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East Ham – Poplar – Aldgate

115		Mondays to Fridays																
East Ham White Horse	0445		0525	0535	0544	0554	0602	0610	0618	0626	0634	0642	0649	0657	0704	0712	0719	
East Ham Newham Town Hall	0447		0527	0537	0546	0556	0604	0612	0620	0628	0636	0644	0651	0659	0706	0714	0721	
Upton Park The Boleyn (Barking Road)	0451	Then	0531	0541	0550	0600	0609	0617	0625	0633	0641	0649	0656	0704	0711	0719	0727	
Plaistow Greengate	0454	every 10	0534	0544	0553	0603	0612	0620	0628	0637	0645	0653	0700	0708	0715	0723	0731	
Canning Town Bus Station	0500	minutes	0540	0550	0559	0609	0618	0626	0635	0644	0652	0700	0708	0716	0723	0731	0739	
Poplar All Saints (DLR) Station	0504	until	0544	0554	0603	0613	0623	0632	0642	0651	0659	0707	0715	0723	0731	0739	0747	
Limehouse East India Dock Road	0508		0548	0558	0607	0617	0627	0637	0647	0656	0704	0712	0720	0729	0737	0745	0754	
Limehouse Station	0511		0551	0601	0611	0621	0631	0641	0651	0700	0709	0717	0725	0734	0742	0751	0800	
Aldgate Station Aldgate High Street	0519		0559	0610	0620	0630	0641	0651	0702	0712	0721	0730	0738	0747	0756	0806	0816	
East Ham White Horse	0727	0734	0741	0748			0820	0828			0916	0924	0932	0940	0948		1100	
East Ham Newham Town Hall	0729	0736	0744	0751			0823	0831			0919	0927	0935	0943	0951		1103	
Upton Park The Boleyn (Barking Road)	0735	0742	0750	0757	Then		0829	0837	Then		0925	0933	0941	0949	0957	Then	1109	
Plaistow Greengate	0739	0747	0755	0802	every 8		0834	0842	every 8		0930	0938	0946	0954	1002	every 8	1114	
Canning Town Bus Station	0747	0755	0803	0811	minutes		0843	0851	minutes		0939	0947	0955	1003	1011	minutes	1123	
Poplar All Saints (DLR) Station	0755	0803	0811	0819	until		0851	0859	until		0947	0955	1003	1010	1018	until	1130	
Limehouse East India Dock Road	0802	0810	0818	0826			0858	0906			0954	1001	1008	1015	1023		1135	
Limehouse Station	0808	0816	0824	0832			0904	0911			0959	1006	1013	1020	1027		1139	
Aldgate Station Aldgate High Street	0824	0832	0840	0848			0920	0927			1015	1022	1029	1035	1042		1154	
East Ham White Horse	1108	1116	1124	1132	1139			1411	1419	1427	1435	1442	1449	1457	1505	1512	1520	1528
East Ham Newham Town Hall	1111	1119	1127	1135	1142			1414	1422	1430	1438	1445	1452	1500	1508	1515	1523	1531
Upton Park The Boleyn (Barking Road)	1117	1125	1133	1141	1149	Then		1421	1429	1437	1445	1452	1500	1508	1516	1524	1532	1540
Plaistow Greengate	1122	1130	1138	1146	1154	every 8		1426	1434	1442	1450	1457	1505	1513	1521	1529	1537	1545
Canning Town Bus Station	1131	1139	1147	1155	1203	minutes		1435	1443	1451	1459	1507	1515	1523	1531	1539	1547	1555
Poplar All Saints (DLR) Station	1138	1146	1154	1202	1210	until		1442	1450	1458	1506	1514	1522	1530	1538	1546	1554	1602
Limehouse East India Dock Road	1143	1151	1159	1207	1215			1447	1455	1503	1511	1519	1527	1535	1543	1551	1559	1607
Limehouse Station	1147	1155	1203	1211	1219			1451	1459	1507	1515	1523	1531	1539	1547	1555	1603	1611
Aldgate Station Aldgate High Street	1201	1209	1217	1225	1233			1505	1512	1520	1528	1536	1544	1552	1600	1608	1616	1624
East Ham White Horse	1536	1544	1552	1600	1608	1616	1624	1632	1640	1648	1656	1704	1712	1720	1728	1736	1744	1752
East Ham Newham Town Hall	1539	1547	1555	1603	1611	1619	1627	1635	1643	1651	1659	1707	1715	1723	1731	1739	1747	1755
Upton Park The Boleyn (Barking Road)	1548	1556	1604	1612	1619	1627	1635	1643	1651	1659	1707	1715	1723	1731	1738	1746	1754	1802
Plaistow Greengate	1553	1601	1609	1617	1624	1632	1640	1648	1656	1704	1712	1720	1728	1736	1743	1751	1759	1807
Canning Town Bus Station	1603	1611	1619	1627	1634	1642	1650	1658	1706	1714	1722	1730	1738	1746	1753	1801	1808	1816
Poplar All Saints (DLR) Station	1610	1618	1626	1634	1641	1649	1657	1705	1713	1721	1729	1737	1745	1753	1800	1808	1815	1823
