

115		Saturdays (also Good Friday)																					
East Ham White Horse	0445	0457	0509	0521	0533	0545	0555	0605	0615	0625	0635	Then every 10 minutes until	0735	0745	0755	0805	0815	Then every 8 minutes until	1053	1101	1109	1117	1125
East Ham Newham Town Hall	0446	0458	0510	0522	0534	0546	0556	0606	0616	0626	0636		0736	0746	0756	0806	0816		1054	1102	1110	1118	1126
Upton Park The Boleyn (Barking Road)	0451	0503	0515	0527	0539	0551	0601	0611	0621	0631	0641		1100	1108	1116	1125	1133		1104	1112	1120	1129	1137
Plaistow Greengate	0454	0506	0518	0530	0542	0554	0604	0614	0624	0634	0644		1114	1122	1130	1139	1147		1121	1129	1137	1146	1154
Canning Town Bus Station	0500	0512	0524	0536	0548	0601	0611	0621	0632	0642	0652		1125	1133	1141	1150	1158		1122	1133	1141	1150	1158
Poplar All Saints (DLR) Station	0505	0517	0529	0541	0554	0607	0617	0627	0638	0648	0658		1129	1138	1146	1155	1203		1129	1138	1146	1155	1203
Limehouse East India Dock Road	0508	0520	0532	0544	0557	0610	0620	0630	0641	0651	0701		1141	1150	1158	1207	1215		1141	1150	1158	1207	1215
Limehouse Station	0511	0523	0535	0547	0600	0613	0623	0633	0644	0654	0705												
Aldgate Station Aldgate High Street	0519	0531	0543	0555	0608	0621	0631	0642	0653	0703	0715												
East Ham White Horse	0825	0835	0845	0855	0903	0911	0918	0926	0934	0942	0949	Then every 8 minutes until	1053	1101	1109	1117	1125	Then every 10 minutes until	1741	1749	1757	1805	1915
East Ham Newham Town Hall	0826	0836	0846	0856	0904	0912	0919	0927	0935	0943	0950		1054	1102	1110	1118	1126		1743	1751	1759	1807	1917
Upton Park The Boleyn (Barking Road)	0831	0841	0851	0901	0909	0917	0925	0933	0941	0949	0956		1100	1108	1116	1125	1133		1751	1758	1806	1814	1924
Plaistow Greengate	0835	0845	0855	0905	0913	0921	0929	0937	0945	0953	1000		1104	1112	1120	1129	1137		1756	1803	1811	1819	1929
Canning Town Bus Station	0843	0854	0904	0914	0922	0930	0938	0946	0954	1002	1010		1114	1122	1130	1139	1147		1807	1814	1822	1830	1940
Poplar All Saints (DLR) Station	0850	0901	0911	0921	0929	0937	0945	0953	1001	1009	1017		1121	1129	1137	1146	1154		1815	1822	1830	1837	1947
Limehouse East India Dock Road	0854	0905	0915	0925	0933	0941	0949	0957	1005	1013	1021		1125	1133	1141	1150	1158		1819	1826	1834	1841	1951
Limehouse Station	0858	0909	0919	0929	0937	0945	0953	1001	1009	1017	1025	1129	1138	1146	1155	1203	1824	1831	1839	1846	1956		
Aldgate Station Aldgate High Street	0908	0919	0930	0940	0949	0957	1005	1013	1021	1029	1037	1141	1150	1158	1207	1215	1836	1843	1851	1858	2008		
East Ham White Horse	1133	1141	1149	1157	1205	1213	1221	1229	1237	1245		Then every 8 mins. until	1741	1749	1757	1805		Then every 10 minutes until	1915				
East Ham Newham Town Hall	1134	1142	1150	1158	1207	1215	1223	1231	1239	1247			1743	1751	1759	1807			1917				
Upton Park The Boleyn (Barking Road)	1141	1149	1157	1205	1214	1222	1230	1238	1246	1255			1751	1758	1806	1814			1924				
Plaistow Greengate	1145	1153	1201	1209	1218	1227	1235	1243	1251	1300			1756	1803	1811	1819			1929				
