751	0807	0823	0835	0847	0859	0912	0924	0936	
Manor Park Station	0505	<i>until</i>	0625	0640	0655	0710	0725	0741	0757	0813	0829	0841	0853	0906	0919	0931	0943	
Aldersbrook Road Queenswood Gdns.	0508		0628	0643	0658	0713	0729	0745	0801	0817	0833	0845	0857	0910	0923	0935	0947	
Wanstead Woodbine Place	0514		0634	0649	0704	0719	0735	0751	0807	0823	0839	0851	0903	0916	0929	0942	0955	
Gallions Reach Shopping Park	0923	0934	0945	0957	1008	1019	1029	1040	1051	<i>Then</i>	1703	1715	1727	1739	1751	1803	1815	1827
Cyprus Station Cyprus Place	0930	0941	0952	1004	1015	1026	1036	1047	1058	<i>every</i>	1710	1722	1734	1746	1758	1810	1822	1834
Beckton Bus Station	0933	0944	0955	1007	1018	1029	1039	1051	1102	<i>12</i>	1714	1726	1738	1750	1802	1814	1825	1837
East Ham Newham Town Hall	0942	0953	1005	1017	1028	1039	1049	1101	1113	<i>mins.</i>	1725	1737	1749	1801	1812	1823	1834	1846
East Ham Station	0948	1000	1012	1024	1035	1046	1058	1110	1122	<i>until</i>	1734	1746	1758	1809	1819	1830	1841	1852
Manor Park Station	0955	1007	1019	1031	1043	1055	1107	1119	1131		1743	1755	1806	1816	1826	1837	1848	1859
Aldersbrook Road Queenswood Gdns.	0959	1011	1023	1035	1047	1100	1112	1124	1136		1748	1800	1810	1820	1830	1841	1852	1903
Wanstead Woodbine Place	1007	1019	1031	1043	1055	1108	1120	1132	1144		1756	1807	1817	1827	1837	1848	1859	1910
Gallions Reach Shopping Park	1839	1851	1904		2004	2019	2034	2049	2104	<i>Then</i>	2204	2219	2234	2250	2305	2320		0050
Cyprus Station Cyprus Place	1846	1858	1911	<i>Then</i>	2011	2026	2041	2056	2111	<i>Then</i>	2211	2226	2241	2257	2312	2327	<i>Then</i>	0057
Beckton Bus Station	1849	1901	1914	<i>every</i>	2014	2029	2044	2059	2114	<i>every</i>	2214	2229	2244	2300	2315	2329	<i>every</i>	0059
East Ham Newham Town Hall	1857	1909	1922	15	2022	2037	2052	2107	2121	15	2221	2236	2251	2307	2321	2335	15	0105
East Ham Station	1903	1915	1928	<i>mins.</i>	2028	2043	2058	2113	2127	<i>mins.</i>	2227	2242	2256	2311	2325	2339	<i>mins.</i>	0109
Manor Park Station	1910	1922	1935	<i>until</i>	2035	2050	2105	2119	2133	<i>until</i>	2233	2247	2301	2315	2329	2343	<i>until</i>	0113
Aldersbrook Road Queenswood Gdns.	1914	1926	1939		2039	2054	2108	2122	2136		2236	2250	2304	2318	2332	2346		0116
Wanstead Woodbine Place	1921	1933	1946		2046	2100	2114	2128	2142		2242	2256	2310	2324	2338	2352		0122
101		Sundays and other Public Holidays (except Christmas Day and Boxing Day)																
Gallions Reach Shopping Park	0440		0900	0915	0929	0942	0956	1009	1022	1035	1049				1719	1734	1749	1804
Cyprus Station Cyprus Place	0447		0907	0922	0936	0949	1003	1016	1029	1042	1056				1726	1741	1756	1811
Beckton Bus Station	0450	<i>Then</i>	0910	0925	0939	0952	1006	1019	1032	1045	1059		<i>Then</i>		1729	1744	1759	1814
East Ham Newham Town Hall	0456	<i>every 20</i>	0916	0931	0945	0959	1013	1026	1039	1053	1108		<i>every 15</i>		1738	1753	1808	1823
East Ham Station	0500	<i>minutes</i>	0920	0935	0950	1004	1018	1032	1046	1101	1116		<i>minutes</i>		1746	1801	1815	1829
Manor Park Station	0505	<i>until</i>	0925	0940	0955	1010	1025	1040	1055	1110	1125		<i>until</i>		1755	1809	1823	1836
Aldersbrook Road Queenswood Gdns.	0508		0928	0943	0958	1013	1028	1044	1059	1114	1129				1759	1813	1827	1840
Wanstead Woodbine Place	0514		0934	0949	1004	1019	1035	1051	1107	1122	1137				1807	1821	1834	1847
Gallions Reach Shopping Park	1819		2004	2019	2034	2050	2104			2204	2219	2234	2250	2305	2320			0050
Cyprus Station Cyprus Place	1826		2011	2026	2041	2057	2111			2211	2226	2241	2257	2312	2327	<i>Then</i>		0057
Beckton Bus Station	1829	<i>Then</i>	2014	2029	2044	2100	2114		<i>Then</i>	2214	2229	2244	2300	2315	2329	<i>every</i>		0059
East Ham Newham Town Hall	1837	<i>every 15</i>	2022	2037	2052	2107	2121		<i>every 15</i>	2221	2236	2251	2307	2321	2335	15		0105
East Ham Station	1843	<i>minutes</i>	2028	2043	2058	2113	2127		<i>minutes</i>	2227	2242	2256	2311	2325	2339	<i>mins.</i>		0109
Manor Park Station	1850	<i>until</i>	2035	2050	2105	2119	2133		<i>until</i>	2233	2247	2301	2315	2329	2343	<i>until</i>		0113
Aldersbrook Road Queenswood Gdns.	1854		2039	2054	2108	2122	2136			2236	2250	2304	2318	2332	2346			0116
Wanstead Woodbine Place	1901		2046	2100	2114	2128	214											