Limehouse East India Dock Road	1615	1622	1630	1638	1645	1653	1701	1709	1717	1725	1733	1741	1749	1757	1804	1812	1819	1827
Limehouse Station	1619	1626	1634	1642	1649	1657	1705	1713	1721	1729	1737	1745	1753	1801	1808	1816	1823	1831
Aldgate Station Aldgate High Street	1632	1639	1647	1655	1702	1710	1718	1726	1734	1741	1749	1757	1805	1813	1820	1828	1835	1843
East Ham White Horse	1800	1808	1816	1824	1833	1841	1849	1857	1907	1917	1927	1937	1947	1959	2011	2023	2035	2047
East Ham Newham Town Hall	1803	1811	1819	1827	1836	1844	1852	1900	1910	1920	1930	1940	1949	2001	2013	2025	2037	2049
Upton Park The Boleyn (Barking Road)	1810	1818	1826	1834	1843	1851	1859	1907	1917	1927	1937	1947	1956	2007	2019	2031	2043	2055
Plaistow Greengate	1815	1823	1831	1839	1848	1856	1904	1912	1922	1932	1942	1952	2001	2012	2023	2035	2047	2059
Canning Town Bus Station	1824	1832	1840	1848	1856	1904	1912	1920	1930	1940	1950	2000	2008	2019	2030	2042	2054	2106
Poplar All Saints (DLR) Station	1831	1839	1847	1855	1903	1911	1919	1927	1937	1947	1957	2007	2015	2026	2037	2049	2101	2112
Limehouse East India Dock Road	1835	1843	1851	1859	1907	1915	1923	1931	1941	1951	2001	2011	2019	2030	2041	2053	2105	2116
Limehouse Station	1839	1847	1855	1903	1911	1919	1927	1935	1945	1955	2005	2015	2023	2034	2045	2057	2109	2120
Aldgate Station Aldgate High Street	1851	1859	1907	1915	1923	1931	1939	1947	1956	2005	2015	2025	2033	2044	2055	2107	2119	2130
East Ham White Horse	2059	2112				2224	2237	2249	2301	2313			0025					
East Ham Newham Town Hall	2101	2114				2226	2239	2251	2303	2315			0027					
Upton Park The Boleyn (Barking Road)	2107	2119	Then			2231	2244	2256	2308	2319	Then		0031					
Plaistow Greengate	2111	2123	every 12			2235	2248	2300	2311	2322	every 12		0034					
Canning Town Bus Station	2118	2129	minutes			2241	2254	2306	2317	2328	minutes		0040					
Poplar All Saints (DLR) Station	2123	2134	until			2246	2259	2310	2321	2332	until		0044					
Limehouse East India Dock Road	2127	2138				2250	2303	2314	2325	2336			0048					
Limehouse Station	2131	2142				2254	2306	2317	2328	2339			0051					
Aldgate Station Aldgate High Street	2141	2152				2304	2315	2326	2337	2348			0100					

115		Saturdays (also Good Friday)																	
East Ham White Horse	0445	0455	0505	0515	0525				0625	0635	0645	0655	0705	0715	0725	0734	0744	0753	0803
East Ham Newham Town Hall	0447	0457	0507	0517	0527				0627	0637	0647	0657	0707	0717	0727	0736	0746	0755	0805
Upton Park The Boleyn (Barking Road)	0451	0501	0511	0521	0531				0631	0642	0652	0702	0712	0722	0732	0741	0751	0800	0810
Plaistow Greengate	0454	0504	0514	0524	0534				0634	0645	0655	0705	0715	0725	0735	0745	0755	0804	0814
Canning Town Bus Station	0459	0509	0519	0529	0540				0640	0651	0701	0711	0722	0732	0742	0752	0802	0812	0822
Poplar All Saints (DLR) Station	0503	0513	0523	0533	0544				0644	0655	0705	0716	0728	0738	0748	0758	0808	0818	0828
Limehouse East India Dock Road	0507	0517	0527	0537	0548				0648	0659	0709	0720	0732	0742	0752	0802	0812	0822	0832
Limehouse Station	0510	0520	0530	0540	0551				0651	0702	0712	0723	0735	0745	0755	0806	0816	0826	0836
Aldgate Station Aldgate High Street	0517	0527	0538	0548	0559				0659	0710	0720	0732	0744	0754	0804	0816	0826	0836	0846
East Ham White Horse	0813	0823	0833	0843	0853	0901	0908	0915	0923	0931	0939	0947	0954	1001	1009	1017	1025	1032	
East Ham Newham Town Hall	0815	0825	0835	0845	0855	0903	0910	0917	0925	0933	0941	0949	0956	1003	1011	1019	1027	1034	
Upton Park The Boleyn (Barking Road)	0820	0830	0840	0850	0900	0908	0916	0923	0931	0939	0947	0955	1002	1010	1018	1026	1034	1041	
Plaistow Greengate	0824	0834	0844	0854	0904	0912	0920	0927	0935	0943	0951	0959	1007	1015	1023	1031	1039	1046	
Canning Town Bus Station	0832	0842	0852	0902	0912	0920	0928	0935	0943	0951	0959	1007	1015	1023	1031	1039	1047	1055	
