

173		Mondays to Fridays																
Little Heath King George Hospital	0515	0535	0550	0605	0620	0633	0644	0655	0705	0715	0722	0730	0739	0749	0759	0809	0819	0829
Chadwell Heath Sainsbury's	0523	0543	0558	0614	0629	0642	0653	0704	0714	0725	0733	0742	0751	0801	0811	0821	0831	0841
Becontree Heath Morrisons	0529	0549	0604	0621	0636	0649	0700	0711	0722	0733	0742	0752	0802	0812	0822	0832	0842	0852
Dagenham Heathway Station	0535	0555	0610	0627	0642	0655	0706	0717	0729	0741	0751	0801	0811	0821	0831	0841	0851	0901
Dagenham Chequers	0538	0558	0614	0631	0646	0659	0711	0723	0735	0747	0757	0807	0817	0827	0837	0847	0857	0907
Lodge Ave. Flyover Junc. (West Side)	0546	0606	0624	0642	0657	0710	0722	0734	0746	0758	0808	0818	0828	0838	0848	0858	0908	0918
Beckton Triangle Retail Park	0553	0613	0631	0649	0704	0717	0730	0742	0754	0806	0816	0826	0836	0846	0856	0906	0916	0926
Beckton Bus Station	0556	0617	0635	0653	0708	0721	0734	0747	0759	0811	0821	0831	0841	0851	0901	0911	0920	0930
Little Heath King George Hospital	0839	0849	0859	0910	0921	0932	0942	0952	1002	1013	Then every 10 minutes until	1343	1353	1403	1412	1421	1430	
Chadwell Heath Sainsbury's	0851	0901	0911	0922	0933	0944	0954	1004	1014	1025		1355	1405	1415	1425	1435	1445	
Becontree Heath Morrisons	0902	0912	0922	0932	0943	0954	1004	1014	1024	1034		1404	1414	1425	1436	1447	1457	
Dagenham Heathway Station	0911	0921	0931	0941	0952	1003	1013	1023	1033	1043		1413	1423	1434	1445	1456	1507	
Dagenham Chequers	0917	0927	0937	0947	0958	1008	1018	1028	1038	1048		1418	1428	1440	1451	1502	1513	
Lodge Ave. Flyover Junc. (West Side)	0927	0937	0947	0957	1007	1017	1027	1037	1047	1057		1427	1438	1450	1501	1512	1523	
Beckton Triangle Retail Park	0934	0944	0954	1004	1014	1024	1034	1044	1054	1104		1434	1446	1458	1509	1520	1531	
Beckton Bus Station	0938	0948	0958	1008	1018	1028	1038	1048	1058	1108	1438	1450	1502	1513	1524	1535		
Little Heath King George Hospital	1439	1449	1459	Then every 10 minutes until	1629	1639	1649	1659	1709	1719	1729	1739	1749	1759	1809	1819	1829	
Chadwell Heath Sainsbury's	1455	1506	1517		1647	1657	1707	1717	1727	1737	1747	1757	1807	1817	1827	1836	1845	
Becontree Heath Morrisons	1507	1518	1529		1659	1709	1719	1729	1739	1749	1759	1809	1819	1829	1839	1848	1857	
Dagenham Heathway Station	1517	1528	1539		1709	1718	1728	1738	1748	1758	1808	1818	1828	1838	1848	1857	1906	
Dagenham Chequers	1523	1534	1545		1715	1724	1734	1744	1754	1804	1814	1824	1834	1844	1854	1903	1911	
Lodge Ave. Flyover Junc. (West Side)	1533	1544	1555		1725	1734	1744	1754	1804	1814	1824	1834	1843	1853	1902	1910	1918	
Beckton Triangle Retail Park	1541	1552	1603		1733	1742	1752	1802	1811	1821	1831	1841	1850	1900	1908	1916	1924	
Beckton Bus Station	1545	1556	1607	1737	1746	1756	1806	1815	1825	1835	1845	1854	1904	1912	1920	1928		
Little Heath King George Hospital	1839	1849	1859	1909	1920	1931	1944	2000	2016	2032	2047	2102	2117	2132	2147	2203	2218	2233
Chadwell Heath Sainsbury's	1855	1904	1914	1923	1933	1943	1955	2010	2025	2041	2056	2111	2126	2141	2156	2211	2226	2241