Canning Town Bus Station	1155	1203	1211	1219	1228	1237	1246	1254	1302	1311			1807	1814	1822	1830			1940				
Poplar All Saints (DLR) Station	1202	1210	1218	1226	1235	1244	1254	1302	1310	1319			1815	1822	1830	1837			1947				
Limehouse East India Dock Road	1206	1214	1222	1230	1239	1248	1258	1306	1314	1323			1819	1826	1834	1841			1951				
Limehouse Station	1211	1219	1227	1235	1244	1253	1303	1311	1319	1328		1824	1831	1839	1846		1956						
Aldgate Station Aldgate High Street	1223	1231	1239	1247	1256	1305	1315	1323	1331	1340		1836	1843	1851	1858		2008						
East Ham White Horse	1925	1937	1949	2001	2013	2025	2037	2049	2101	2113	2125	2137	2149	2201	2213	2225	2237	2249					
East Ham Newham Town Hall	1927	1939	1951	2003	2015	2027	2039	2051	2103	2115	2127	2138	2150	2202	2214	2226	2238	2250					
Upton Park The Boleyn (Barking Road)	1934	1946	1958	2010	2021	2033	2045	2057	2109	2121	2133	2144	2156	2207	2219	2231	2243	2255					
Plaistow Greengate	1939	1951	2003	2015	2026	2037	2049	2101	2113	2125	2137	2148	2200	2211	2222	2234	2246	2258					
Canning Town Bus Station	1949	2001	2013	2025	2036	2047	2059	2110	2122	2134	2145	2156	2208	2219	2230	2242	2254	2306					
Poplar All Saints (DLR) Station	1956	2008	2020	2032	2043	2054	2106	2116	2128	2140	2151	2202	2214	2225	2236	2248	2300	2312					
Limehouse East India Dock Road	2000	2012	2024	2036	2047	2058	2109	2119	2131	2143	2154	2205	2217	2228	2239	2251	2303	2315					
Limehouse Station	2005	2017	2029	2041	2052	2103	2114	2124	2136	2148	2159	2209	2221	2232	2243	2255	2307	2319					
Aldgate Station Aldgate High Street	2017	2029	2041	2053	2103	2114	2125	2135	2147	2159	2210	2220	2232	2242	2253	2305	2317	2329					
East Ham White Horse	2301	2313	2325	2337	2349	0001	0013	0025															
East Ham Newham Town Hall	2302	2314	2326	2338	2350	0002	0014	0026															
Upton Park The Boleyn (Barking Road)	2307	2319	2331	2342	2354	0006	0018	0030															
Plaistow Greengate	2310	2322	2334	2345	2357	0009	0021	0033															
Canning Town Bus Station	2317	2329	2341	2352	0004	0016	0028	0040															
Poplar All Saints (DLR) Station	2323	2335	2347	2358	0010	0022	0034	0046															
Limehouse East India Dock Road	2326	2338	2350	0001	0013	0025	0037	0049															
Limehouse Station	2330	2342	2354	0005	0017	0029	0041	0053															
Aldgate Station Aldgate High Street	2340	2352	0004	0014	0026	0038	0050	0102															

115	Sundays and other Public Holidays (except Christmas Day)																
East Ham White Horse	0445	0457	0509	0521	0533	0545	0557	0609	0621	0633	0645	Then every 12 minutes until	0757	0809	0821	0833	0845
East Ham Newham Town Hall	0446	0458	0510	0522	0534	0546	0558	0610	0622	0634	0646		0758	0810	0822	0834	0846
Upton Park The Boleyn (Barking Road)	0451	0503	0515	0527	0539	0551	0603	0615	0627	0639	0651		0803	0815	0827	0839	0851
Plaistow Greengate	0454	0506	0518	0530	0542	0554	0606	0618	0630	0642	0654		0806	0818	0830	0842	0854
