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East Ham – Poplar – Aldgate

115		Mondays to Fridays																
East Ham White Horse	0445		0555	0603	0611	0617	0624	0630	0637	0643	0649	0656	0701	0706	0711	0715	0719	
East Ham Newham Town Hall	0447		0557	0605	0613	0619	0626	0632	0639	0645	0651	0658	0703	0708	0713	0717	0721	
Upton Park The Boleyn (Barking Road)	0451	Then	0601	0609	0617	0623	0630	0637	0644	0650	0656	0703	0708	0713	0718	0722	0726	
Plaistow Greengate	0453	every 10	0603	0611	0619	0625	0632	0640	0647	0653	0659	0706	0711	0716	0721	0725	0729	
Canning Town Bus Station	0500	minutes	0610	0618	0626	0632	0640	0648	0655	0701	0707	0714	0719	0724	0729	0733	0737	
Poplar All Saints (DLR) Station	0505	until	0615	0623	0631	0639	0647	0655	0702	0708	0714	0721	0727	0732	0737	0741	0745	
Limehouse East India Dock Road	0508		0618	0626	0634	0642	0650	0658	0706	0712	0718	0725	0731	0736	0741	0745	0752	
Limehouse Station	0511		0621	0629	0637	0645	0653	0701	0709	0715	0721	0728	0734	0739	0744	0749	0756	
Aldgate Station Aldgate High Street	0517		0627	0635	0645	0653	0701	0709	0717	0723	0729	0736	0742	0748	0754	0800	0807	
East Ham White Horse	0725	0731	0737	0743	0749	0755	0802	0808	0815	0822	0828	0835	0842	0848	0855	0901	0908	0915
East Ham Newham Town Hall	0727	0733	0739	0745	0752	0758	0805	0811	0818	0825	0831	0838	0845	0851	0858	0904	0911	0918
Upton Park The Boleyn (Barking Road)	0733	0739	0745	0752	0759	0805	0812	0818	0825	0832	0838	0845	0852	0858	0905	0911	0918	0925
Plaistow Greengate	0736	0742	0749	0756	0803	0809	0816	0822	0829	0836	0842	0849	0856	0902	0909	0915	0922	0929
Canning Town Bus Station	0744	0750	0757	0804	0811	0817	0824	0830	0837	0844	0850	0857	0904	0910	0917	0923	0930	0937
Poplar All Saints (DLR) Station	0752	0758	0805	0812	0819	0825	0832	0838	0845	0852	0858	0905	0912	0918	0925	0931	0938	0945
Limehouse East India Dock Road	0759	0805	0812	0819	0826	0832	0839	0845	0852	0859	0905	0912	0919	0925	0932	0938	0945	0952
Limehouse Station	0803	0809	0816	0823	0830	0836	0843	0849	0856	0903	0909	0916	0923	0929	0936	0942	0949	0956
Aldgate Station Aldgate High Street	0814	0820	0827	0834	0841	0847	0854	0900	0907	0914	0920	0927	0934	0940	0947	0953	1000	1007
East Ham White Horse	0922	0929	0937	0945	0952	1000			1328		1403	1410	1417	1424	1431		1513	
East Ham Newham Town Hall	0925	0932	0940	0948	0955	1003			1331		1406	1413	1420	1427	1434		1516	
Upton Park The Boleyn (Barking Road)	0932	0939	0947	0955	1002	1009	Then		1337	Then	1412	1419	1426	1433	1441	Then	1523	
Plaistow Greengate	0936	0943	0951	0959	1007	1014	every 8		1342	every 7	1417	1424	1431	1438	1446	every	1528	
Canning Town Bus Station	0944	0951	0959	1007	1016	1023	minutes		1351	minutes	1426	1433	1440	1447	1455	7	1537	
Poplar All Saints (DLR) Station	0952	0959	1007	1013	1022	1029	until		1357	until	1432	1440	1447	1454	1502	mins.	1544	
Limehouse East India Dock Road	0959	1006	1013	1019	1026	1033			1401		1436	1444	1451	1458	1506	until	1548	
Limehouse Station	1003	1010	1017	1023	1030	1037			1405		1440	1448	1455	1502	1510		1552	
