

173 Mondays to Fridays																			
Little Heath King George Hospital	0515	0535	0555	0610	0625	0636	0646	0654	0704	Then about every 10 minutes until	0920	0931	0942	0953	1004	1015	1026		
Chadwell Heath Sainsbury's	0523	0543	0604	0619	0634	0645	0655	0704	0715		0933	0944	0955	1006	1017	1027	1038		
Becontree Heath Morrisons	0529	0549	0610	0626	0641	0652	0702	0714	0725		0942	0953	1004	1015	1026	1036	1047		
Dagenham Heathway Station	0536	0556	0617	0633	0648	0659	0710	0722	0733		0951	1002	1013	1024	1035	1045	1056		
Dagenham Chequers	0540	0600	0621	0638	0653	0704	0716	0728	0740		0956	1007	1018	1029	1040	1050	1101		
Lodge Ave. Flyover Junc. (West Side)	0548	0609	0631	0648	0704	0716	0728	0740	0752		1006	1016	1027	1038	1049	1059	1110		
Beckton Bus Station	0559	0620	0642	0659	0715	0728	0740	0752	0804	1018	1028	1038	1049	1100	1110	1121			
Little Heath King George Hospital	1037	Then every 11 minutes until	1154	1205	Then every 11 minutes until	1333	1344	1355	Then about every 11 minutes until	1903	1915	1927	1939	1952	2005				
Chadwell Heath Sainsbury's	1049		1206	1218		1346	1357	1408		1916	1927	1939	1951	2003	2015				
Becontree Heath Morrisons	1058		1215	1227		1355	1406	1418		1926	1936	1947	1959	2011	2023				
Dagenham Heathway Station	1107		1224	1236		1404	1415	1427		1934	1944	1954	2006	2018	2030				
Dagenham Chequers	1112		1229	1241		1409	1421	1433		1939	1949	1959	2011	2022	2034				
Lodge Ave. Flyover Junc. (West Side)	1121		1238	1250		1418	1430	1442		1947	1957	2007	2019	2030	2042				
Beckton Bus Station	1132	1249	1301	1429	1442	1454	1957	2007	2017	2028	2039	2051							
Little Heath King George Hospital	2020	2035	2050	2105	2120	2135	2150	2205	2220	2235	2250	2305	2320	2335	2350				
Chadwell Heath Sainsbury's	2030	2045	2100	2115	2130	2144	2159	2213	2228	2243	2258	2313	2328	2343	2357				
Becontree Heath Morrisons	2037	2052	2107	2122	2136	2150	2205	2219	2234	2248	2303	2318	2333	2348	0002				
Dagenham Heathway Station	2043	2058	2113	2128	2142	2156	2211	2225	2239	2253	2308	2323	2338	2353	0007				
Dagenham Chequers	2047	2102	2117	2132	2146	2200	2215	2229	2243	2257	2312	2327	2341	2356	0010				
Lodge Ave. Flyover Junc. (West Side)	2055	2110	2125	2140	2154	2207	2222	2236	2250	2304	2319	2334	2348	0002	0016				
Beckton Bus Station	2104	2119	2134	2149	2203	2216	2230	2244	2258	2312	2327	2342	2356	0010	0024				
173 Saturdays (also Good Friday)																			
Little Heath King George Hospital	0515	0535	0555	0615	0635	0655	0715	0730	0745	0800	0815	0828	Then about every 11 minutes until	1849	1902	1917	1932		
Chadwell Heath Sainsbury's	0523	0543	0603	0623	0643	0703	0723	0738	0753	0809	0824	0837		1901	1914	1929	1944		
Becontree Heath Morrisons	0529	0549	0609	0629	0649	0709	0729	0744	0800	0816	0831	0845		1910	1922	1937	1952		
Dagenham Heathway Station	0534	0554	0614	0635	0655	0715	0735	0751	0807	0823	0838	0852		1917	1929	1944	1959		
Dagenham Chequers	0538	0558	0618	0639	0659	0719	0739	0755	0811	0827	0842	0856		1922	1934	1949	2004		
Lodge Ave. Flyover Junc. (West Side)	0543	0604	0625	0646	0706	0726	0747	0803	0819	0835	0850	0904		1930	1942	1957	2012		
Beckton Bus Station	0552	0613	0634	0655	0715	0735	0756	0812	0828	0844	0859	0914	1941	1953	2008	2023			