Poplar All Saints (DLR) Station	0838	0848	0858	0908	0918	0926	0934	0942	0950	0958	1006	1014	1022	1030	1038	1046	1054	1102	
Limehouse East India Dock Road	0842	0852	0902	0912	0922	0930	0938	0946	0954	1002	1010	1018	1026	1034	1042	1050	1058	1106	
Limehouse Station	0846	0856	0906	0916	0926	0934	0942	0950	0958	1006	1014	1022	1030	1038	1046	1054	1102	1110	
Aldgate Station Aldgate High Street	0856	0906	0916	0927	0937	0946	0954	1002	1010	1018	1026	1034	1042	1050	1058	1106	1114	1122	
East Ham White Horse	1040	1048		1136	1144				1352	1400			1608	1616			1712	1721	
East Ham Newham Town Hall	1042	1050		1138	1146				1354	1402			1610	1618			1714	1723	
Upton Park The Boleyn (Barking Road)	1049	1058	Then	1146	1155	Then			1403	1410	Then		1618	1625	Then		1721	1730	
Plaistow Greengate	1054	1103	every 8	1151	1200	every 8			1408	1415	every 8		1623	1630	every 8		1726	1735	
Canning Town Bus Station	1103	1112	minutes	1200	1209	minutes			1417	1424	minutes		1632	1639	minutes		1735	1743	
Poplar All Saints (DLR) Station	1110	1119	until	1207	1216	until			1424	1431	until		1639	1646	until		1742	1750	
Limehouse East India Dock Road	1114	1123		1211	1220				1428	1435			1643	1650			1746	1754	
Limehouse Station	1118	1127		1215	1224				1432	1439			1647	1654			1750	1758	
Aldgate Station Aldgate High Street	1130	1139		1227	1236				1444	1451			1659	1706			1802	1810	
East Ham White Horse	1729	1737	1745	1753	1801	1810			1920	1931	1942	1954	2007	2019	2031	2043	2056	2109	
East Ham Newham Town Hall	1731	1739	1747	1755	1803	1812			1922	1933	1944	1956	2009	2021	2033	2045	2058	2111	
Upton Park The Boleyn (Barking Road)	1738	1746	1754	1802	1810	1819			1929	1940	1951	2003	2015	2027	2039	2051	2104	2117	
Plaistow Greengate	1743	1751	1759	1807	1815	1824			1934	1945	1956	2008	2020	2032	2044	2056	2109	2121	
Canning Town Bus Station	1751	1759	1807	1815	1823	1832			1942	1953	2004	2016	2028	2040	2052	2104	2116	2128	
Poplar All Saints (DLR) Station	1758	1806	1814	1822	1830	1839			1949	2000	2011	2023	2035	2047	2059	2110	2121	2133	
Limehouse East India Dock Road	1802	1810	1818	1826	1834	1843			1953	2004	2015	2027	2039	2051	2103	2114	2125	2137	
Limehouse Station	1806	1814	1822	1830	1838	1847			1957	2008	2019	2031	2043	2055	2107	2118	2129	2141	
Aldgate Station Aldgate High Street	1818	1826	1834	1842	1850	1859			2009	2019	2030	2042	2054	2106	2118	2129	2140	2152	
East Ham White Horse	2121	2133	2145	2157	2210	2223	2235	2247	2259	2311	2323	2336	2348	0001	0013	0025			
East Ham Newham Town Hall	2123	2135	2147	2159	2212	2225	2237	2249	2301	2313	2325	2338	2350	0003	0015	0027			
Upton Park The Boleyn (Barking Road)	2129	2141	2153	2205	2218	2230	2242	2254	2306	2318	2330	2343	2355	0007	0019	0031			
Plaistow Greengate	2133	2145	2157	2209	2222	2234	2246	2258	2310	2322	2334	2347	2359	0011	0023	0035			
Canning Town Bus Station	2140	2152	2204	2216	2228	2240	2252	2304	2316	2328	2340	2353	0005	0017	0029	0041			
Poplar All Saints (DLR) Station	2145	2157	2209	2221	2233	2245	2257	2309	2321	2333	2345	2358	0010	0022	0034	0046			
Limehouse East India Dock Road	2149	2201	2213	2225	2237	2249	2301	2313	2325	2337	2349	0002	0014	0026	0038	0050			
Limehouse Station	2153	2205	2217	2229	2241	2253	2304	2316	2328	2340	2352	0005	0017	0029	0041	0053			
Aldgate Station Aldgate High Street	2204	2216	2227	2239	2251	2303	2314	2326	2338	2350	0002	0014	0026	0038	0050	0102			

115		Sundays and other Public Holidays (except Christmas Day)																	
East Ham White Horse	0445		0709	0721	0733	0745	0757	0809	0821	0833	0845	0857	0909	0920	0930	0940	0950		
East Ham Newham Town Hall	0447		0711	0723	0735	0747	0759	0811	0823	0835	0847	0859	0911	0922	0932	0942	0952		
Upton Park The Boleyn (Barking Road)	0451	Then	0715	0727	0739	0751	0804	0816	0828	0840	0852	0904	0916	0927	0937	0947	0957		
