

108	Mondays to Thursdays																		
Lewisham High Street <i>Lewis Grove</i>	0010	0025	0040	0100	0131	0201	0231	0301	0331	0401	0431	0500	0520	0540	0600	0615	0630	0645	
Blackheath Station	0014	0029	0044	0104	0135	0205	0235	0305	0335	0405	0435	0504	0524	0544	0604	0619	0635	0650	
Blackheath <i>Royal Standard</i>	0018	0033	0048	0108	0139	0209	0239	0309	0339	0409	0439	0508	0528	0549	0609	0624	0640	0656	
Greenwich Peninsula <i>IKEA</i>	0022	0037	0052	0112	0143	0213	0244	0314	0344	0414	0444	0513	0533	0554	0614	0630	0646	0702	
North Greenwich Station	0029	0044	0059	0119	0149	0219	0250	0320	0350	0420	0450	0520	0540	0601	0621	0637	0653	0710	
Poplar <i>All Saints (DLR) Station</i>	0039	0054	0109	0129	0159	0229	0259	0329	0359	0429	0459	0530	0551	0613	0633	0650	0707	0725	
Devons Road (DLR) Station	0044	0059	0114	0134	0204	0234	0304	0334	0404	0434	0504	0535	0556	0618	0638	0656	0713	0731	
Bow Church Station	0046	0101	0116	0136	0206	0236	0306	0336	0406	0436	0507	0538	0559	0621	0641	0659	0716	0734	
Stratford City Bus Station	0054	0109	0124	0144	0214	0244	0314	0344	0414	0444	0515	0546	0607	0629	0650	0708	0725	0743	
Stratford <i>International Way</i>	0056	0111	0126	0145	0215	0245	0315	0345	0415	0445	0516	0548	0609	0631	0652	0710	0727	0745	
Lewisham High Street <i>Lewis Grove</i>	0655	0705	0715	0725	0735	0745	0754	0802	0810	0819	0827	0836	0846	0856	0906	0916	0926	0936	
Blackheath Station	0701	0711	0721	0732	0742	0752	0801	0810	0819	0828	0836	0845	0854	0903	0913	0923	0932	0942	
Blackheath <i>Royal Standard</i>	0707	0718	0728	0739	0750	0800	0809	0818	0827	0836	0844	0853	0901	0910	0920	0930	0939	0949	
Greenwich Peninsula <i>IKEA</i>	0713	0724	0734	0746	0757	0807	0816	0825	0834	0843	0851	0900	0908	0916	0925	0935	0944	0955	
North Greenwich Station	0721	0732	0743	0755	0806	0816	0825	0834	0843	0852	0900	0908	0916	0925	0935	0944	0953	1003	
Poplar <i>All Saints (DLR) Station</i>	0736	0747	0758	0809	0820	0830	0839	0848	0857	0905	0913	0921	0929	0938	0948	0957	1006	1016	
Devons Road (DLR) Station	0742	0753	0805	0816	0827	0837	0846	0855	0904	0912	0920	0928	0936	0945	0955	1004	1013	1023	
Bow Church Station	0745	0756	0809	0820	0832	0842	0851	0900	0909	0917	0925	0932	0940	0949	0958	1007	1016	1026	
Stratford City Bus Station	0755	0806	0819	0830	0842	0852	0901	0910	0919	0927	0935	0942	0950	0959	1008	1017	1026	1036	
Stratford <i>International Way</i>	0757	0808	0821	0832	0844	0854	0903	0912	0921	0929	0937	0944	0952	1001	1010	1019	1028	1038	
Lewisham High Street <i>Lewis Grove</i>	0946	0957	1007	1017	<i>Then every 10 minutes until</i>	1147	1157	1207	1217	1227	1236	<i>Then every 10 minutes until</i>	1346	1356	1406	1416			
Blackheath Station	0952	1003	1013	1023		1153	1203	1213	1223	1233	1242		1352	1402	1412	1422			
Blackheath <i>Royal Standard</i>	0959	1009	1019	1029		1159	1209	1219	1229	1239	1248		1358	1408	1418	1428			
Greenwich Peninsula <i>IKEA</i>	1005	1015	1025	1035		1205	1215	1225	1235	1245	1254		1404	1414	1424	1434			
North Greenwich Station	1013	1023	1033	1043		1213	1223	1233	1243	1253	1302		1412	1422	1432	1442			
Poplar <i>All Saints (DLR) Station</i>	1026	1036	1046	1055		1225	1235	1245	1255	1305	1315		1425	1435	1445	1455			