Becontree Heath Morrisons	1907	1915	1924	1932	1942	1952	2004	2018	2032	2048	2103	2118	2133	2148	2203	2217	2232	2247
Dagenham Heathway Station	1914	1922	1931	1939	1949	1959	2011	2024	2038	2054	2109	2124	2139	2154	2208	2222	2237	2252
Dagenham Chequers	1919	1927	1936	1944	1954	2004	2015	2028	2042	2058	2113	2128	2143	2158	2212	2226	2241	2256
Lodge Ave. Flyover Junc. (West Side)	1926	1934	1943	1951	2001	2011	2022	2035	2049	2105	2120	2135	2150	2205	2218	2232	2247	2302
Beckton Triangle Retail Park	1932	1940	1949	1957	2007	2017	2028	2041	2055	2111	2126	2141	2156	2211	2224	2238	2253	2307
Beckton Bus Station	1936	1944	1953	2001	2010	2020	2031	2044	2058	2114	2129	2144	2159	2214	2227	2241	2256	2310
Little Heath King George Hospital	2248	2303	2319	2335	2350													
Chadwell Heath Sainsbury's	2256	2311	2327	2342	2357													
Becontree Heath Morrisons	2302	2317	2332	2347	0002													
Dagenham Heathway Station	2307	2322	2337	2352	0007													
Dagenham Chequers	2310	2325	2340	2355	0010													
Lodge Ave. Flyover Junc. (West Side)	2316	2331	2346	0001	0016													
Beckton Triangle Retail Park	2321	2336	2351	0006	0021													
Beckton Bus Station	2324	2339	2354	0009	0024													
173		Saturdays (also Good Friday)																
Little Heath King George Hospital	0515	0535	0555	0615	0635	0655	0715	0730	0745	0800	0815	0830	0842	0854	0904	0914	0924	0934
Chadwell Heath Sainsbury's	0522	0542	0602	0623	0643	0703	0723	0738	0753	0809	0824	0839	0851	0903	0913	0923	0933	0943
Becontree Heath Morrisons	0527	0547	0607	0628	0648	0709	0729	0744	0759	0816	0831	0846	0858	0910	0920	0930	0940	0950
Dagenham Heathway Station	0532	0552	0613	0634	0654	0715	0735	0750	0805	0822	0837	0852	0904	0917	0927	0937	0947	0957
Dagenham Chequers	0535	0556	0617	0638	0658	0719	0739	0754	0809	0826	0841	0856	0908	0921	0931	0941	0951	1001
Lodge Ave. Flyover Junc. (West Side)	0541	0603	0624	0645	0705	0726	0746	0801	0816	0833	0848	0903	0915	0928	0938	0948	0958	1008
Beckton Triangle Retail Park	0547	0609	0630	0651	0711	0732	0752	0807	0822	0839	0854	0909	0921	0934	0944	0954	1004	1014
Beckton Bus Station	0550	0612	0633	0654	0714	0735	0755	0810	0825	0842	0857	0912	0924	0937	0947	0957	1008	1018
Little Heath King George Hospital	0943	0951	0959	Then every 10 minutes until	1039	1049	1059	1109	1119	1129	1139	1149	1159	1209	Then every 10 minutes until	1339		
Chadwell Heath Sainsbury's	0952	1000	1010		1050	1100	1110	1120	1130	1140	1150	1200	1211	1223		1353		
Becontree Heath Morrisons	1000	1009	1019		1059	1109	1119	1129	1139	1149	1200	1211	1222	1234		1404		
Dagenham Heathway Station	1007	1017	1027		1107	1118	1128	1138	1148	1158	1210	1221	1232	1244		1414		
Dagenham Chequers	1012	1022	1032		1112	1123	1133	1143	1153	1204	1216	1227	1238	1250		1420		
Lodge Ave. Flyover Junc. (West Side)	1019	1029	1039		1119	1130	1140	1150	1201	1213	1225	1236	1247	1259		1429		
Beckton Triangle Retail Park	1025	1035	1045		1125	1136	1147	1157	1208	1220	1232	1243	1254	1306		1436		
Beckton Bus Station	1029	1039	1049	1129	1140	1151	1202	1213	1225	1237	1248	1259	1311	1441				