Plaistow Greengate	0454	every 12	0718	0730	0742	0754	0807	0819	0831	0843	0856	0908	0920	0931	0941	0951	1001		
Canning Town Bus Station	0459	minutes	0723	0736	0748	0800	0813	0825	0837	0850	0903	0915	0927	0938	0948	0958	1009		
Poplar All Saints (DLR) Station	0503	until	0727	0740	0753	0805	0818	0830	0842	0855	0908	0920	0932	0943	0953	1004	1016		
Limehouse East India Dock Road	0506		0730	0743	0756	0808	0821	0833	0845	0858	0911	0923	0935	0946	0956	1008	1020		
Limehouse Station	0509		0733	0746	0759	0811	0824	0836	0848	0901	0914	0926	0938	0950	1000	1012	1024		
Aldgate Station Aldgate High Street	0517		0741	0754	0807	0820	0833	0845	0858	0911	0924	0936	0948	1001	1011	1023	1035		
East Ham White Horse	1000	1010	1020	1029				1119	1129	1139	1149	1159	1208	1217	1227	1237	1246	1426	
East Ham Newham Town Hall	1002	1012	1022	1031				1121	1131	1141	1151	1201	1210	1219	1229	1239	1248	1428	
Upton Park The Boleyn (Barking Road)	1007	1017	1027	1037		Then		1127	1137	1147	1157	1207	1216	1226	1236	1246	1256	Then	1436
Plaistow Greengate	1011	1021	1031	1041		every 01		1131	1142	1152	1202	1212	1221	1231	1241	1251	1301	every	1441
Canning Town Bus Station	1019	1029	1039	1049		minutes		1139	1150	1200	1210	1220	1230	1240	1250	1300	1310	10	1450
Poplar All Saints (DLR) Station	1026	1036	1046	1056		until		1146	1157	1207	1217	1227	1237	1247	1257	1307	1317	mins.	1457
Limehouse East India Dock Road	1030	1040	1050	1100				1150	1201	1211	1221	1231	1241	1251	1301	1311	1321	until	1501
Limehouse Station	1034	1044	1054	1104				1154	1205	1215	1225	1235	1245	1255	1305	1315	1325		1505
Aldgate Station Aldgate High Street	1046	1056	1106	1116				1206	1217	1227	1237	1247	1257	1307	1317	1327	1337		1517
East Ham White Horse	1436				1736	1747	1757	1810	1822	1834	1847	1859	1911	1923	1935	1947	1959	2011	2023
East Ham Newham Town Hall	1438				1738	1749	1759	1812	1824	1836	1849	1901	1913	1925	1937	1949	2001	2013	2025
Upton Park The Boleyn (Barking Road)	1446	Then			1746	1756	1806	1819	1831	1843	1855	1907	1919	1931	1943	1955	2007	2019	2031
Plaistow Greengate	1451	every 10			1751	1801	1811	1824	1836	1848	1900	1912	1924	1936	1948	2000	2012	2024	2036
Canning Town Bus Station	1459	minutes			1759	1809	1819	1832	1844	1855	1907	1919	1931	1943	1955	2007	2019	2031	2043
Poplar All Saints (DLR) Station	1506	until			1806	1816	1826	1839	1851	1902	1914	1926	1938	1950	2002	2014	2026	2038	2050
Limehouse East India Dock Road	1510				1810	1820	1830	1843	1855	1906	1918	1930	1942	1954	2006	2018	2030	2042	2054
Limehouse Station	1514				1814	1824	1834	1847	1859	1910	1922	1934	1946	1958	2010	2022	2034	2046	2058
Aldgate Station Aldgate High Street	1526				1826	1836	1846	1858	1910	1921	1933	1945	1957	2009	2020	2032	2044	2056	2107
East Ham White Horse	2035	2047	2100	2112	2124	2136	2148	2200	2212	2224	2236	2248	2301						0025
East Ham Newham Town Hall	2037	2049	2102	2114	2126	2138	2150	2202	2214	2226	2238	2250	2303						0027
Upton Park The Boleyn (Barking Road)	2043	2055	2108	2119	2131	2143	2155	2207	2219	2231	2243	2255	2307						0031
Plaistow Greengate	2048	2100	2112	2123	2135	2147	2159	2211	2223	2235	2247	2259	2310						0034
Canning Town Bus Station	2055	2106	2118	2129	2141	2153	2205	2217	2229	2241	2253	2305	2316						0040
Poplar All Saints (DLR) Station	2102	2112	2123	2134	2146	2158	2210	2222	2234	2246	2258	2309	2320						0044
Limehouse East India Dock Road	2106	2116	2127	2138	2150	2202	2214	2226	2238	2250	2302	2313	2324						0048
Limehouse Station	2109	2119	2130	2141	2153	2205	2217	2229	2241	2253	2305	2316	2327						0051
Aldgate Station Aldgate High Street	2118	2128	2139	2150	2202	2214	2225	2237	2249	2301	2313	2324	2335						0059

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Aldgate – Poplar – East Ham

115		Mondays to Fridays																
Aldgate Station Bus Station	0530	0540	0550	0600	0610	0620	0630	0638	0646	0654	0701	0709	0716	0723	0731	0738	Then every 8 mins. until	0858