Devons Road (DLR) Station	1033	1043	1053	1102		1232	1242	1252	1302	1312	1322		1432	1442	1453	1503			
Bow Church Station	1036	1046	1056	1105		1235	1245	1255	1305	1315	1325		1435	1446	1457	1507			
Stratford City Bus Station	1046	1056	1106	1115		1245	1256	1306	1316	1326	1336		1446	1457	1508	1518			
Stratford <i>International Way</i>	1048	1058	1108	1117		1247	1258	1308	1318	1328	1338		1448	1459	1510	1520			
Lewisham High Street <i>Lewis Grove</i>	1426	1435	1445	1455	1505	1515	1525	1535	1545	1554	1603	<i>Then every 10 minutes until</i>	1653	1704	1714	1724	1734		
Blackheath Station	1432	1441	1451	1501	1511	1522	1532	1542	1552	1601	1611		1701	1711	1721	1731	1741		
Blackheath <i>Royal Standard</i>	1438	1448	1458	1508	1518	1529	1540	1550	1600	1609	1619		1709	1719	1729	1739	1749		
Greenwich Peninsula <i>IKEA</i>	1444	1454	1504	1514	1524	1535	1546	1556	1606	1615	1625		1715	1725	1735	1745	1755		
North Greenwich Station	1452	1502	1512	1522	1533	1544	1555	1605	1615	1624	1634		1724	1734	1744	1754	1804		
Poplar <i>All Saints (DLR) Station</i>	1505	1515	1525	1535	1546	1557	1608	1618	1628	1638	1648		1738	1748	1758	1808	1817		
Devons Road (DLR) Station	1513	1523	1534	1544	1555	1606	1616	1626	1636	1646	1656		1746	1756	1806	1816	1824		
Bow Church Station	1518	1528	1539	1549	1600	1610	1620	1630	1640	1650	1700		1750	1800	1810	1820	1828		
Stratford City Bus Station	1529	1540	1551	1601	1612	1622	1632	1642	1652	1702	1712		1802	1811	1821	1831	1839		
Stratford <i>International Way</i>	1531	1542	1553	1603	1614	1624	1634	1644	1654	1704	1714		1804	1813	1823	1833	1841		
Lewisham High Street <i>Lewis Grove</i>	1744	1755	1805	1815	1825	1837	1849	1901	1913	1925	1940	1955	2010	2025	2040	2055	2110	2125	
Blackheath Station	1751	1802	1811	1821	1831	1843	1855	1906	1918	1930	1945	2000	2015	2030	2045	2059	2114	2129	
Blackheath <i>Royal Standard</i>	1759	1809	1818	1828	1838	1850	1902	1912	1924	1936	1951	2006	2020	2035	2050	2104	2119	2134	
Greenwich Peninsula <i>IKEA</i>	1805	1815	1824	1834	1844	1856	1908	1918	1930	1942	1957	2012	2026	2041	2056	2110	2124	2139	
North Greenwich Station	1814	1824	1833	1843	1853	1905	1917	1927	1939	1950	2005	2020	2034	2049	2104	2118	2132	2147	
Poplar <i>All Saints (DLR) Station</i>	1827	1837	1846	1856	1906	1918	1929	1939	1951	2001	2016	2031	2044	2059	2114	2128	2142	2157	
Devons Road (DLR) Station	1834	1844	1853	1903	1913	1925	1936	1946	1957	2007	2022	2037	2050	2105	2120	2134	2148	2203	
Bow Church Station	1838	1847	1856	1906	1916	1928	1939	1949	2000	2010	2025	2040	2053	2108	2123	2137	2151	2206	
Stratford City Bus Station	1848	1857	1906	1916	1926	1938	1949	1959	2010	2020	2035	2050	2103	2117	2132	2146	2200	2215	
Stratford <i>International Way</i>	1850	1859	1908	1918	1928	1940	1951	2001	2012	2022	2037	2052	2105	2119	2134	2148	2202	2217	
Lewisham High Street <i>Lewis Grove</i>	2140	2155	2210	2225	2240	2255	2310	2325	2340	2355									
Blackheath Station	2144	2159	2214	2229	2244	2259	2314	2329	2344	2359									
Blackheath <i>Royal Standard</i>	2149	2204	2219	2234	2249	2304	2319	2334	2349	0003									
Greenwich Peninsula <i>IKEA</i>	2154	2209	2224	2239	2254	2309	2324	2338	2353	0007									
North Greenwich Station	2202	2217	2232	2247	2302	2317	2332	2346	0000	0014									