Little Heath King George Hospital	1948	2004	2020	2035	2050	2105	2120	2135	2150	2205	2220	2235	2250	2305	2320	2335	2350		
Chadwell Heath Sainsbury's	1959	2015	2031	2046	2100	2114	2129	2144	2159	2214	2229	2244	2259	2314	2328	2343	2358		
Becontree Heath Morrisons	2007	2023	2039	2054	2107	2121	2136	2150	2205	2220	2235	2250	2305	2319	2333	2348	0003		
Dagenham Heathway Station	2014	2030	2046	2100	2113	2127	2142	2156	2211	2226	2241	2255	2310	2324	2338	2353	0008		
Dagenham Chequers	2019	2035	2050	2104	2117	2131	2146	2200	2215	2230	2245	2259	2313	2327	2341	2356	0011		
Lodge Ave. Flyover Junc. (West Side)	2027	2043	2058	2111	2124	2138	2152	2206	2221	2236	2251	2305	2319	2333	2347	0002	0017		
Beckton Bus Station	2038	2053	2107	2120	2133	2147	2201	2215	2230	2245	2259	2313	2327	2341	2355	0010	0025		
173 Sundays and other Public Holidays (except Christmas Day)																			
Little Heath King George Hospital	0610	0640	0710	0740	0810	0830	0850	0905	0920	0934	0948	1002	1016	1031	1046	1101	1116	1131	
Chadwell Heath Sainsbury's	0618	0648	0718	0748	0818	0839	0859	0914	0929	0943	0957	1011	1026	1041	1056	1111	1126	1141	
Becontree Heath Morrisons	0623	0653	0723	0753	0825	0846	0906	0921	0936	0950	1004	1019	1034	1049	1104	1119	1134	1150	
Dagenham Heathway Station	0628	0658	0728	0759	0831	0852	0913	0928	0943	0957	1012	1027	1042	1057	1112	1127	1143	1159	
Dagenham Chequers	0632	0702	0732	0803	0835	0857	0918	0933	0948	1002	1017	1032	1047	1102	1117	1132	1149	1206	
Lodge Ave. Flyover Junc. (West Side)	0638	0708	0739	0811	0843	0905	0926	0941	0956	1011	1026	1041	1056	1111	1126	1141	1158	1215	
Beckton Bus Station	0647	0717	0748	0820	0852	0914	0935	0950	1006	1022	1037	1052	1107	1122	1138	1154	1211	1228	
Little Heath King George Hospital	1146	1201	1216	1231	1246	1301	1316	1331	1346	1401	1416	1431	1447	1503	1518	1533	1548	1603	
Chadwell Heath Sainsbury's	1157	1213	1228	1243	1258	1314	1329	1344	1359	1414	1429	1444	1500	1515	1530	1545	1600	1615	
Becontree Heath Morrisons	1206	1223	1238	1253	1308	1324	1339	1354	1409	1424	1439	1454	1510	1525	1540	1554	1609	1624	
Dagenham Heathway Station	1216	1233	1248	1302	1317	1333	1348	1403	1418	1433	1448	1503	1519	1533	1548	1602	1617	1632	
Dagenham Chequers	1223	1240	1255	1310	1325	1341	1356	1411	1426	1441	1455	1510	1525	1539	1554	1608	1623	1637	
Lodge Ave. Flyover Junc. (West Side)	1232	1249	1304	1319	1334	1350	1405	1420	1435	1450	1505	1520	1535	1549	1604	1618	1632	1646	
Beckton Bus Station	1245	1302	1318	1333	1348	1404	1419	1434	1449	1504	1519	1534	1549	1603	1617	1631	1645	1659	
Little Heath King George Hospital	1618	1633	1648	1703	1719	1735	1750	1805	1820	1835	1850	1905	1920	1935	1950	2005	2020	2035	
Chadwell Heath Sainsbury's	1629	1644	1659	1714	1730	1745	1800	1815	1830	1845	1900	1914	1929	1944	1959	2014	2029	2044	
Becontree Heath Morrisons	1638	1653	1708	1723	1739	1754	1808	1823	1838	1853	1907	1921	1936	1951	2006	2021	2036	2051	
Dagenham Heathway Station	1646	1700	1715	1730	1746	1801	1815	1830	1845	1859	1913	1927	1942	1957	2012	2027	2042	2057	
Dagenham Chequers	1651	1705	1720	1735	1751	1806	1820	1835	1849	1903	1917	1931	1946	2001	2016	2031	2046	2101	
Lodge Ave. Flyover Junc. (West Side)	1659	1713	1728	1743	1759	1814	1828	1843	1857	1911	1925	1939	1954	2008	2023	2038	2053	2107	
Beckton Bus Station	1712	1726	1740	1755	1810	1824	1838	1852	1906	1920	1934	1948	2003	2017	2032	2047	2102	2116	