Aldgate Station Aldgate High Street	1013	1020	1027	1033	1040	1047			1415		1450	1458	1505	1512	1520		1602	
East Ham White Horse	1519	1525	1531	1537	1544	1551	1558	1605	1612	1619	1626	1633	1640	1646	1653	1700	1706	1713
East Ham Newham Town Hall	1522	1528	1534	1540	1547	1554	1601	1608	1615	1622	1629	1636	1643	1649	1656	1703	1709	1716
Upton Park The Boleyn (Barking Road)	1529	1535	1541	1547	1554	1601	1608	1615	1622	1629	1635	1642	1649	1655	1702	1709	1715	1722
Plaistow Greengate	1534	1540	1546	1552	1559	1606	1613	1620	1627	1634	1640	1647	1654	1700	1707	1714	1720	1727
Canning Town Bus Station	1543	1549	1555	1601	1608	1615	1622	1628	1635	1642	1648	1655	1702	1708	1715	1722	1728	1735
Poplar All Saints (DLR) Station	1550	1556	1602	1608	1615	1622	1629	1635	1642	1649	1655	1702	1709	1715	1722	1729	1735	1742
Limehouse East India Dock Road	1554	1600	1606	1612	1619	1626	1633	1639	1646	1653	1659	1706	1713	1719	1726	1733	1739	1746
Limehouse Station	1558	1604	1610	1616	1622	1629	1636	1642	1649	1656	1702	1709	1716	1722	1729	1736	1742	1749
Aldgate Station Aldgate High Street	1608	1614	1620	1626	1632	1639	1646	1652	1659	1706	1712	1719	1726	1732	1739	1746	1752	1759
East Ham White Horse	1720	1726	1733	1740	1746	1753	1800	1806			1841	1849	1857	1907	1917	1927	1937	1949
East Ham Newham Town Hall	1723	1729	1736	1743	1749	1756	1803	1809			1844	1852	1900	1910	1920	1930	1940	1951
Upton Park The Boleyn (Barking Road)	1729	1735	1742	1749	1755	1802	1809	1815	Then		1850	1858	1906	1916	1926	1936	1945	1956
Plaistow Greengate	1734	1740	1747	1754	1800	1807	1814	1820	every 7		1855	1903	1911	1921	1931	1941	1950	2000
Canning Town Bus Station	1742	1748	1755	1802	1808	1815	1822	1828	minutes		1903	1911	1919	1929	1939	1949	1958	2008
Poplar All Saints (DLR) Station	1749	1755	1802	1809	1815	1822	1829	1835	until		1910	1918	1926	1936	1946	1956	2005	2015
Limehouse East India Dock Road	1753	1759	1806	1813	1819	1826	1833	1839			1914	1922	1930	1940	1950	2000	2009	2019
Limehouse Station	1756	1802	1809	1816	1822	1829	1836	1842			1917	1925	1933	1943	1953	2003	2012	2022
Aldgate Station Aldgate High Street	1806	1812	1819	1826	1832	1839	1846	1852			1927	1935	1943	1953	2002	2012	2021	2031
East Ham White Horse	2001	2013	2025	2037	2049	2101			2249	2301			0025					
East Ham Newham Town Hall	2003	2015	2027	2039	2051	2103			2251	2303			0027					
Upton Park The Boleyn (Barking Road)	2008	2020	2032	2044	2056	2108	Then		2256	2307	Then		0031					
Plaistow Greengate	2012	2024	2036	2048	2100	2111	every 12		2259	2309	every 12		0033					
Canning Town Bus Station	2020	2032	2044	2056	2107	2118	minutes		2306	2316	minutes		0040					
Poplar All Saints (DLR) Station	2027	2039	2051	2103	2113	2123	until		2311	2321	until		0045					
Limehouse East India Dock Road	2031	2043	2055	2107	2117	2127			2315	2325			0049					
Limehouse Station	2034	2046	2058	2110	2120	2130			2318	2328			0052					
Aldgate Station Aldgate High Street	2043	2055	2107	2115	2125	2137			2325	2335			0059					

115 Saturdays (also Good Friday)																	