Limehouse Station	0538	0548	0558	0608	0618	0628	0638	0647	0655	0703	0711	0719	0727	0734	0742	0750		0910
Limehouse Commercial Road	0540	0550	0600	0610	0620	0630	0641	0650	0658	0706	0714	0722	0730	0737	0745	0753		0913
Poplar All Saints (DLR) Station	0543	0553	0603	0613	0623	0633	0644	0653	0701	0710	0718	0726	0734	0741	0749	0757		0917
Canning Town Bus Station	0548	0558	0608	0618	0628	0639	0651	0700	0709	0718	0727	0735	0743	0751	0759	0807		0927
Plaistow Greengate	0554	0604	0614	0624	0634	0646	0658	0708	0717	0726	0735	0744	0753	0801	0809	0818		0938
Upton Park The Boleyn (Barking Road)	0556	0606	0616	0626	0636	0648	0700	0710	0719	0728	0737	0747	0756	0804	0812	0821		0941
East Ham Newham Town Hall	0600	0610	0620	0630	0641	0653	0705	0715	0724	0733	0742	0753	0802	0811	0819	0828		0948
East Ham White Horse	0602	0612	0622	0632	0643	0655	0707	0717	0726	0735	0744	0755	0804	0813	0821	0830	0950	
Aldgate Station Bus Station	0906	0914	0922	0930	0938	0946	0954	1002	1010	Then every 8 minutes until	1226	1234	1242	1250	1258	1306	1314	
Limehouse Station	0918	0926	0934	0942	0950	0958	1006	1014	1023		1239	1247	1255	1303	1311	1320	1328	
Limehouse Commercial Road	0921	0929	0937	0945	0953	1001	1009	1017	1026		1242	1250	1258	1306	1314	1323	1331	
Poplar All Saints (DLR) Station	0925	0933	0941	0949	0957	1005	1013	1021	1030		1246	1254	1302	1310	1318	1327	1335	
Canning Town Bus Station	0935	0943	0951	0959	1007	1014	1021	1029	1038		1254	1302	1310	1318	1326	1335	1343	
Plaistow Greengate	0945	0953	1001	1009	1017	1024	1031	1039	1048		1304	1313	1321	1329	1337	1346	1354	
Upton Park The Boleyn (Barking Road)	0948	0956	1004	1012	1020	1027	1034	1042	1051		1307	1316	1324	1332	1340	1349	1357	
East Ham Newham Town Hall	0955	1003	1011	1019	1027	1034	1041	1049	1058		1314	1323	1331	1339	1347	1356	1404	
East Ham White Horse	0957	1005	1013	1021	1029	1036	1043	1051	1100	1316	1325	1333	1341	1349	1358	1406		
Aldgate Station Bus Station	1322	1330	1338	1346	1354	1402	1409	1417	1425	1433	1440	1447	1455	1502	1509	Then every 8 minutes until	1701	
Limehouse Station	1336	1344	1352	1400	1408	1416	1423	1431	1439	1447	1454	1501	1509	1517	1524		1716	
Limehouse Commercial Road	1339	1347	1355	1403	1411	1419	1426	1434	1442	1450	1457	1504	1512	1520	1528		1720	
Poplar All Saints (DLR) Station	1343	1351	1359	1407	1415	1423	1430	1438	1446	1454	1502	1510	1518	1526	1534		1726	
Canning Town Bus Station	1351	1359	1407	1415	1423	1431	1439	1447	1455	1503	1511	1519	1527	1535	1543		1735	
Plaistow Greengate	1402	1410	1418	1426	1434	1443	1451	1459	1507	1515	1523	1531	1539	1547	1555		1747	
Upton Park The Boleyn (Barking Road)	1405	1413	1421	1429	1437	1446	1454	1502	1510	1518	1526	1534	1542	1550	1558		1750	
East Ham Newham Town Hall	1412	1420	1428	1437	1445	1454	1502	1510	1518	1526	1535	1543	1551	1559	1607		1759	
East Ham White Horse	1414	1422	1430	1439	1447	1456	1504	1512	1520	1528	1537	1545	1553	1601	1609	1801		
Aldgate Station Bus Station	1709	1717	1725	1733	1741	1749	1757	1805	1813	1821	1829	1837	1845	1853	1901	1909	1917	1925
Limehouse Station	1724	1732	1740	1748	1756	1804	1812	1819	1827	1835	1843	1850	1858	1906	1914	1922	1930	1938
Limehouse Commercial Road	1728	1736	1744	1752	1800	1807	1815	1822	1830	1838	1846	1853	1901	1909	1917	1925	1933	1941
Poplar All Saints (DLR) Station	1734	1742	1750	1758	1806	1813	1821	1828	1836	1844	1852	1859	1906	1914	1922	1930	1938	1946
Canning Town Bus Station	1743	1751	1759	1807	1815	1822	1830	1837	1845	1853	1901	1908	1915	1923	1931	1939	1947	1955
Plaistow Greengate	1755	1803	1811	1819	1827	1834	1841	1848	1856	1904	1911	1918	1925	1933	1940	1948	1956	2004
Upton Park The Boleyn (Barking Road)	1758	1806	1814	1822	1830	1837	1844	1851	1859	1907	1914	1921	1928	1936	1943	1951	1959	2007