Little Heath King George Hospital	2050	2105	2120	2135	2150	2205	2220	2235	2250	2305	2320	2335	2350						
Chadwell Heath Sainsbury's	2059	2113	2128	2143	2158	2213	2228	2243	2257	2312	2327	2342	2357						
Becontree Heath Morrisons	2105	2119	2134	2149	2204	2219	2234	2249	2302	2317	2332	2347	0002						
Dagenham Heathway Station	2111	2125	2140	2155	2209	2224	2239	2254	2307	2322	2337	2352	0007						
Dagenham Chequers	2115	2129	2144	2159	2213	2228	2243	2257	2310	2325	2340	2355	0010						
Lodge Ave. Flyover Junc. (West Side)	2121	2135	2150	2205	2219	2234	2249	2303	2316	2331	2346	0001	0016						
Beckton Bus Station	2130	2144	2159	2214	2228	2243	2258	2311	2324	2339	2354	0009	0024						

173 Mondays to Fridays																		
Beckton Bus Station	0525	0545	0605	0620	0635	0646											1300	
Lodge Ave. Flyover Junc. (West Side)	0534	0555	0615	0630	0645	0656											1312	
Dagenham Chequers	0540	0601	0621	0637	0653	0704											1321	
Dagenham Heathway Station	0545	0606	0626	0643	0659	0710											1328	
Becontree Heath Morrisons	0550	0612	0632	0649	0706	0718											1336	
Chadwell Heath Sainsbury's	0556	0618	0639	0656	0713	0725											1344	
Little Heath King George Hospital	0604	0626	0648	0705	0723	0736											1355	
Beckton Bus Station	1311	1322	1333	1344	1355	1406	1417	1427	1437									
Lodge Ave. Flyover Junc. (West Side)	1323	1334	1346	1358	1409	1420	1432	1442	1453									
Dagenham Chequers	1332	1343	1355	1407	1418	1429	1442	1452	1503									
Dagenham Heathway Station	1339	1350	1402	1414	1425	1439	1452	1502	1513									
Becontree Heath Morrisons	1347	1359	1411	1423	1434	1448	1501	1512	1523									
Chadwell Heath Sainsbury's	1356	1408	1420	1432	1444	1458	1511	1522	1533									
Little Heath King George Hospital	1407	1419	1431	1444	1457	1511	1524	1535	1546									
Beckton Bus Station	2105	2120	2135	2150	2205	2220	2235	2250	2305	2320	2335	2350						
Lodge Ave. Flyover Junc. (West Side)	2115	2130	2145	2200	2214	2229	2243	2258	2313	2328	2343	2358						
Dagenham Chequers	2121	2136	2151	2207	2220	2235	2249	2303	2318	2333	2348	0003						
Dagenham Heathway Station	2126	2141	2156	2211	2224	2239	2253	2307	2322	2337	2352	0007						
Becontree Heath Morrisons	2133	2148	2203	2217	2230	2244	2258	2312	2327	2342	2357	0012						
Chadwell Heath Sainsbury's	2140	2154	2209	2223	2236	2249	2303	2317	2332	2347	0002	0017						
Little Heath King George Hospital	2149	2203	2217	2231	2244	2257	2311	2325	2340	2355	0010	0025						
173 Saturdays (also Good Friday)																		
Beckton Bus Station	0525	0545	0605	0625	0645	0700	0715	0730	0745	0800	0815	0827	0839				1844 1856 1908	
Lodge Ave. Flyover Junc. (West Side)	0533	0553	0613	0633	0653	0708	0724	0739	0754	0809	0825	0837	0849				1856 1908 1920	
Dagenham Chequers	0539	0559	0619	0639	0659	0714	0730	0745	0800	0815	0831	0844	0857				1905 1915 1927	
Dagenham Heathway Station	0543	0603	0623	0643	0703	0718	0734	0749	0804	0820	0836	0851	0904				1913 1922 1934	
Becontree Heath Morrisons	0548	0608	0629	0649	0709	0724	0740	0755	0811	0827	0843	0858	0912				1920 1929 1941	
Chadwell Heath Sainsbury's	0553	0613	0634	0655	0715	0730	0746	0801	0817	0833	0849	0904	0919				1927 1936 1948	