East Ham White Horse	0445		0655	0705	0715	0725	0735		0845	0855	0903	0911	0919	0927	0935	0943	
East Ham Newham Town Hall	0447		0657	0707	0717	0727	0737		0847	0857	0905	0913	0921	0929	0937	0945	
Upton Park The Boleyn (Barking Road)	0451	Then	0701	0711	0721	0731	0741	Then	0851	0901	0909	0917	0925	0933	0941	0949	
Plaistow Greengate	0453	every 10	0703	0713	0723	0734	0745	every 10	0855	0905	0913	0921	0929	0937	0945	0953	
Canning Town Bus Station	0459	minutes	0709	0719	0730	0742	0753	minutes	0903	0913	0921	0929	0937	0945	0953	1001	
Poplar All Saints (DLR) Station	0504	until	0714	0725	0736	0748	0759	until	0909	0920	0928	0936	0944	0952	1000	1008	
Limehouse East India Dock Road	0507		0717	0728	0740	0752	0803		0913	0924	0932	0940	0948	0956	1004	1012	
Limehouse Station	0510		0720	0731	0743	0755	0806		0916	0927	0935	0943	0951	0959	1007	1015	
Aldgate Station Aldgate High Street	0516		0726	0738	0750	0802	0813		0923	0934	0942	0950	1001	1010	1021	1029	
East Ham White Horse	0951	0958	1005		1805	1815	1825	1835	1845	1855	1905	1915	1925	1937	1949	2001	2013
East Ham Newham Town Hall	0953	1000	1008		1808	1818	1828	1838	1848	1858	1908	1918	1928	1939	1951	2003	2015
Upton Park The Boleyn (Barking Road)	0957	1005	1013	Then	1813	1823	1833	1843	1853	1903	1913	1923	1933	1944	1956	2008	2020
Plaistow Greengate	1001	1009	1017	every 8	1817	1827	1837	1847	1857	1907	1917	1927	1937	1948	2000	2012	2024
Canning Town Bus Station	1009	1017	1025	minutes	1825	1835	1845	1855	1905	1915	1925	1935	1945	1956	2008	2020	2032
Poplar All Saints (DLR) Station	1016	1024	1032	until	1832	1842	1852	1902	1912	1922	1932	1942	1952	2003	2015	2027	2039
Limehouse East India Dock Road	1020	1028	1036		1836	1846	1856	1906	1916	1926	1936	1946	1956	2007	2019	2031	2043
Limehouse Station	1023	1031	1039		1839	1849	1859	1909	1919	1929	1939	1949	1959	2010	2022	2034	2046
Aldgate Station Aldgate High Street	1037	1045	1053		1853	1903	1913	1920	1929	1939	1949	1958	2008	2019	2031	2043	2055
East Ham White Horse	2025	2037	2049	2101		2237	2249	2301						0025			
East Ham Newham Town Hall	2027	2039	2051	2103		2239	2251	2303						0027			
Upton Park The Boleyn (Barking Road)	2032	2044	2056	2108	Then	2244	2256	2307	Then					0031			
Plaistow Greengate	2036	2048	2100	2111	every 12	2247	2259	2309	every 12					0033			
Canning Town Bus Station	2044	2056	2107	2118	minutes	2254	2306	2316	minutes					0040			
Poplar All Saints (DLR) Station	2051	2103	2113	2123	until	2259	2312	2322	until					0046			
Limehouse East India Dock Road	2055	2107	2117	2127		2303	2315	2325						0049			
Limehouse Station	2058	2110	2120	2130		2306	2318	2328						0052			
Aldgate Station Aldgate High Street	2107	2117	2125	2137		2313	2325	2335						0059			
115 Sundays and other Public Holidays (except Christmas Day)																	
East Ham White Horse	0445		0733	0744	0755	0806			0906	0916	0926	0936	0944	0953	1001		1051
East Ham Newham Town Hall	0447		0735	0746	0757	0808			0908	0918	0928	0938	0946	0955	1003		1053
Upton Park The Boleyn (Barking Road)	0451	Then	0739	0750	0801	0812		Then	0912	0922	0932	0942	0950	0959	1008	Then	1058