Canning Town Bus Station	0500	0512	0524	0536	0548	0601	0614	0626	0638	0650	0702		0814	0826	0838	0850	0902
Poplar All Saints (DLR) Station	0505	0517	0529	0541	0553	0606	0619	0631	0643	0655	0708		0820	0832	0844	0856	0908
Limehouse East India Dock Road	0508	0520	0532	0544	0556	0609	0622	0634	0646	0658	0711		0823	0835	0847	0859	0911
Limehouse Station	0511	0523	0535	0547	0559	0612	0625	0637	0649	0701	0714	0826	0838	0850	0902	0915	
Aldgate Station Aldgate High Street	0519	0531	0543	0555	0607	0620	0633	0645	0657	0710	0723	0835	0848	0900	0912	0926	
East Ham White Horse	0857	0909	0919	0929	0939	0948	0958	Then every 10 minutes until	1108	1118	1128	1138	1148	1158	1208	1218	1228
East Ham Newham Town Hall	0858	0910	0920	0930	0940	0949	0959		1109	1119	1129	1139	1149	1159	1210	1220	1230
Upton Park The Boleyn (Barking Road)	0903	0915	0925	0935	0945	0955	1005		1115	1125	1135	1145	1155	1205	1216	1226	1237
Plaistow Greengate	0906	0918	0928	0938	0949	0959	1009		1119	1129	1139	1149	1159	1209	1220	1230	1241
Canning Town Bus Station	0915	0927	0937	0947	0958	1008	1018		1128	1139	1149	1159	1209	1219	1230	1240	1251
Poplar All Saints (DLR) Station	0921	0933	0943	0953	1005	1015	1025		1135	1146	1156	1206	1216	1227	1238	1248	1259
Limehouse East India Dock Road	0924	0937	0947	0957	1009	1019	1029		1139	1150	1200	1210	1220	1231	1242	1252	1303
Limehouse Station	0928	0941	0951	1001	1013	1023	1033	1143	1154	1205	1215	1225	1236	1247	1257	1308	
Aldgate Station Aldgate High Street	0939	0952	1002	1012	1024	1034	1045	1155	1206	1218	1228	1238	1249	1300	1310	1321	
East Ham White Horse	1238	1248	1258	1308	1318	1328	Then every 10 minutes until	1428	1438	Then every 10 minutes until	1808	1820	1833	1846	1858	1910	
East Ham Newham Town Hall	1240	1250	1300	1310	1320	1330		1430	1440		1810	1822	1834	1847	1859	1911	
Upton Park The Boleyn (Barking Road)	1247	1257	1307	1317	1327	1337		1437	1447		1817	1829	1841	1853	1905	1917	
Plaistow Greengate	1251	1301	1311	1321	1331	1342		1442	1452		1822	1834	1846	1858	1910	1922	
Canning Town Bus Station	1301	1311	1321	1331	1341	1352		1452	1502		1832	1844	1855	1907	1919	1931	
Poplar All Saints (DLR) Station	1309	1319	1329	1339	1349	1400		1500	1510		1840	1852	1903	1915	1926	1938	
Limehouse East India Dock Road	1313	1323	1333	1343	1353	1404		1504	1514		1844	1856	1907	1919	1930	1942	
Limehouse Station	1318	1328	1338	1348	1358	1409	1509	1519	1849	1901	1912	1924	1934	1946			
Aldgate Station Aldgate High Street	1331	1341	1351	1401	1411	1422	1522	1531	1901	1913	1924	1936	1946	1957			
East Ham White Horse	1922	1934	1946	1958	2010	2022	2035	2048	2101	2113	2125	2137	2149	2201	Then every 12 minutes until	2313	2325
East Ham Newham Town Hall	1923	1935	1947	1959	2011	2023	2036	2049	2102	2114	2126	2138	2150	2202		2314	2326
Upton Park The Boleyn (Barking Road)	1929	1941	1953	2005	2017	2029	2041	2054	2107	2119	2131	2143	2155	2207		2319	2331
Plaistow Greengate	1934	1946	1958	2009	2021	2033	2045	2057	2110	2122	2134	2146	2158	2210		2322	2334