173		Saturdays (also Good Friday) (cont.)																
Little Heath King George Hospital	1349	1359	1409	1419	1429	1439	Then every 10 minutes until	1619	1629	1639	1649	1659	1709	1719	1729	1739	1749	
Chadwell Heath Sainsbury's	1403	1413	1423	1433	1443	1452		1632	1642	1652	1702	1712	1722	1731	1741	1751	1801	
Becontree Heath Morrisons	1413	1423	1433	1443	1453	1502		1642	1652	1702	1712	1722	1731	1741	1751	1801	1810	
Dagenham Heathway Station	1423	1433	1442	1452	1502	1511		1651	1701	1710	1720	1730	1739	1749	1759	1809	1818	
Dagenham Chequers	1429	1439	1448	1458	1508	1517		1657	1706	1715	1725	1735	1744	1754	1804	1814	1823	
Lodge Ave. Flyover Junc. (West Side)	1438	1448	1457	1507	1517	1526		1706	1715	1724	1734	1744	1753	1803	1812	1822	1831	
Beckton Triangle Retail Park	1445	1455	1504	1514	1524	1533		1713	1722	1731	1741	1751	1800	1810	1819	1829	1838	
Beckton Bus Station	1450	1500	1509	1519	1529	1538	1718	1727	1736	1746	1756	1805	1815	1824	1834	1843		
Little Heath King George Hospital	1759	1809	1819	1829	1840	1850	1902	1915	1930	1945	2000	2015	2030	2045	2100	2115	2131	2147
Chadwell Heath Sainsbury's	1811	1821	1831	1841	1852	1902	1913	1926	1941	1956	2010	2024	2039	2054	2109	2124	2140	2156
Becontree Heath Morrisons	1820	1830	1840	1850	1901	1910	1921	1934	1949	2004	2017	2031	2046	2100	2115	2130	2146	2202
Dagenham Heathway Station	1828	1838	1848	1858	1908	1917	1928	1941	1956	2011	2024	2037	2052	2106	2121	2136	2152	2207
Dagenham Chequers	1833	1843	1853	1903	1913	1922	1933	1946	2001	2015	2028	2041	2056	2110	2125	2140	2156	2211
Lodge Ave. Flyover Junc. (West Side)	1840	1850	1900	1910	1920	1929	1940	1953	2008	2022	2035	2048	2103	2117	2132	2147	2203	2217
Beckton Triangle Retail Park	1847	1857	1907	1916	1926	1935	1946	1959	2014	2028	2041	2054	2109	2123	2138	2153	2208	2222
Beckton Bus Station	1852	1902	1911	1920	1930	1939	1950	2003	2017	2031	2044	2057	2112	2126	2141	2156	2211	2225
Little Heath King George Hospital	2203	2218	2233	2248	2303	2319	2335	2350										
Chadwell Heath Sainsbury's	2211	2226	2241	2256	2311	2327	2342	2357										
Becontree Heath Morrisons	2217	2232	2247	2302	2317	2332	2347	0002										
Dagenham Heathway Station	2222	2237	2252	2307	2322	2337	2352	0007										
Dagenham Chequers	2226	2241	2256	2310	2325	2340	2355	0010										
Lodge Ave. Flyover Junc. (West Side)	2232	2247	2302	2316	2331	2346	0001	0016										
Beckton Triangle Retail Park	2237	2252	2307	2321	2336	2351	0006	0021										
Beckton Bus Station	2240	2255	2310	2324	2339	2354	0009	0024										
173		Sundays and other Public Holidays (except Christmas Day)																
Little Heath King George Hospital	0610	0640	0710	0740	0810	0840	0900	0915	0930	0945	0959	1013	1028	1042	1057	1111	1126	1140
Chadwell Heath Sainsbury's	0617	0647	0717	0748	0818	0848	0908	0923	0938	0953	1007	1022	1037	1051	1106	1121	1136	1150
Becontree Heath Morrisons	0622	0652	0722	0753	0824	0854	0914	0930	0945	1000	1015	1030	1045	1059	1114	1129	1144	1159
Dagenham Heathway Station	0628	0658	0728	0759	0830	0900	0920	0937	0952	1007	1022	1037	1052	1107	1122	1137	1152	1208
Dagenham Chequers	0632	0702	0732	0803	0834	0904	0924	0942	0957	1012	1027	1042	1057	1112	1127	1142	1158	1214