Plaistow Greengate	0453	every 12	0741	0752	0803	0815		every 12	0915	0925	0935	0945	0953	1002	1012	every	1102
Canning Town Bus Station	0459	minutes	0747	0759	0811	0823		minutes	0923	0933	0943	0953	1001	1010	1020	10	1110
Poplar All Saints (DLR) Station	0504	until	0752	0804	0816	0828		until	0928	0938	0948	0958	1007	1017	1027	mins.	1117
Limehouse East India Dock Road	0507		0755	0807	0819	0831			0931	0941	0951	1001	1011	1021	1031	until	1121
Limehouse Station	0510		0758	0810	0822	0834			0934	0944	0954	1004	1014	1024	1034		1124
Aldgate Station Aldgate High Street	0516		0804	0817	0829	0841			0941	0952	1003	1013	1023	1033	1043		1133
East Ham White Horse	1101		1511	1521			1801			2025	2037	2049	2101			2249	2301
East Ham Newham Town Hall	1103		1513	1523			1803			2027	2039	2051	2103			2251	2303
Upton Park The Boleyn (Barking Road)	1108	Then	1518	1528	Then		1808	Then		2032	2044	2056	2108	Then		2256	2307
Plaistow Greengate	1112	every 10	1522	1532	every 10		1812	every 12		2036	2048	2100	2111	every 12		2259	2309
Canning Town Bus Station	1120	minutes	1530	1540	minutes		1820	minutes		2044	2056	2107	2118	minutes		2306	2316
Poplar All Saints (DLR) Station	1127	until	1537	1547	until		1827	until		2051	2103	2113	2123	until		2311	2321
Limehouse East India Dock Road	1131		1541	1551			1831			2055	2107	2117	2127			2315	2325
Limehouse Station	1134		1544	1554			1834			2058	2110	2120	2130			2318	2328
Aldgate Station Aldgate High Street	1144		1554	1603			1843			2107	2117	2127	2137			2325	2335
East Ham White Horse	2313		0025														
East Ham Newham Town Hall	2315		0027														
Upton Park The Boleyn (Barking Road)	2319	Then	0031														
Plaistow Greengate	2321	every 12	0033														
Canning Town Bus Station	2328	minutes	0040														
Poplar All Saints (DLR) Station	2333	until	0045														
Limehouse East India Dock Road	2337		0049														
Limehouse Station	2340		0052														
Aldgate Station Aldgate High Street	2347		0059														

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Aldgate – Poplar – East Ham

115		Mondays to Fridays																		
Aldgate Station Bus Station	0529	0539	0549	0559	0609	0619	0629	0637	0645	0653	0701	0709	0716	0724	0731	0737	0743	0749		
Limehouse Station	0536	0546	0556	0606	0616	0626	0636	0644	0652	0700	0710	0718	0726	0734	0741	0747	0753	0759		
Limehouse Commercial Road	0539	0549	0559	0609	0619	0629	0639	0647	0655	0703	0713	0721	0729	0737	0744	0751	0757	0803		
Poplar All Saints (DLR) Station	0542	0552	0602	0612	0622	0632	0643	0651	0659	0708	0718	0726	0734	0742	0750	0757	0803	0809		
Canning Town Bus Station	0549	0559	0609	0619	0629	0639	0650	0658	0708	0718	0728	0736	0744	0752	0800	0807	0813	0819		
Plaistow Greengate	0556	0606	0616	0626	0636	0647	0658	0706	0716	0726	0736	0745	0754	0802	0810	0817	0823	0829		
Upton Park The Boleyn (Barking Road)	0559	0609	0619	0629	0639	0650	0701	0709	0719	0729	0739	0748	0757	0805	0813	0820	0826	0832		
East Ham Newham Town Hall	0603	0613	0623	0633	0644	0655	0706	0714	0724	0734	0744	0754	0803	0811	0819	0826	0832	0838		