Poplar <i>All Saints (DLR) Station</i>	2212	2227	2242	2257	2312	2327	2342	2356	0010	0024									
Devons Road (DLR) Station	2218	2233	2248	2303	2317	2332	2347	0001	0015	0029									
Bow Church Station	2221	2236	2251	2306	2320	2335	2350	0004	0018	0032									
Stratford City Bus Station	2230	2245	2300	2315	2329	2344	2359	0012	0026	0040									
Stratford <i>International Way</i>	2232	2247	2302	2317	2331	2346	0001	0014	0028	0042									

108		Saturdays																	
Lewisham High Street Lewis Grove	0010	0025	0040	0100	0130	0200	0231	0301	0331	0401	0431	0500	0520	0540	0600	0615	0630	0640	
Blackheath Station	0014	0029	0044	0104	0134	0204	0235	0305	0335	0405	0435	0504	0524	0544	0604	0619	0634	0644	
Blackheath Royal Standard	0019	0034	0049	0109	0139	0209	0239	0309	0339	0409	0439	0508	0528	0548	0608	0623	0638	0648	
Greenwich Peninsula IKEA	0024	0039	0054	0114	0144	0214	0244	0314	0344	0413	0443	0512	0532	0553	0613	0628	0643	0653	
North Greenwich Station	0031	0046	0101	0121	0151	0221	0251	0320	0350	0419	0449	0518	0538	0559	0619	0634	0649	0659	
Poplar All Saints (DLR) Station	0041	0056	0111	0131	0201	0231	0301	0330	0400	0429	0459	0527	0547	0608	0628	0643	0658	0709	
Devons Road (DLR) Station	0046	0101	0116	0136	0206	0236	0306	0335	0405	0434	0504	0531	0551	0612	0632	0647	0702	0713	
Bow Church Station	0049	0104	0119	0139	0209	0239	0308	0337	0407	0436	0506	0533	0553	0614	0634	0649	0704	0715	
Stratford City Bus Station	0057	0112	0127	0148	0218	0248	0316	0345	0415	0444	0514	0541	0601	0622	0642	0657	0712	0723	
Stratford International Way	0059	0114	0129	0150	0220	0250	0317	0346	0416	0445	0515	0542	0602	0623	0643	0658	0714	0725	
Lewisham High Street Lewis Grove	0650	0700	0710	0720	0730	0740	0750	0800	0810	0820	0830	0840	0849	0858	0907	0916	0926	0935	
Blackheath Station	0654	0704	0714	0724	0734	0744	0754	0804	0814	0824	0834	0844	0853	0902	0912	0921	0931	0940	
Blackheath Royal Standard	0658	0708	0718	0729	0739	0749	0759	0809	0819	0829	0839	0849	0858	0908	0918	0927	0937	0946	
Greenwich Peninsula IKEA	0703	0713	0723	0734	0744	0754	0804	0815	0825	0835	0845	0855	0904	0914	0924	0933	0943	0952	
North Greenwich Station	0709	0719	0729	0740	0751	0801	0811	0822	0832	0842	0852	0902	0911	0921	0931	0940	0950	1000	
Poplar All Saints (DLR) Station	0719	0729	0739	0750	0801	0811	0821	0832	0842	0852	0902	0912	0922	0932	0942	0952	1002	1012	
Devons Road (DLR) Station	0723	0733	0743	0755	0806	0816	0826	0837	0847	0857	0907	0917	0927	0937	0948	0958	1008	1018	
Bow Church Station	0725	0735	0745	0757	0808	0818	0829	0840	0850	0900	0910	0920	0930	0940	0951	1001	1011	1021	
Stratford City Bus Station	0733	0743	0754	0806	0817	0827	0838	0849	0859	0909	0919	0930	0940	0950	1001	1011	1021	1031	
Stratford International Way	0735	0745	0756	0808	0819	0829	0840	0851	0901	0911	0921	0932	0942	0952	1003	1013	1023	1033	
Lewisham High Street Lewis Grove	0945	0955	1005	1014	1023	1033	1043	1053	1103	1113	1123	1133	1143	1153	1203	1213	1223	1233	
Blackheath Station	0950	1000	1010	1019	1028	1038	1048	1059	1109	1119	1129	1139	1149	1159	1209	1219	1229	1239	
Blackheath Royal Standard	0956	1006	1016	1026	1035	1045	1055	1106	1116	1126	1136	1146	1156	1206	1216	1227	1237	1247	