Lodge Ave. Flyover Junc. (West Side)	0638	0708	0738	0810	0841	0911	0931	0949	1004	1019	1034	1049	1104	1120	1135	1150	1206	1222
Beckton Triangle Retail Park	0644	0714	0744	0816	0847	0917	0937	0955	1010	1025	1040	1055	1111	1127	1142	1157	1213	1229
Beckton Bus Station	0647	0717	0747	0819	0850	0920	0940	0958	1014	1029	1044	1059	1115	1131	1146	1201	1217	1233
Little Heath King George Hospital	1155	1210	Then every 15 minutes until	1425	1440	1455	1510	1525	1540	1555	1610	1625	1640	1655	1710	1725	1740	
Chadwell Heath Sainsbury's	1206	1222		1437	1452	1507	1522	1537	1552	1607	1621	1636	1651	1706	1720	1735	1750	
Becontree Heath Morrisons	1216	1232		1447	1502	1516	1531	1546	1601	1616	1630	1645	1700	1714	1728	1743	1758	
Dagenham Heathway Station	1225	1241		1456	1510	1524	1539	1554	1608	1623	1637	1652	1707	1721	1735	1750	1805	
Dagenham Chequers	1231	1247		1502	1516	1530	1545	1600	1613	1628	1642	1657	1712	1726	1740	1755	1810	
Lodge Ave. Flyover Junc. (West Side)	1239	1255		1510	1524	1538	1553	1608	1621	1636	1650	1705	1719	1733	1747	1802	1817	
Beckton Triangle Retail Park	1246	1302		1517	1531	1545	1600	1615	1628	1643	1657	1711	1725	1739	1753	1808	1823	
Beckton Bus Station	1250	1306	1521	1535	1549	1604	1619	1632	1647	1701	1715	1729	1743	1757	1812	1827		
Little Heath King George Hospital	1755	1807	1820	1834	1848	1903	1918	1933	1948	2003	Then every 15 minutes until	2133	2148	2203	2218	2234	2250	
Chadwell Heath Sainsbury's	1805	1817	1830	1843	1857	1912	1927	1942	1957	2011		2141	2156	2211	2226	2241	2257	
Becontree Heath Morrisons	1813	1824	1836	1849	1903	1918	1933	1948	2003	2017		2147	2202	2216	2231	2246	2302	
Dagenham Heathway Station	1820	1831	1842	1855	1909	1924	1939	1954	2009	2023		2153	2207	2221	2236	2251	2306	
Dagenham Chequers	1825	1835	1846	1859	1913	1928	1943	1958	2013	2027		2157	2210	2224	2239	2254	2309	
Lodge Ave. Flyover Junc. (West Side)	1832	1842	1853	1906	1920	1935	1950	2005	2019	2033		2203	2216	2230	2245	2300	2314	
Beckton Triangle Retail Park	1838	1848	1859	1912	1926	1941	1956	2010	2024	2038		2208	2221	2235	2250	2305	2319	
Beckton Bus Station	1841	1851	1902	1915	1929	1944	1959	2013	2027	2041	2211	2224	2238	2253	2308	2322		
Little Heath King George Hospital	2305	2320	2335	2350														
Chadwell Heath Sainsbury's	2312	2327	2342	2357														
Becontree Heath Morrisons	2317	2332	2347	0002														
Dagenham Heathway Station	2321	2336	2351	0006														
Dagenham Chequers	2324	2339	2354	0009														
Lodge Ave. Flyover Junc. (West Side)	2329	2344	2359	0014														
Beckton Triangle Retail Park	2334	2349	0004	0019														
Beckton Bus Station	2337	2352	0007	0022														

173		Mondays to Fridays															
Beckton Bus Station	0455	0525	0545	0605	0620	0635	0646	0656	0706	0714	0723	0732	Then every 10 minutes until	0832	0842	0852	0902
Beckton Triangle Retail Park	0458	0528	0548	0609	0624	0639	0650	0700	0710	0718	0727	0736		0836	0846	0856	0906
Lodge Ave. Flyover Junc. (West Side)	0504	0534	0554	0615	0630	0645	0656	0706	0716	0725	0734	0743		0843	0853	0903	0913
Dagenham Chequers	0509	0539	0559	0622	0637	0652	0703	0714	0725	0734	0743	0752		0852	0902	0912	0922
Dagenham Heathway Station	0513	0543	0603	0627	0642	0657	0709	0721	0732	0741	0750	0800		0900	0910	0920	0928