East Ham Newham Town Hall	1806	1813	1821	1829	1837	1844	1851	1858	1906	1914	1921	1928	1935	1943	1950	1958	2006	2014
East Ham White Horse	1808	1815	1823	1831	1839	1846	1853	1900	1908	1916	1923	1930	1937	1945	1952	2000	2008	2016
Aldgate Station Bus Station	1934	1942	1950	2000	2010	2020	2030	2042	2054	2106	2119	2131	2143	2155	2207	2219	2231	2243
Limehouse Station	1946	1954	2001	2011	2021	2031	2041	2053	2105	2116	2128	2140	2152	2204	2216	2228	2240	2252
Limehouse Commercial Road	1949	1957	2004	2014	2024	2034	2044	2056	2108	2119	2131	2143	2155	2207	2219	2231	2242	2254
Poplar All Saints (DLR) Station	1954	2001	2008	2018	2028	2038	2048	2100	2112	2123	2135	2147	2159	2211	2223	2235	2246	2258
Canning Town Bus Station	2003	2010	2017	2027	2037	2047	2057	2108	2119	2129	2141	2153	2205	2217	2229	2241	2252	2304
Plaistow Greengate	2012	2019	2026	2036	2046	2056	2106	2117	2127	2137	2149	2201	2213	2225	2237	2249	2300	2311
Upton Park The Boleyn (Barking Road)	2015	2022	2029	2039	2049	2059	2109	2119	2129	2139	2151	2203	2215	2227	2239	2251	2302	2313
East Ham Newham Town Hall	2022	2028	2035	2045	2055	2105	2115	2125	2135	2145	2157	2209	2221	2233	2244	2256	2307	2318
East Ham White Horse	2024	2030	2037	2047	2057	2107	2117	2127	2137	2147	2159	2211	2223	2235	2246	2258	2309	2320
Aldgate Station Bus Station	2255	2307	2319	Then every 12 minutes until	0055													
Limehouse Station	2304	2315	2327		0103													
Limehouse Commercial Road	2306	2317	2329		0105													
Poplar All Saints (DLR) Station	2310	2321	2333		0109													
Canning Town Bus Station	2316	2327	2339		0115													
Plaistow Greengate	2323	2334	2346		0122													
Upton Park The Boleyn (Barking Road)	2325	2336	2348		0124													
East Ham Newham Town Hall	2330	2341	2352		0128													
East Ham White Horse	2332	2343	2354	0130														

115		Saturdays (also Good Friday)																	
Aldgate Station Bus Station	0528	0538		0658	0708	0718	0728	0738	0748	0758	0808	0818	0828	0838	0848	0858	0908		
Limehouse Station	0536	0546		0706	0716	0726	0737	0747	0757	0807	0817	0827	0838	0848	0858	0908	0918		
Limehouse Commercial Road	0538	0548	Then	0708	0718	0728	0739	0749	0759	0809	0819	0829	0840	0850	0900	0910	0920		
Poplar All Saints (DLR) Station	0541	0551	every 10	0711	0721	0732	0743	0753	0803	0813	0823	0833	0844	0854	0904	0914	0924		
Canning Town Bus Station	0546	0556	minutes	0716	0727	0739	0750	0800	0810	0820	0830	0840	0851	0901	0911	0921	0931		
Plaistow Greengate	0552	0602	until	0722	0734	0746	0757	0807	0817	0827	0838	0848	0859	0909	0920	0930	0941		
Upton Park The Boleyn (Barking Road)	0554	0604		0724	0736	0748	0759	0809	0819	0829	0840	0850	0901	0911	0922	0933	0944		
East Ham Newham Town Hall	0557	0608		0728	0740	0752	0803	0813	0823	0834	0845	0855	0906	0917	0928	0939	0950		
East Ham White Horse	0559	0610		0730	0742	0754	0805	0815	0825	0836	0847	0857	0908	0919	0930	0941	0952		
Aldgate Station Bus Station	0918	0928	0936	0943	0950	0957	1004	1011	1019	1027	1035		1227	1235	1243	1251	1259		
Limehouse Station	0928	0938	0946	0953	1000	1007	1014	1022	1030	1038	1046	Then	1238	1246	1255	1303	1311		
Limehouse Commercial Road	0930	0940	0948	0955	1002	1009	1017	1025	1033	1041	1049	every 8	1241	1250	1259	1307	1315		
Poplar All Saints (DLR) Station	0934	0944	0952	0959	1006	1014	1022	1030	1038	1046	1054	minutes	1246	1255	1304	1312	1320		
Canning Town Bus Station	0941	0951	0959	1007	1015	1023	1031	1039	1047	1055	1103	until	1255	1304	1313	1321	1329		
Plaistow Greengate	0951	1001	1009	1017	1025	1033	1041	1049	1057	1105	1114		1306	1315	1324	1332	1340		
Upton Park The Boleyn (Barking Road)	0954	1004	1012	1020	1028	1036	1044	1052	1100	1108	1117		1309	1318	1327	1335	1343		
East Ham Newham Town Hall	1000	1010	1019	1027	1035	1043	1051	1059	1107	1115	1124		1316	1325	1334	1342	1350		