Greenwich Peninsula IKEA	1002	1012	1022	1032	1042	1052	1102	1113	1123	1133	1143	1153	1203	1213	1223	1234	1244	1254	
North Greenwich Station	1010	1020	1030	1040	1050	1100	1110	1121	1131	1141	1151	1201	1212	1222	1232	1243	1253	1303	
Poplar All Saints (DLR) Station	1022	1032	1042	1052	1102	1112	1123	1134	1144	1154	1204	1215	1226	1237	1247	1258	1308	1318	
Devons Road (DLR) Station	1028	1038	1048	1058	1108	1119	1130	1141	1151	1201	1211	1222	1233	1244	1254	1305	1315	1325	
Bow Church Station	1031	1041	1051	1101	1111	1122	1133	1144	1154	1204	1214	1225	1236	1247	1257	1308	1318	1328	
Stratford City Bus Station	1041	1051	1102	1112	1122	1133	1144	1155	1205	1215	1225	1236	1247	1258	1308	1319	1329	1339	
Stratford International Way	1043	1053	1104	1114	1124	1135	1146	1157	1207	1217	1227	1238	1249	1300	1310	1321	1331	1341	
Lewisham High Street Lewis Grove	1243	<i>Then every 10 minutes until</i>	1533	1543	1553	1603	1613	1623	1633	1643	<i>Then every 10 minutes until</i>	1733	1743	1753	1803	1813			
Blackheath Station	1249		1539	1549	1558	1608	1618	1628	1638	1648		1738	1748	1758	1808	1818			
Blackheath Royal Standard	1257		1547	1556	1605	1615	1625	1635	1645	1655		1745	1755	1805	1815	1825			
Greenwich Peninsula IKEA	1304		1554	1603	1612	1622	1632	1642	1652	1702		1752	1802	1812	1822	1832			
North Greenwich Station	1313		1603	1612	1621	1631	1641	1651	1701	1711		1801	1811	1821	1831	1841			
Poplar All Saints (DLR) Station	1328		1618	1627	1636	1646	1656	1706	1716	1726		1816	1826	1836	1846	1856			
Devons Road (DLR) Station	1335		1625	1634	1643	1653	1703	1713	1723	1733		1823	1832	1842	1852	1902			
Bow Church Station	1339		1629	1638	1647	1657	1707	1717	1727	1736		1826	1835	1845	1855	1905			
Stratford City Bus Station	1350		1640	1649	1658	1708	1718	1728	1738	1747		1837	1846	1856	1906	1916			
Stratford International Way	1352		1642	1651	1700	1710	1720	1730	1740	1749		1839	1848	1858	1908	1918			
Lewisham High Street Lewis Grove	1823	1833	1843	1853	1904	1916	1928	1940	1955	<i>Then every 15 minutes until</i>	2110	2125	2140	2155	2210	2225	2240		
Blackheath Station	1828	1838	1848	1858	1909	1921	1933	1945	2000		2115	2130	2145	2159	2214	2229	2244		
Blackheath Royal Standard	1834	1844	1854	1904	1915	1927	1939	1951	2006		2121	2135	2150	2204	2219	2234	2249		
Greenwich Peninsula IKEA	1841	1851	1901	1911	1922	1934	1946	1957	2012		2127	2141	2156	2210	2224	2239	2254		
North Greenwich Station	1850	1900	1910	1920	1931	1943	1954	2005	2020		2135	2149	2204	2218	2232	2247	2302		
Poplar All Saints (DLR) Station	1905	1915	1925	1935	1945	1956	2007	2018	2032		2147	2201	2216	2230	2244	2259	2314		
Devons Road (DLR) Station	1911	1921	1931	1941	1951	2002	2013	2024	2038		2153	2207	2222	2236	2250	2305	2320		
Bow Church Station	1914	1924	1934	1944	1954	2005	2016	2027	2041		2156	2210	2225	2239	2253	2308	2323		
Stratford City Bus Station	1925	1934	1944	1954	2004	2015	2026	2037	2051		2206	2219	2234	2248	2302	2317	2332		
Stratford International Way	1927	1936	1946	1956	2006	2017	2028	2039	2053		2208	2221	2236	2250	2304	2319	2334		
Lewisham High Street Lewis Grove	2255	2310	2325	2340	2355														
Blackheath Station	2259	2314	2329	2344	2359														
Blackheath Royal Standard	2304	2319	2334	2349	0004														
Greenwich Peninsula IKEA	2309	2324	2339	2354	0009														