Canning Town Bus Station	1943	1955	2007	2018	2030	2042	2054	2106	2118	2130	2142	2154	2206	2217		2329	2340
Poplar All Saints (DLR) Station	1950	2002	2014	2025	2037	2049	2101	2113	2125	2137	2148	2200	2212	2223		2335	2346
Limehouse East India Dock Road	1954	2006	2018	2029	2041	2053	2105	2117	2128	2140	2151	2203	2215	2226		2338	2349
Limehouse Station	1958	2010	2022	2033	2045	2057	2109	2121	2132	2144	2155	2207	2219	2230	2342	2352	
Aldgate Station Aldgate High Street	2009	2021	2033	2044	2055	2107	2119	2131	2141	2153	2204	2216	2228	2239	2351	0000	
East Ham White Horse	2337	2349	0001	0013	0025												
East Ham Newham Town Hall	2338	2350	0002	0014	0026												
Upton Park The Boleyn (Barking Road)	2343	2355	0007	0019	0031												
Plaistow Greengate	2346	2358	0010	0022	0034												
Canning Town Bus Station	2352	0004	0016	0028	0040												
Poplar All Saints (DLR) Station	2358	0010	0022	0034	0046												
Limehouse East India Dock Road	0001	0013	0025	0037	0049												
Limehouse Station	0004	0016	0028	0040	0052												
Aldgate Station Aldgate High Street	0012	0024	0036	0048	0100												

115		Sundays and other Public Holidays (except Christmas Day)																
Aldgate Station Bus Station	0530	0542	0554	0606	0618	Then every 12 minutes until	0718	0730	0742	0754	0806	0818	0830	0842	0854	0906	0918	
Limehouse Station	0538	0550	0602	0614	0626		0726	0738	0750	0802	0814	0827	0839	0851	0903	0915	0928	
Limehouse Commercial Road	0540	0552	0604	0616	0628		0728	0740	0752	0804	0816	0829	0841	0853	0905	0917	0930	
Poplar All Saints (DLR) Station	0543	0555	0607	0619	0631		0731	0743	0755	0807	0819	0832	0844	0856	0908	0920	0933	
Canning Town Bus Station	0549	0601	0613	0625	0638		0738	0750	0802	0815	0827	0840	0852	0904	0916	0928	0941	
Plaistow Greengate	0556	0608	0620	0632	0645		0745	0758	0810	0823	0835	0848	0900	0912	0924	0936	0950	
Upton Park The Boleyn (Barking Road)	0558	0610	0622	0634	0647		0747	0800	0812	0825	0837	0850	0902	0914	0926	0938	0952	
East Ham Newham Town Hall	0602	0614	0626	0639	0652	0752	0805	0817	0830	0842	0855	0907	0919	0931	0943	0958		
East Ham White Horse	0603	0615	0627	0640	0653	0753	0806	0818	0831	0843	0856	0908	0920	0932	0944	0959		
Aldgate Station Bus Station	0930	0938	Then every 10 minutes until	1028	1037	1047	1057	1107	1117	1127	1137	1147	1157	1207	1217	1227	1237	
Limehouse Station	0940	0948		1038	1048	1058	1108	1118	1128	1138	1148	1159	1209	1219	1229	1239	1249	
Limehouse Commercial Road	0942	0951		1041	1051	1101	1111	1121	1131	1141	1151	1202	1212	1222	1232	1242	1252	
Poplar All Saints (DLR) Station	0945	0955		1045	1055	1105	1115	1125	1135	1145	1155	1206	1216	1226	1236	1246	1256	
Canning Town Bus Station	0953	1003		1053	1103	1113	1123	1133	1143	1154	1204	1215	1225	1235	1245	1255	1305	
Plaistow Greengate	1002	1012		1102	1112	1122	1132	1143	1153	1204	1215	1226	1236	1246	1256	1306	1317	