East Ham White Horse	1002	1012	1021	1029	1037	1045	1053	1101	1109	1117	1126		1318	1327	1336	1344	1352		
Aldgate Station Bus Station	1307	1315		1355	1403				1531	1539	1547	1555	1603	1611	1619		1723		
Limehouse Station	1319	1327		1407	1416				1544	1552	1600	1608	1616	1624	1631		1735		
Limehouse Commercial Road	1323	1331	Then	1411	1419	Then			1547	1555	1603	1611	1619	1627	1634	Then	1738		
Poplar All Saints (DLR) Station	1328	1336	every 8	1416	1424	every 8			1552	1600	1608	1616	1624	1632	1639	every 8	1743		
Canning Town Bus Station	1337	1345	minutes	1425	1433	minutes			1601	1609	1617	1625	1633	1641	1648	minutes	1752		
Plaistow Greengate	1348	1356	until	1436	1444	until			1612	1620	1628	1636	1644	1652	1659	until	1803		
Upton Park The Boleyn (Barking Road)	1351	1359		1439	1447				1615	1623	1631	1639	1647	1655	1702		1806		
East Ham Newham Town Hall	1358	1407		1447	1455				1623	1630	1638	1646	1654	1702	1709		1813		
East Ham White Horse	1400	1409		1449	1457				1625	1632	1640	1648	1656	1704	1711		1815		
Aldgate Station Bus Station	1731	1739	1747	1755	1803				1859	1907	1915	1923	1931	1940	1950	2000	2010	2020	2031
Limehouse Station	1742	1750	1758	1806	1814				1910	1918	1926	1934	1942	1951	2001	2011	2021	2031	2041
Limehouse Commercial Road	1745	1753	1801	1809	1816	Then			1912	1920	1928	1936	1944	1953	2003	2013	2023	2033	2043
Poplar All Saints (DLR) Station	1750	1758	1806	1814	1821	every 8			1917	1925	1933	1941	1949	1958	2008	2018	2028	2038	2048
Canning Town Bus Station	1759	1807	1815	1823	1830	minutes			1926	1934	1942	1950	1958	2007	2017	2026	2036	2046	2056
Plaistow Greengate	1810	1818	1826	1834	1841	until			1937	1944	1952	2000	2008	2017	2027	2036	2046	2056	2106
Upton Park The Boleyn (Barking Road)	1813	1821	1829	1837	1844				1940	1947	1955	2003	2011	2020	2030	2039	2049	2059	2109
East Ham Newham Town Hall	1820	1828	1836	1844	1851				1947	1954	2002	2010	2018	2027	2036	2045	2055	2105	2115
East Ham White Horse	1822	1830	1838	1846	1853				1949	1956	2004	2012	2020	2029	2038	2047	2057	2107	2117
Aldgate Station Bus Station	2043	2055	2107	2119	2131				2231	2243	2255	2307	2319	2331	2343	2355	0007		0055
Limehouse Station	2053	2105	2117	2129	2141				2241	2253	2305	2317	2329	2341	2353	0005	0016		0104
Limehouse Commercial Road	2055	2107	2119	2131	2143	Then			2243	2255	2307	2319	2331	2343	2355	0007	0018	Then	0106
Poplar All Saints (DLR) Station	2100	2112	2123	2135	2147	every 12			2247	2259	2311	2323	2335	2347	2359	0011	0022	every	0110
Canning Town Bus Station	2107	2118	2129	2141	2153	minutes			2253	2305	2317	2329	2341	2353	0005	0017	0028	12	0116
Plaistow Greengate	2116	2127	2138	2150	2202	until			2302	2313	2325	2337	2349	0001	0013	0025	0036	mins.	0124
Upton Park The Boleyn (Barking Road)	2119	2130	2141	2153	2204				2304	2315	2327	2339	2351	0003	0015	0027	0038	until	0126
East Ham Newham Town Hall	2125	2136	2147	2159	2210				2310	2321	2333	2344	2356	0007	0019	0031	0042		0130
East Ham White Horse	2127	2138	2149	2201	2212				2312	2323	2335	2346	2358	0009	0021	0033	0044		0132

115		Sundays and other Public Holidays (except Christmas Day)																
Aldgate Station Bus Station	0528		0716	0728	0740	0752	0804	0816	0828	0840	0852	0904	0914	0924	0934	0943	0953	
Limehouse Station	0536		0724	0736	0748	0800	0812	0824	0836	0848	0900	0913	0923	0933	0943	0953	1003	
Limehouse Commercial Road	0539	Then	0727	0739	0751	0803	0815	0827	0839	0851	0903	0916	0926	0936	0946	0956	1006	
Poplar All Saints (DLR) Station	0542	every 12	0730	0742	0755	0807	0819	0831	0843	0855	0907	0920	0930	0940	0950	1000	1010	
Canning Town Bus Station	0547	minutes	0735	0748	0802	0815	0827	0839	0851	0903	0915	0928	0938	0949	0959	1009	1019	
Plaistow Greengate	0553	until	0741	0754	0809	0822	0834	0846	0858	0911	0923	0936	0946	0957	1008	1018	1028	