North Greenwich Station	2317	2332	2347	0002	0017														
Poplar All Saints (DLR) Station	2329	2344	2358	0013	0028														
Devons Road (DLR) Station	2335	2350	0003	0018	0033														
Bow Church Station	2338	2353	0006	0021	0036														
Stratford City Bus Station	2347	0002	0015	0030	0045														
Stratford International Way	2349	0004	0017	0032	0047														

108	Sundays																		
Lewisham High Street <i>Lewis Grove</i>	0010	0025	0040	0100	0130	0200	0231	0301	0331	0401	0431	0500	0520	0540	0600	0620	0640	0700	
Blackheath Station	0014	0029	0044	0104	0134	0204	0235	0305	0335	0405	0435	0504	0524	0544	0604	0624	0644	0704	
Blackheath <i>Royal Standard</i>	0019	0034	0049	0109	0139	0209	0239	0309	0339	0409	0439	0508	0528	0549	0609	0629	0649	0709	
Greenwich Peninsula <i>IKEA</i>	0024	0039	0054	0114	0144	0214	0244	0314	0344	0413	0443	0513	0533	0554	0614	0634	0654	0714	
North Greenwich Station	0032	0047	0102	0121	0151	0221	0251	0320	0350	0419	0449	0519	0539	0600	0620	0640	0700	0720	
Poplar <i>All Saints (DLR) Station</i>	0043	0057	0112	0131	0201	0231	0301	0330	0400	0429	0459	0529	0549	0610	0630	0650	0710	0730	
Devons Road (DLR) Station	0048	0102	0117	0136	0206	0236	0306	0335	0405	0434	0504	0534	0554	0615	0635	0655	0715	0735	
Bow Church Station	0051	0105	0120	0139	0209	0239	0308	0337	0407	0436	0506	0536	0556	0617	0637	0657	0717	0737	
Stratford City <i>Bus Station</i>	0100	0114	0129	0148	0218	0248	0316	0345	0415	0444	0514	0544	0604	0625	0645	0706	0726	0746	
Stratford <i>International Way</i>	0102	0116	0131	0150	0220	0250	0317	0346	0416	0445	0515	0545	0605	0626	0646	0707	0727	0747	
Lewisham High Street <i>Lewis Grove</i>	0720	0735	0750	0805	0820	0835	0850	0905	0920	0935	0948	1001	1015	1029	1044	1057	1111	1126	
Blackheath Station	0724	0739	0754	0809	0824	0839	0854	0909	0924	0939	0952	1006	1020	1034	1049	1102	1116	1131	
Blackheath <i>Royal Standard</i>	0729	0744	0759	0814	0829	0844	0859	0914	0929	0944	0958	1012	1026	1040	1055	1109	1123	1138	
Greenwich Peninsula <i>IKEA</i>	0734	0749	0804	0819	0834	0849	0904	0919	0934	0949	1004	1018	1032	1046	1101	1115	1129	1144	
North Greenwich Station	0740	0755	0810	0826	0841	0856	0911	0926	0941	0956	1011	1026	1040	1054	1109	1123	1137	1152	
Poplar <i>All Saints (DLR) Station</i>	0750	0805	0820	0836	0851	0906	0921	0936	0951	1006	1021	1036	1051	1106	1121	1136	1151	1206	
Devons Road (DLR) Station	0755	0810	0825	0841	0856	0911	0926	0941	0956	1011	1027	1042	1057	1112	1127	1142	1157	1212	
Bow Church Station	0757	0812	0827	0844	0859	0914	0929	0944	0959	1014	1030	1045	1100	1115	1130	1145	1200	1215	
Stratford City <i>Bus Station</i>	0806	0821	0836	0853	0908	0923	0938	0953	1008	1023	1039	1054	1109	1125	1140	1155	1211	1226	
Stratford <i>International Way</i>	0807	0822	0837	0854	0909	0924	0939	0955	1010	1025	1041	1056	1111	1127	1142	1157	1213	1228	
Lewisham High Street <i>Lewis Grove</i>	1141	1155	1210	1224	1239	1254	1309	1323	1338	1353	1408	1423	1438	1453	1508	1523	1538	1553	
Blackheath Station	1146	1200	1215	1230	1245	1300	1315	1329	1344	1359	1414	1429	1444	1459	1514	1529	1544	1559	
Blackheath <i>Royal Standard</i>	1153	1207	1222	1237	1252	1307	1322	1336	1351	1406	1421	1436	1451	1506	1521	1536	1551	1606	