Becontree Heath Morrisons	0518	0548	0609	0633	0648	0703	0716	0729	0740	0750	0800	0810		0910	0919	0929	0936
Chadwell Heath Sainsbury's	0523	0553	0615	0639	0654	0710	0724	0737	0748	0759	0809	0819		0919	0928	0938	0945
Little Heath King George Hospital	0530	0600	0624	0648	0703	0719	0734	0748	0800	0811	0821	0831	0931	0941	0951	0956	
Beckton Bus Station	0912	Then every 10 minutes until	1302	1312	1322	1332	1342	1352	1402	1411	1419	1428	1437	Then every 10 minutes until	1807	1817	
Beckton Triangle Retail Park	0916		1306	1316	1326	1337	1347	1357	1407	1416	1424	1433	1443		1813	1823	
Lodge Ave. Flyover Junc. (West Side)	0923		1313	1323	1333	1345	1355	1405	1415	1424	1433	1443	1453		1823	1833	
Dagenham Chequers	0930		1320	1330	1340	1352	1402	1412	1422	1431	1442	1452	1502		1832	1842	
Dagenham Heathway Station	0936		1326	1337	1347	1359	1409	1419	1429	1439	1450	1500	1510		1840	1850	
Becontree Heath Morrisons	0944		1334	1345	1355	1407	1417	1427	1437	1448	1459	1509	1519		1849	1859	
Chadwell Heath Sainsbury's	0952		1342	1353	1403	1415	1425	1435	1446	1457	1508	1518	1528		1858	1908	
Little Heath King George Hospital	1003	1353	1404	1414	1426	1437	1447	1458	1509	1520	1530	1540	1910	1919			
Beckton Bus Station	1827	1837	1847	1857	1908	1919	1931	1943	1955	2010	Then every 15 minutes until	2125	2140	2155	2210	2225	2240
Beckton Triangle Retail Park	1833	1843	1853	1903	1913	1923	1935	1947	1959	2014		2129	2144	2159	2213	2228	2243
Lodge Ave. Flyover Junc. (West Side)	1842	1852	1902	1911	1920	1930	1942	1954	2006	2020		2135	2150	2205	2218	2233	2248
Dagenham Chequers	1851	1901	1910	1919	1928	1938	1950	2002	2012	2026		2141	2156	2211	2224	2239	2254
Dagenham Heathway Station	1859	1908	1917	1925	1934	1944	1956	2007	2017	2031		2146	2201	2215	2228	2243	2258
Becontree Heath Morrisons	1908	1917	1925	1933	1942	1952	2004	2014	2024	2038		2153	2207	2221	2234	2249	2304
Chadwell Heath Sainsbury's	1916	1924	1932	1940	1949	1959	2010	2020	2030	2044		2159	2212	2226	2239	2254	2309
Little Heath King George Hospital	1926	1933	1941	1949	1958	2008	2018	2028	2038	2052	2207	2220	2234	2247	2302	2316	
Beckton Bus Station	2255	2310	2325	2340	2355												
Beckton Triangle Retail Park	2258	2313	2328	2343	2358												
Lodge Ave. Flyover Junc. (West Side)	2303	2318	2333	2348	0003												
Dagenham Chequers	2308	2323	2338	2353	0008												
Dagenham Heathway Station	2312	2327	2342	2357	0012												
Becontree Heath Morrisons	2317	2332	2347	0002	0017												
Chadwell Heath Sainsbury's	2322	2337	2352	0007	0022												
Little Heath King George Hospital	2329	2344	2359	0014	0029												

173		Saturdays (also Good Friday)																	
Beckton Bus Station	0455	0525	0545	0605	0625	0645	0700	0715	0730	0745	0800	0815	0827	0837	0847	0857	0907	0917	
Beckton Triangle Retail Park	0458	0528	0548	0608	0628	0648	0703	0718	0733	0748	0803	0818	0830	0840	0850	0900	0910	0920	
Lodge Ave. Flyover Junc. (West Side)	0503	0533	0553	0613	0633	0653	0708	0723	0738	0753	0809	0824	0836	0846	0856	0906	0916	0926	
Dagenham Chequers	0508	0538	0558	0619	0639	0659	0714	0729	0744	0759	0815	0830	0842	0852	0902	0912	0922	0932	
Dagenham Heathway Station	0512	0542	0602	0623	0643	0703	0718	0733	0748	0804	0820	0835	0847	0857	0907	0917	0927	0937	