Little Heath King George Hospital	0600	0621	0642	0703	0723	0738	0754	0809	0825	0842	0858	0913	0928				1937 1946 1958	
Beckton Bus Station	1920	1935	1950	2005	2020												2150 2205 2220 2235 2250 2305 2320 2335 2350	
Lodge Ave. Flyover Junc. (West Side)	1932	1947	2002	2016	2031												2201 2216 2229 2244 2259 2314 2329 2344 2359	
Dagenham Chequers	1939	1954	2008	2022	2037												2207 2222 2235 2250 2305 2320 2334 2349 0004	
Dagenham Heathway Station	1946	2001	2015	2028	2043												2213 2228 2239 2254 2309 2324 2338 2353 0008	
Becontree Heath Morrisons	1953	2008	2022	2035	2050												2220 2235 2245 2300 2315 2329 2343 2358 0013	
Chadwell Heath Sainsbury's	2000	2015	2029	2042	2056												2226 2241 2251 2305 2320 2334 2348 0003 0018	
Little Heath King George Hospital	2010	2025	2039	2052	2105												2235 2249 2259 2313 2328 2342 2356 0011 0026	
173 Sundays and other Public Holidays (except Christmas Day)																		
Beckton Bus Station	0625	0655	0725	0755	0825	0845	0900	0915	0930	0944	0959	1014	1029	1044	1059	1113	1128	1142
Lodge Ave. Flyover Junc. (West Side)	0633	0703	0733	0804	0834	0855	0910	0925	0940	0954	1009	1024	1039	1054	1109	1123	1139	1153
Dagenham Chequers	0638	0708	0739	0810	0840	0901	0916	0931	0946	1002	1016	1031	1046	1101	1116	1131	1147	1201
Dagenham Heathway Station	0642	0712	0743	0814	0845	0906	0921	0936	0952	1008	1022	1037	1052	1107	1122	1137	1153	1208
Becontree Heath Morrisons	0648	0718	0749	0820	0851	0912	0928	0943	0959	1015	1030	1045	1100	1115	1130	1145	1201	1217
Chadwell Heath Sainsbury's	0653	0724	0755	0826	0857	0918	0934	0950	1006	1022	1037	1052	1108	1123	1138	1153	1209	1225
Little Heath King George Hospital	0701	0732	0803	0834	0905	0926	0942	0958	1015	1031	1046	1101	1117	1133	1148	1203	1219	1235
Beckton Bus Station	1156	1210	1224	1238	1252													
Lodge Ave. Flyover Junc. (West Side)	1208	1222	1236	1250	1305													
Dagenham Chequers	1216	1230	1244	1259	1314													
Dagenham Heathway Station	1224	1239	1253	1308	1323													
Becontree Heath Morrisons	1233	1248	1302	1317	1332													
Chadwell Heath Sainsbury's	1241	1256	1310	1325	1340													
Little Heath King George Hospital	1251	1306	1321	1336	1351													
Beckton Bus Station	1705	1720	1735	1750	1805	1820	1835											
Lodge Ave. Flyover Junc. (West Side)	1718	1733	1748	1803	1817	1830	1845											
Dagenham Chequers	1726	1741	1756	1811	1825	1838	1852											
Dagenham Heathway Station	1733	1748	1802	1817	1830	1843	1857											
Becontree Heath Morrisons	1740	1755	1809	1824	1837	1850	1904											
Chadwell Heath Sainsbury's	1747	1802	1816	1831	1844	1857	1911											
Little Heath King George Hospital	1757	1812	1826	1840	1853	1906	1920											
Beckton Bus Station	2205	2220	2235	2250	2305	2320	2335	2350										
Lodge Ave. Flyover Junc. (West Side)	2213	2228	2243	2258	2313	2328	2343	2358										
Dagenham Chequers	2219	2234	2249	2304	2319	2333	2348	0003										
Dagenham Heathway Station	2223	2238	2253	2308	2323	2337	2352	0007										
Becontree Heath Morrisons	2229	2244	2259	2314	2328	2342	2357	0012										
Chadwell Heath Sainsbury's	2234	2249	2304	2319	2333	2347	0002	0017										
Little Heath King George Hospital	2242	2256	2311	2326	2340	2354	0009	0024										