Greenwich Peninsula <i>IKEA</i>	1159	1214	1229	1244	1259	1314	1329	1343	1358	1413	1428	1443	1458	1513	1527	1542	1557	1612	
North Greenwich Station	1207	1222	1237	1252	1307	1322	1337	1352	1407	1422	1437	1452	1507	1522	1536	1551	1606	1621	
Poplar <i>All Saints (DLR) Station</i>	1221	1236	1251	1307	1322	1337	1352	1407	1422	1437	1452	1507	1522	1537	1551	1606	1621	1636	
Devons Road (DLR) Station	1228	1243	1258	1314	1329	1344	1359	1414	1429	1444	1459	1514	1529	1544	1558	1613	1628	1643	
Bow Church Station	1231	1246	1301	1317	1332	1347	1402	1417	1432	1447	1502	1517	1532	1547	1601	1616	1631	1646	
Stratford City <i>Bus Station</i>	1242	1257	1313	1329	1344	1359	1414	1429	1444	1459	1514	1529	1543	1558	1612	1627	1642	1657	
Stratford <i>International Way</i>	1244	1259	1315	1331	1346	1401	1416	1431	1446	1501	1516	1531	1545	1600	1614	1629	1644	1659	
Lewisham High Street <i>Lewis Grove</i>	1609	1625	1640	1655	1710	1725	1740	1755	1810	1825	1840	1855	1910	1925	1940	1955	2010	2025	
Blackheath Station	1615	1630	1645	1700	1715	1730	1745	1800	1815	1830	1845	1900	1915	1930	1945	2000	2015	2030	
Blackheath <i>Royal Standard</i>	1621	1636	1651	1706	1721	1736	1751	1806	1821	1836	1851	1906	1921	1936	1951	2006	2021	2035	
Greenwich Peninsula <i>IKEA</i>	1627	1642	1657	1712	1727	1742	1757	1812	1827	1842	1856	1911	1926	1941	1956	2011	2026	2040	
North Greenwich Station	1636	1651	1706	1721	1736	1751	1806	1820	1835	1850	1904	1919	1934	1949	2004	2019	2033	2047	
Poplar <i>All Saints (DLR) Station</i>	1651	1706	1721	1736	1751	1806	1821	1835	1850	1905	1919	1933	1948	2002	2017	2032	2046	2059	
Devons Road (DLR) Station	1658	1713	1728	1743	1758	1812	1827	1841	1856	1911	1925	1939	1954	2008	2023	2038	2052	2105	
Bow Church Station	1701	1716	1731	1746	1801	1815	1830	1844	1859	1914	1928	1942	1957	2011	2026	2041	2055	2108	
Stratford City <i>Bus Station</i>	1712	1727	1742	1757	1812	1826	1840	1854	1909	1924	1938	1952	2007	2021	2035	2050	2104	2117	
Stratford <i>International Way</i>	1714	1729	1744	1759	1814	1828	1842	1856	1911	1926	1940	1954	2009	2023	2037	2052	2106	2119	
Lewisham High Street <i>Lewis Grove</i>	2040	2055	2110	2125	2140	Then every 15 minutes until			2255	2310	2325	2340	2355						
Blackheath Station	2045	2100	2114	2129	2144				2259	2314	2329	2344	2359						
Blackheath <i>Royal Standard</i>	2050	2105	2119	2134	2149				2304	2319	2333	2348	0003						
Greenwich Peninsula <i>IKEA</i>	2055	2110	2124	2139	2154				2309	2324	2338	2352	0007						
North Greenwich Station	2102	2117	2131	2146	2201				2316	2331	2345	2359	0014						
Poplar <i>All Saints (DLR) Station</i>	2113	2128	2142	2157	2211				2326	2341	2355	0009	0024						
Devons Road (DLR) Station	2119	2134	2148	2202	2216				2331	2346	0000	0014	0029						
Bow Church Station	2122	2137	2151	2205	2219				2334	2349	0003	0017	0032						
Stratford City <i>Bus Station</i>	2131	2146	2200	2214	2228				2343	2357	0011	0025	0040						
Stratford <i>International Way</i>	2133	2148	2202	2216	2230				2345	2359	0013	0027	0042						

108	Sundays																			
Stratford International Way	--	0000	--	0015	--	0030	--	0045	--	0100	0115	0130	0145	0200	0230	0300	0330	0400		