Becontree Heath Morrisons	0517	0547	0608	0629	0649	0709	0724	0739	0754	0810	0826	0841	0853	0903	0913	0923	0933	0943	
Chadwell Heath Sainsbury's	0522	0552	0613	0634	0654	0715	0730	0745	0800	0816	0832	0847	0859	0909	0919	0929	0939	0949	
Little Heath King George Hospital	0529	0559	0620	0642	0702	0723	0738	0753	0808	0824	0840	0855	0907	0917	0927	0937	0947	0958	
Beckton Bus Station	0927	0936	0944	0953	1002	1012	1021	1031	1041	1051	1101	1111	1120	1129	1138	1147	1156	1205	
Beckton Triangle Retail Park	0930	0939	0947	0956	1006	1016	1025	1035	1045	1055	1105	1115	1124	1133	1142	1151	1200	1210	
Lodge Ave. Flyover Junc. (West Side)	0936	0945	0953	1002	1012	1022	1031	1041	1051	1101	1111	1121	1130	1139	1148	1157	1207	1217	
Dagenham Chequers	0942	0951	0959	1009	1019	1029	1038	1048	1058	1108	1118	1128	1137	1146	1155	1204	1214	1224	
Dagenham Heathway Station	0947	0956	1005	1015	1025	1035	1044	1054	1104	1114	1124	1134	1143	1152	1202	1212	1222	1232	
Becontree Heath Morrisons	0953	1003	1013	1023	1033	1043	1052	1102	1112	1122	1132	1142	1151	1200	1210	1220	1230	1240	
Chadwell Heath Sainsbury's	1000	1011	1021	1031	1041	1051	1100	1110	1120	1130	1140	1150	1159	1209	1219	1229	1239	1249	
Little Heath King George Hospital	1009	1020	1030	1040	1050	1100	1110	1120	1130	1140	1150	1200	1210	1220	1230	1240	1250	1300	
Beckton Bus Station	1215			1615	1625	1636	1647				1807	1817	1827	1838	1850	1903	1915	1927	1940
Beckton Triangle Retail Park	1220			1620	1630	1641	1652				1812	1822	1832	1843	1855	1907	1919	1931	1944
Lodge Ave. Flyover Junc. (West Side)	1227	Then		1627	1637	1648	1659	Then			1819	1829	1839	1850	1902	1913	1925	1937	1950
Dagenham Chequers	1234	every 10		1634	1644	1655	1706	every 10			1826	1836	1846	1857	1909	1920	1932	1944	1957
Dagenham Heathway Station	1242	minutes		1642	1652	1703	1713	minutes			1833	1843	1853	1904	1916	1927	1939	1951	2004
Becontree Heath Morrisons	1250	until		1650	1700	1711	1721	until			1841	1851	1901	1911	1923	1934	1946	1958	2011
Chadwell Heath Sainsbury's	1259			1659	1709	1719	1729				1849	1859	1908	1918	1930	1941	1953	2005	2017
Little Heath King George Hospital	1310			1710	1719	1729	1739				1859	1909	1917	1927	1939	1950	2002	2014	2026
Beckton Bus Station	1955			2125	2140	2155	2210	2225	2240	2255	2310	2325	2340	2355					
Beckton Triangle Retail Park	1959			2129	2144	2159	2213	2228	2243	2258	2313	2328	2343	2358					
Lodge Ave. Flyover Junc. (West Side)	2005	Then		2135	2150	2205	2218	2233	2248	2303	2318	2333	2348	0003					
Dagenham Chequers	2011	every 15		2141	2156	2211	2224	2239	2254	2308	2323	2338	2353	0008					
Dagenham Heathway Station	2016	minutes		2146	2201	2215	2228	2243	2258	2312	2327	2342	2357	0012					
Becontree Heath Morrisons	2023	until		2153	2208	2221	2234	2249	2304	2317	2332	2347	0002	0017					
Chadwell Heath Sainsbury's	2029			2159	2213	2226	2239	2254	2309	2322	2337	2352	0007	0022					
Little Heath King George Hospital	2038			2208	2221	2234	2247	2302	2316	2329	2344	2359	0014	0029					
173		Sundays and other Public Holidays (except Christmas Day)																	
Beckton Bus Station	0625	0655	0725	0755	0815	0833	0848	0903	0918	0933	0947	1000	1015	1029	1044	1059	1114	1128	
Beckton Triangle Retail Park	0628	0658	0728	0758	0818	0836	0851	0906	0921	0936	0950	1004	1019	1033	1048	1103	1118	1132	