East Ham White Horse	0605	0615	0625	0635	0646	0657	0708	0716	0726	0736	0746	0756	0805	0813	0821	0828	0834	0840		
Aldgate Station Bus Station	0756	0802	0809	0816	0822	0829	0836	0842	0849	0856	0902	0909	0916	0922	0929	0935	0942	0950		
Limehouse Station	0806	0812	0819	0826	0832	0839	0846	0852	0859	0906	0912	0919	0926	0932	0939	0946	0954	1002		
Limehouse Commercial Road	0810	0816	0823	0830	0836	0843	0850	0856	0903	0910	0916	0923	0930	0936	0943	0950	0958	1006		
Poplar All Saints (DLR) Station	0816	0822	0829	0836	0842	0849	0856	0902	0909	0916	0922	0929	0936	0942	0949	0956	1004	1012		
Canning Town Bus Station	0826	0832	0839	0846	0852	0859	0906	0912	0919	0926	0932	0939	0946	0952	0959	1006	1013	1020		
Plaistow Greengate	0836	0842	0849	0856	0902	0909	0916	0922	0929	0936	0942	0949	0956	1002	1009	1016	1023	1030		
Upton Park The Boleyn (Barking Road)	0839	0845	0852	0859	0905	0912	0919	0925	0932	0939	0945	0952	0959	1006	1013	1020	1027	1034		
East Ham Newham Town Hall	0845	0851	0858	0905	0911	0918	0925	0931	0938	0945	0951	0958	1006	1013	1020	1027	1034	1041		
East Ham White Horse	0847	0853	0900	0907	0913	0920	0927	0933	0940	0947	0953	1000	1008	1015	1022	1029	1036	1043		
Aldgate Station Bus Station	0958	1005	Then every 8 minutes until	1325	1331	1338	1345	1352	1359	1406	1412	1418	1425	1431	Then every 7 minutes until	1527				
Limehouse Station	1010	1017		1337	1343	1350	1357	1404	1411	1418	1424	1430	1437	1444		1540				
Limehouse Commercial Road	1014	1021		1341	1347	1354	1401	1408	1415	1422	1428	1435	1442	1449		1545				
Poplar All Saints (DLR) Station	1019	1026		1346	1352	1359	1406	1413	1420	1427	1433	1440	1447	1454		1550				
Canning Town Bus Station	1027	1034		1354	1400	1407	1414	1421	1428	1435	1442	1449	1456	1503		1559				
Plaistow Greengate	1037	1044		1404	1410	1417	1424	1431	1438	1445	1452	1459	1506	1513		1609				
Upton Park The Boleyn (Barking Road)	1041	1048		1408	1414	1421	1428	1435	1442	1449	1456	1503	1510	1517		1613				
East Ham Newham Town Hall	1048	1055		1415	1422	1429	1437	1444	1451	1458	1505	1512	1519	1526		1622				
East Ham White Horse	1050	1057	1417	1424	1431	1439	1446	1453	1500	1507	1514	1521	1528	1624						
Aldgate Station Bus Station	1534	1541	1547	Then every 6-7 minutes at these minutes past the hour	54	00	07	14	20	27	34	40	47	1840	1847	1854	1900	1907	1914	1920
Limehouse Station	1547	1554	1600		07	13	20	27	33	40	47	53	00	1853	1900	1907	1913	1920	1927	1933
Limehouse Commercial Road	1552	1559	1605		12	18	25	32	38	45	52	58	05	1858	1905	1912	1918	1925	1932	1938
Poplar All Saints (DLR) Station	1557	1604	1610		17	23	30	37	43	50	57	03	10	1903	1910	1917	1923	1930	1937	1943
Canning Town Bus Station	1606	1613	1619		26	32	39	46	52	59	06	12	19	1912	1919	1926	1932	1939	1946	1952
Plaistow Greengate	1616	1623	1629		36	42	49	56	02	09	16	22	29	1922	1929	1936	1941	1947	1954	2000
Upton Park The Boleyn (Barking Road)	1620	1627	1633		40	46	53	00	06	13	20	26	33	1926	1933	1939	1944	1950	1957	2003
East Ham Newham Town Hall	1628	1634	1640		47	53	00	07	13	20	27	33	40	1933	1939	1944	1949	1955	2002	2008