Stratford City opposite Bus Station	--	0003	--	0018	--	0033	--	0048	--	0103	0118	0133	0148	0203	0233	0303	0333	0403		
Bow Church Station	--	0012	--	0027	--	0042	--	0057	--	0112	0127	0142	0157	0212	0242	0312	0342	0412		
Devons Road (DLR) Station	--	0014	--	0029	--	0044	--	0059	--	0114	0129	0144	0159	0214	0244	0314	0344	0414		
Poplar All Saints (DLR) Station	--	0019	--	0034	--	0049	--	0104	--	0119	0134	0149	0204	0219	0249	0319	0349	0419		
North Greenwich Station	0015	0029	0030	0044	0045	0059	0100	0114	0115	0129	0144	0159	0214	0229	0259	0329	0359	0429		
Greenwich Peninsula IKEA	0020	0034	0035	0049	0050	0104	0105	0119	0120	0134	0149	0204	0219	0234	0304	0334	0404	0434		
Blackheath Royal Standard	0026	0040	0040	0055	0055	0110	0110	0125	0125	0140	0155	0210	0225	0240	0310	0339	0409	0439		
Blackheath Station	0030	0044	0044	0059	0059	0114	0114	0129	0129	0144	0159	0214	0229	0244	0314	0343	0413	0443		
Lewisham Station Station Road	0035	0049	0049	0104	0104	0119	0119	0134	0134	0149	0204	0219	0234	0249	0319	0348	0418	0448		
Stratford International Way	0425	0450	0505	Then every 20 minutes until				0645	0705	0720	0735	0750	0805	0820	0835	0850	0905	0919	0934	0949
Stratford City opposite Bus Station	0428	0453	0508					0648	0708	0723	0738	0753	0808	0823	0838	0853	0908	0922	0937	0952
Bow Church Station	0437	0501	0516					0656	0717	0732	0747	0802	0817	0832	0847	0902	0917	0931	0946	1001
Devons Road (DLR) Station	0439	0503	0518					0658	0719	0734	0749	0804	0819	0834	0849	0904	0919	0933	0948	1003
Poplar All Saints (DLR) Station	0444	0508	0522					0702	0723	0738	0753	0809	0824	0839	0854	0909	0924	0938	0953	1008
North Greenwich Station	0454	0518	0531					0711	0732	0747	0803	0819	0834	0849	0904	0919	0934	0949	1004	1019
Greenwich Peninsula IKEA	0459	0523	0536					0716	0737	0752	0808	0824	0839	0854	0909	0924	0940	0955	1010	1025
Blackheath Royal Standard	0504	0528	0542					0722	0743	0758	0814	0830	0845	0900	0915	0930	0946	1001	1016	1031
Blackheath Station	0508	0532	0546					0726	0747	0802	0818	0834	0849	0904	0919	0935	0951	1006	1021	1036
Lewisham Station Station Road	0513	0536	0551					0731	0752	0807	0823	0839	0854	0909	0924	0940	0956	1011	1027	1042
Stratford International Way	1004	1017	1031	1046	1101	1116	1130	1145	1200	1215	1230	1245	1259	1314	1329	1344	1359	1414		
Stratford City opposite Bus Station	1007	1020	1034	1049	1104	1119	1133	1148	1203	1218	1233	1248	1303	1318	1333	1348	1403	1418		
Bow Church Station	1016	1029	1044	1059	1114	1129	1143	1158	1213	1228	1243	1259	1314	1329	1344	1359	1414	1429		
Devons Road (DLR) Station	1018	1031	1046	1101	1116	1131	1146	1201	1216	1231	1246	1302	1317	1332	1347	1402	1417	1432		
Poplar All Saints (DLR) Station	1023	1037	1052	1107	1122	1137	1152	1207	1222	1238	1253	1309	1324	1339	1354	1409	1424	1439		
North Greenwich Station	1034	1048	1103	1118	1133	1148	1203	1219	1234	1250	1306	1322	1338	1353	1408	1423	1438	1453		
Greenwich Peninsula IKEA	1040	1054	1109	1124	1139	1154	1209	1226	1241	1257	1313	1329	1345	1400	1415	1430	1445	1500		
Blackheath Royal Standard	1046	1101	1116	1131	1146	1201	1217	1234	1249	1305	1321	1337	1353	1408	1423	1438	1453	1508		
Blackheath Station	1051	1107	1122	1137	1152	1208	1224	1241	1256	1312	1328	1344	1400	1415	1430	1444	1459	1514		