Upton Park The Boleyn (Barking Road)	0555		0743	0756	0811	0824	0836	0848	0900	0913	0925	0938	0948	0959	1010	1021	1031	
East Ham Newham Town Hall	0559		0747	0800	0815	0828	0840	0852	0906	0919	0931	0944	0954	1005	1016	1027	1037	
East Ham White Horse	0601		0749	0802	0817	0830	0842	0854	0908	0921	0933	0946	0956	1007	1018	1029	1039	
Aldgate Station Bus Station	1003	1013	1023	1033	1043	1053	1103	1113	1123	1133	1143	1153	1203	1213	1223	1233	1243	1253
Limehouse Station	1013	1023	1033	1043	1053	1103	1113	1123	1133	1143	1153	1203	1214	1224	1234	1244	1254	1304
Limehouse Commercial Road	1016	1026	1036	1046	1056	1106	1116	1126	1136	1146	1156	1206	1217	1227	1237	1247	1257	1307
Poplar All Saints (DLR) Station	1020	1030	1040	1050	1100	1110	1120	1130	1140	1150	1200	1210	1221	1231	1241	1251	1301	1311
Canning Town Bus Station	1029	1039	1049	1059	1109	1119	1129	1139	1149	1159	1209	1219	1230	1240	1250	1300	1310	1320
Plaistow Greengate	1038	1048	1058	1108	1118	1129	1139	1149	1159	1209	1219	1229	1240	1250	1300	1311	1321	1331
Upton Park The Boleyn (Barking Road)	1041	1051	1101	1111	1121	1132	1142	1152	1202	1213	1223	1233	1244	1254	1303	1314	1324	1334
East Ham Newham Town Hall	1047	1057	1107	1117	1127	1138	1148	1158	1210	1221	1231	1241	1252	1302	1311	1322	1332	1343
East Ham White Horse	1049	1059	1109	1119	1129	1140	1150	1200	1212	1223	1233	1243	1254	1304	1313	1324	1334	1345
Aldgate Station Bus Station	1303		1413	1423	1433	1443	1453	1503	1513	1523	1533	1543	1553		1743	1753		
Limehouse Station	1315		1425	1435	1445	1455	1505	1515	1525	1535	1545	1555	1605		1755	1805		
Limehouse Commercial Road	1318	Then	1428	1438	1448	1458	1508	1518	1528	1538	1548	1558	1608	Then	1758	1808		
Poplar All Saints (DLR) Station	1322	every 10	1432	1442	1452	1502	1512	1522	1532	1542	1552	1602	1612	every 10	1802	1812		
Canning Town Bus Station	1331	minutes	1441	1451	1501	1511	1521	1531	1541	1551	1601	1611	1621	minutes	1811	1821		
Plaistow Greengate	1342	until	1452	1502	1512	1522	1532	1542	1552	1602	1612	1622	1631	until	1821	1831		
Upton Park The Boleyn (Barking Road)	1345		1455	1505	1515	1525	1535	1545	1555	1605	1615	1625	1634		1824	1834		
East Ham Newham Town Hall	1354		1504	1513	1523	1533	1543	1552	1602	1612	1622	1632	1641		1831	1841		
East Ham White Horse	1356		1506	1515	1525	1535	1545	1554	1604	1614	1624	1634	1643		1833	1843		
Aldgate Station Bus Station	1804		1904	1916	1928	1940	1952	2004	2017	2029	2041	2053	2106		2218	2230		
Limehouse Station	1815		1915	1927	1939	1951	2003	2015	2027	2039	2051	2103	2116		2228	2240		
Limehouse Commercial Road	1818	Then	1918	1930	1942	1954	2006	2018	2030	2042	2054	2106	2118	Then	2230	2242		
Poplar All Saints (DLR) Station	1822	every 10	1922	1934	1946	1958	2010	2022	2034	2046	2058	2110	2122	every 12	2234	2246		
Canning Town Bus Station	1831	minutes	1931	1943	1955	2007	2019	2030	2042	2053	2105	2116	2128	minutes	2240	2252		
Plaistow Greengate	1841	until	1941	1953	2005	2017	2029	2040	2052	2102	2113	2124	2136	until	2248	2300		
Upton Park The Boleyn (Barking Road)	1844		1944	1956	2008	2020	2032	2043	2055	2104	2115	2126	2138		2250	2302		
East Ham Newham Town Hall	1850		1950	2002	2014	2025	2037	2048	2100	2109	2120	2131	2143		2255	2306		
East Ham White Horse	1852		1952	2004	2016	2027	2039	2050	2102	2111	2122	2133	2145		2257	2308		
Aldgate Station Bus Station	2242	2254	2307					0055										
Limehouse Station	2252	2304	2316					0104										
Limehouse Commercial Road	2254	2306	2318	Then				0106										
Poplar All Saints (DLR) Station	2258	2310	2322	every 12				0110										
Canning Town Bus Station	2304	2316	2328	minutes				0116										
Plaistow Greengate	2311	2323	2335	until				0123										
Upton Park The Boleyn (Barking Road)	2313	2325	2337					0125										
East Ham Newham Town Hall	2317	2329	2341					0129										
East Ham White Horse	2319	2331	2343					0131										