East Ham White Horse	1630	1636	1642	49	55	02	09	15	22	29	35	42	1935	1941	1946	1951	1957	2004	2010	
Aldgate Station Bus Station	1927	1934	1942	1951	2001	2011	2021	2032	2044	2056	2108	Then every 12 minutes until	2256	2308	Then every 12 minutes until	0056				
Limehouse Station	1940	1946	1953	2001	2011	2021	2031	2042	2054	2106	2116		2304	2315		0103				
Limehouse Commercial Road	1944	1950	1957	2005	2015	2025	2035	2046	2058	2109	2119		2307	2318		0106				
Poplar All Saints (DLR) Station	1949	1955	2002	2010	2020	2030	2040	2051	2103	2113	2123		2311	2322		0110				
Canning Town Bus Station	1958	2004	2011	2019	2029	2039	2049	2100	2110	2119	2129		2317	2328		0116				
Plaistow Greengate	2006	2012	2019	2027	2037	2047	2057	2107	2116	2125	2135		2323	2334		0122				
Upton Park The Boleyn (Barking Road)	2009	2015	2022	2030	2040	2050	2100	2109	2118	2127	2137		2325	2336		0124				
East Ham Newham Town Hall	2014	2020	2027	2035	2045	2055	2104	2113	2122	2131	2141		2329	2340		0128				
East Ham White Horse	2016	2022	2029	2037	2047	2057	2106	2115	2124	2133	2143	2331	2342	0130						

115		Saturdays (also Good Friday)															
Aldgate Station Bus Station	0529		0659	0709	0719	0729	0738		0848	0858	0908	0918	0928	0936	0944	0952	
Limehouse Station	0535		0705	0715	0725	0736	0747		0857	0907	0917	0927	0937	0945	0953	1001	
Limehouse Commercial Road	0538	Then	0708	0718	0728	0739	0750	Then	0900	0910	0920	0930	0940	0948	0956	1004	
Poplar All Saints (DLR) Station	0541	every 10	0711	0721	0731	0743	0754	every 10	0904	0914	0924	0934	0944	0952	1001	1009	
Canning Town Bus Station	0546	minutes	0716	0726	0738	0750	0801	minutes	0911	0922	0932	0942	0952	1001	1010	1018	
Plaistow Greengate	0552	until	0722	0732	0745	0757	0808	until	0918	0929	0939	0949	0959	1009	1019	1027	
Upton Park The Boleyn (Barking Road)	0554		0724	0735	0748	0800	0811		0921	0932	0942	0952	1002	1012	1022	1030	
East Ham Newham Town Hall	0558		0728	0740	0753	0805	0816		0926	0937	0947	0957	1007	1017	1027	1035	
East Ham White Horse	0600		0730	0742	0755	0807	0818		0928	0939	0949	0959	1009	1019	1029	1037	
Aldgate Station Bus Station	0959		1903	1912	1921	1931	1941	1951	2001	2011	2021	2031	2043	2056		2256	
Limehouse Station	1009		1913	1922	1931	1940	1950	2000	2010	2020	2029	2039	2051	2104		2304	
Limehouse Commercial Road	1012	Then	1916	1925	1934	1943	1953	2003	2013	2023	2032	2042	2054	2107	Then	2307	
Poplar All Saints (DLR) Station	1017	every 8	1921	1930	1939	1948	1958	2008	2018	2028	2037	2047	2059	2111	every 12	2311	
Canning Town Bus Station	1026	minutes	1930	1939	1948	1957	2007	2017	2026	2036	2045	2055	2107	2117	minutes	2317	
Plaistow Greengate	1035	until	1939	1947	1956	2005	2015	2025	2034	2044	2053	2103	2113	2123	until	2323	
Upton Park The Boleyn (Barking Road)	1038		1942	1950	1959	2008	2018	2027	2036	2046	2055	2105	2115	2125		2325	
East Ham Newham Town Hall	1043		1947	1955	2004	2013	2022	2031	2040	2050	2059	2109	2119	2129		2329	
East Ham White Horse	1045		1949	1957	2006	2015	2024	2033	2042	2052	2101	2111	2121	2131		2331	