Lodge Ave. Flyover Junc. (West Side)	0633	0703	0733	0803	0823	0841	0856	0912	0927	0942	0956	1010	1025	1039	1054	1109	1124	1138	
Dagenham Chequers	0638	0708	0738	0808	0828	0846	0901	0918	0933	0948	1002	1017	1032	1046	1101	1116	1131	1145	
Dagenham Heathway Station	0642	0712	0742	0812	0832	0850	0905	0922	0937	0952	1007	1022	1037	1052	1107	1122	1137	1151	
Becontree Heath Morrisons	0648	0718	0748	0818	0838	0856	0911	0928	0944	0959	1014	1029	1044	1059	1114	1129	1144	1158	
Chadwell Heath Sainsbury's	0653	0723	0753	0823	0843	0901	0917	0934	0950	1006	1021	1036	1051	1106	1121	1136	1151	1205	
Little Heath King George Hospital	0701	0731	0801	0831	0851	0909	0925	0942	0958	1014	1029	1044	1059	1115	1130	1145	1200	1215	
Beckton Bus Station	1141	1155	1210			1440	1455	1510	1525	1540	1555	1610	1625	1640	1655	1710	1725	1740	
Beckton Triangle Retail Park	1145	1159	1214			1444	1459	1514	1529	1544	1559	1614	1629	1644	1659	1714	1729	1744	
Lodge Ave. Flyover Junc. (West Side)	1151	1205	1221	Then		1451	1506	1521	1536	1551	1606	1621	1636	1651	1706	1720	1735	1750	
Dagenham Chequers	1158	1212	1228	every 15		1458	1513	1528	1543	1558	1613	1628	1643	1658	1713	1727	1742	1757	
Dagenham Heathway Station	1204	1220	1236	minutes		1506	1520	1535	1550	1605	1620	1635	1650	1705	1719	1733	1748	1803	
Becontree Heath Morrisons	1212	1228	1244	until		1514	1528	1543	1558	1613	1628	1643	1658	1712	1726	1740	1755	1810	
Chadwell Heath Sainsbury's	1220	1236	1252			1522	1536	1551	1606	1620	1635	1650	1705	1719	1733	1747	1802	1817	
Little Heath King George Hospital	1230	1246	1302			1532	1546	1601	1616	1630	1645	1700	1714	1728	1742	1756	1811	1826	
Beckton Bus Station	1755	1810	1825	1840	1855	1910	1925	1940	1955	2010	2025	2040	2055	2110	2125	2140	2155	2210	
Beckton Triangle Retail Park	1759	1814	1829	1844	1859	1914	1929	1944	1959	2014	2028	2043	2058	2113	2128	2143	2158	2213	
Lodge Ave. Flyover Junc. (West Side)	1805	1820	1835	1850	1905	1920	1935	1950	2005	2019	2033	2048	2103	2118	2133	2148	2203	2218	
Dagenham Chequers	1812	1827	1841	1856	1911	1926	1941	1956	2011	2025	2039	2054	2109	2124	2139	2154	2209	2224	
Dagenham Heathway Station	1818	1833	1846	1901	1916	1931	1946	2001	2016	2030	2044	2059	2114	2129	2144	2159	2213	2228	
Becontree Heath Morrisons	1825	1840	1853	1908	1923	1938	1953	2008	2022	2036	2050	2105	2120	2135	2150	2205	2218	2233	
Chadwell Heath Sainsbury's	1832	1846	1859	1914	1929	1944	1959	2013	2027	2041	2055	2110	2125	2140	2155	2210	2223	2238	
Little Heath King George Hospital	1841	1855	1908	1923	1938	1953	2008	2021	2035	2049	2103	2118	2133	2148	2203	2217	2230	2245	
Beckton Bus Station	2225	2240	2255	2310	2325	2340	2355												
Beckton Triangle Retail Park	2228	2243	2258	2313	2328	2343	2358												
Lodge Ave. Flyover Junc. (West Side)	2233	2248	2303	2318	2333	2348	0003												
Dagenham Chequers	2239	2254	2308	2323	2338	2353	0008												
Dagenham Heathway Station	2243	2258	2311	2326	2341	2356	0011												
Becontree Heath Morrisons	2248	2303	2316	2331	2346	0001	0016												
Chadwell Heath Sainsbury's	2253	2307	2320	2335	2350	0005	0020												
Little Heath King George Hospital	2300	2314	2327	2342	2357	0012	0027												