Lewisham Station Station Road	1057	1113	1128	1143	1159	1215	1231	1248	1303	1319	1335	1351	1407	1422	1437	1451	1506	1521		
Stratford International Way	1429	1444	1458	1513	1528	1543	1558	1613	1628	1643	1658	1714	1729	1744	1759	1814	1829	1844		
Stratford City opposite Bus Station	1433	1448	1502	1517	1532	1547	1602	1617	1632	1647	1702	1718	1733	1748	1803	1818	1833	1848		
Bow Church Station	1444	1459	1513	1528	1543	1558	1613	1628	1643	1658	1713	1729	1744	1759	1814	1829	1844	1859		
Devons Road (DLR) Station	1447	1502	1516	1531	1546	1601	1616	1631	1646	1701	1716	1732	1747	1802	1817	1832	1847	1902		
Poplar All Saints (DLR) Station	1454	1509	1523	1538	1553	1608	1623	1638	1653	1708	1723	1739	1754	1809	1824	1839	1853	1908		
North Greenwich Station	1508	1523	1538	1553	1608	1623	1638	1653	1708	1723	1738	1753	1808	1823	1838	1853	1907	1922		
Greenwich Peninsula IKEA	1515	1530	1545	1600	1615	1630	1646	1701	1716	1731	1745	1800	1815	1830	1845	1900	1914	1929		
Blackheath Royal Standard	1523	1539	1554	1609	1624	1639	1655	1710	1725	1739	1753	1808	1823	1838	1853	1907	1921	1936		
Blackheath Station	1529	1545	1600	1615	1630	1645	1701	1716	1731	1745	1758	1813	1828	1843	1858	1912	1926	1941		
Lewisham Station Station Road	1536	1552	1607	1622	1637	1652	1708	1723	1738	1752	1805	1820	1835	1850	1905	1919	1933	1948		
Stratford International Way	1859	1914	1930	1945	2000	2015	2030	2045	2100	2115	2130	2145	2200	--	2215	--	2230	--		
Stratford City opposite Bus Station	1903	1918	1933	1948	2003	2018	2033	2048	2103	2118	2133	2148	2203	--	2218	--	2233	--		
Bow Church Station	1913	1928	1943	1958	2012	2027	2042	2057	2112	2127	2142	2157	2212	--	2227	--	2242	--		
Devons Road (DLR) Station	1916	1931	1946	2001	2014	2029	2044	2059	2114	2129	2144	2159	2214	--	2229	--	2244	--		
Poplar All Saints (DLR) Station	1922	1937	1952	2007	2020	2035	2050	2105	2120	2135	2150	2204	2219	--	2234	--	2249	--		
North Greenwich Station	1936	1950	2005	2019	2031	2046	2101	2115	2130	2145	2200	2214	2229	2245	2244	2300	2259	2315		
Greenwich Peninsula IKEA	1943	1956	2011	2025	2037	2052	2107	2121	2136	2151	2206	2220	2235	2250	2250	2305	2305	2320		
Blackheath Royal Standard	1950	2003	2018	2031	2043	2058	2113	2127	2142	2157	2212	2226	2241	2255	2256	2310	2311	2325		
Blackheath Station	1955	2008	2023	2036	2048	2103	2118	2132	2147	2202	2217	2231	2246	2259	2301	2314	2316	2329		
Lewisham Station Station Road	2002	2015	2029	2042	2054	2109	2124	2138	2153	2208	2223	2237	2252	2304	2307	2319	2321	2334		
Stratford International Way	2245	--	2300	2315	--	2330	--	2345												
Stratford City opposite Bus Station	2248	--	2303	2318	--	2333	--	2348												
Bow Church Station	2257	--	2312	2327	--	2342	--	2357												
Devons Road (DLR) Station	2259	--	2314	2329	--	2344	--	2359												
Poplar All Saints (DLR) Station	2304	--	2319	2334	--	2349	--	0004												
North Greenwich Station	2314	2330	2329	2344	2345	2358	0000	0013												
Greenwich Peninsula IKEA	2320	2335	2335	2349	2350	0003	0004	0018												
Blackheath Royal Standard	2326	2340	2341	2355	2355	0009	0009	0024												
Blackheath Station	2331	2344	2345	2359	2359	0013	0013	0028												
Lewisham Station Station Road	2336	2349	2350	0004	0004	0018	0018	0033												