Upton Park The Boleyn (Barking Road)	1005	1015		1105	1115	1125	1135	1146	1156	1207	1218	1229	1239	1249	1259	1309	1320	
East Ham Newham Town Hall	1011	1021	1111	1122	1132	1143	1154	1204	1215	1226	1237	1247	1257	1308	1318	1329		
East Ham White Horse	1012	1022	1112	1123	1133	1144	1155	1205	1216	1227	1238	1248	1258	1309	1319	1330		
Aldgate Station Bus Station	1247	Then every 10 minutes until	1337	1347	Then every 10 minutes until	1727	1737	1747	1757	1807	1817	1827	1837	1847	1857	1907		
Limehouse Station	1259		1349	1359		1739	1749	1759	1809	1819	1830	1840	1850	1900	1910	1920		
Limehouse Commercial Road	1302		1352	1402		1742	1752	1802	1812	1822	1833	1843	1853	1903	1913	1923		
Poplar All Saints (DLR) Station	1307		1357	1407		1747	1757	1807	1817	1827	1838	1848	1858	1908	1918	1928		
Canning Town Bus Station	1316		1406	1417		1757	1807	1817	1826	1836	1847	1857	1907	1917	1927	1937		
Plaistow Greengate	1328		1418	1429		1809	1819	1828	1837	1847	1858	1908	1917	1927	1937	1947		
Upton Park The Boleyn (Barking Road)	1331		1421	1432		1812	1822	1831	1840	1850	1901	1911	1920	1930	1940	1950		
East Ham Newham Town Hall	1340	1430	1441	1821	1830	1839	1848	1858	1909	1919	1928	1938	1948	1958				
East Ham White Horse	1341	1431	1442	1822	1831	1840	1849	1859	1910	1920	1929	1939	1949	1959				
Aldgate Station Bus Station	1919	1931	1943	1955	2007	2019	2031	2043	2055	2107	2119	2131	2143	2155	2207	2219	2231	2243
Limehouse Station	1932	1943	1955	2007	2019	2030	2042	2054	2106	2118	2130	2141	2153	2205	2217	2229	2240	2252
Limehouse Commercial Road	1935	1946	1958	2010	2022	2033	2045	2057	2109	2121	2133	2144	2156	2208	2220	2232	2243	2255
Poplar All Saints (DLR) Station	1940	1950	2002	2014	2026	2037	2049	2101	2113	2125	2137	2148	2200	2212	2224	2236	2247	2259
Canning Town Bus Station	1949	1959	2010	2022	2034	2045	2057	2109	2121	2133	2145	2156	2208	2220	2232	2244	2255	2307
Plaistow Greengate	1959	2009	2020	2032	2043	2054	2106	2118	2130	2142	2154	2205	2216	2228	2240	2252	2303	2315
Upton Park The Boleyn (Barking Road)	2002	2012	2023	2035	2046	2057	2109	2121	2133	2145	2157	2207	2218	2230	2242	2254	2305	2317
East Ham Newham Town Hall	2010	2020	2031	2043	2054	2105	2116	2128	2140	2152	2204	2212	2223	2235	2247	2259	2310	2322
East Ham White Horse	2011	2021	2032	2044	2055	2106	2117	2129	2141	2153	2205	2213	2224	2236	2248	2300	2311	2323
Aldgate Station Bus Station	2255	2307	2319	2331	2343	2355	Then every 12 minutes until	0055										
Limehouse Station	2304	2316	2328	2340	2352	0004		0104										
Limehouse Commercial Road	2307	2319	2331	2342	2354	0006		0106										
Poplar All Saints (DLR) Station	2311	2323	2335	2346	2358	0009		0109										
Canning Town Bus Station	2318	2330	2342	2353	0005	0016		0116										
Plaistow Greengate	2326	2338	2350	0001	0012	0023		0123										
Upton Park The Boleyn (Barking Road)	2328	2340	2352	0003	0014	0025		0125										
East Ham Newham Town Hall	2333	2345	2357	0008	0019	0030	0130											
East Ham White Horse	2334	2346	2358	0009	0020	0031	0131											