Aldgate Station Bus Station	2308		0056														
Limehouse Station	2315		0103														
Limehouse Commercial Road	2318	Then	0106														
Poplar All Saints (DLR) Station	2322	every 12	0110														
Canning Town Bus Station	2328	minutes	0116														
Plaistow Greengate	2334	until	0122														
Upton Park The Boleyn (Barking Road)	2336		0124														
East Ham Newham Town Hall	2340		0128														
East Ham White Horse	2342		0130														
115		Sundays and other Public Holidays (except Christmas Day)															
Aldgate Station Bus Station	0529		0717	0727	0737	0749	0759	0807	0817	0829	0841	0853	0905	0916	0926	0936	0946
Limehouse Station	0535		0723	0733	0743	0753	0803	0815	0825	0837	0849	0901	0913	0924	0935	0945	0955
Limehouse Commercial Road	0538	Then	0726	0736	0746	0756	0806	0818	0828	0840	0852	0904	0916	0927	0938	0948	0958
Poplar All Saints (DLR) Station	0541	every 12	0729	0739	0749	0759	0811	0823	0833	0845	0857	0909	0921	0932	0943	0953	1003
Canning Town Bus Station	0546	minutes	0734	0744	0756	0807	0819	0831	0841	0853	0905	0917	0929	0940	0952	1002	1012
Plaistow Greengate	0552	until	0740	0750	0802	0814	0826	0838	0848	0900	0912	0924	0936	0948	1000	1010	1020
Upton Park The Boleyn (Barking Road)	0554		0742	0752	0804	0816	0828	0840	0850	0902	0914	0926	0938	0951	1004	1014	1024
East Ham Newham Town Hall	0558		0746	0756	0808	0820	0832	0844	0854	0906	0918	0930	0942	0955	1008	1019	1029
East Ham White Horse	0600		0748	0758	0810	0822	0834	0846	0856	0908	0920	0932	0944	0957	1010	1021	1031
Aldgate Station Bus Station	0956		1716	1727			1857	1909	1921	1933	1945	1957	2008	2020	2031	2043	2056
Limehouse Station	1005		1725	1736			1906	1918	1930	1942	1954	2006	2017	2028	2039	2051	2104
Limehouse Commercial Road	1008	Then	1728	1739	Then		1909	1921	1933	1945	1957	2009	2020	2031	2042	2054	2107
Poplar All Saints (DLR) Station	1013	every 10	1733	1744	every 10		1914	1926	1938	1950	2002	2014	2025	2036	2047	2059	2111
Canning Town Bus Station	1022	minutes	1742	1753	minutes		1923	1935	1947	1959	2011	2023	2033	2044	2055	2107	2117
Plaistow Greengate	1030	until	1750	1801	until		1931	1943	1955	2007	2019	2031	2041	2052	2103	2113	2123
Upton Park The Boleyn (Barking Road)	1034		1754	1804			1934	1946	1958	2010	2021	2033	2043	2054	2105	2115	2125
East Ham Newham Town Hall	1039		1759	1809			1939	1951	2003	2015	2025	2037	2047	2058	2109	2119	2129
East Ham White Horse	1041		1801	1811			1941	1953	2005	2017	2027	2039	2049	2100	2111	2121	2131
Aldgate Station Bus Station	2108		2256	2308			0056										
Limehouse Station	2116		2304	2315			0103										
Limehouse Commercial Road	2119	Then	2307	2318	Then		0106										
Poplar All Saints (DLR) Station	2123	every 12	2311	2322	every 12		0110										
Canning Town Bus Station	2129	minutes	2317	2328	minutes		0116										
Plaistow Greengate	2135	until	2323	2334	until		0122										
Upton Park The Boleyn (Barking Road)	2137		2325	2336			0124										
East Ham Newham Town Hall	2141		2329	2340			0128										
East Ham White Horse	2143		2331	2342			0130										