

173		Mondays to Fridays															
Little Heath King George Hospital	0515	0535	0550	0605	0620	0633	0644	0655	0705	0713	0721	0729	Then every 10 minutes until	0829	0839	0849	0859
Chadwell Heath Sainsbury's	0522	0542	0557	0612	0628	0643	0654	0705	0715	0723	0731	0741		0841	0851	0901	0911
Becontree Heath Morrisons	0528	0548	0603	0618	0635	0651	0702	0713	0723	0731	0741	0751		0851	0901	0911	0921
Dagenham Heathway Station	0533	0553	0608	0623	0640	0656	0707	0719	0729	0739	0749	0759		0859	0909	0919	0929
Dagenham Chequers	0536	0556	0611	0626	0644	0700	0711	0724	0734	0744	0754	0804		0904	0914	0924	0934
Lodge Ave. Flyover Junc. (West Side)	0544	0604	0619	0636	0654	0710	0721	0734	0746	0756	0806	0816		0916	0926	0935	0945
Beckton Triangle Retail Park	0551	0611	0626	0643	0701	0717	0729	0742	0754	0805	0815	0825		0925	0933	0942	0952
Beckton Bus Station	0554	0614	0629	0646	0704	0721	0733	0746	0758	0810	0820	0830	0930	0936	0945	0955	
Little Heath King George Hospital	0909	0919	0929	0939	0949	1001	1013	Then every 10 minutes until	1333	1343	1353	1403	1413	1421	1429	1438	1448
Chadwell Heath Sainsbury's	0921	0931	0941	0951	1001	1013	1024		1344	1354	1404	1414	1425	1434	1444	1454	1504
Becontree Heath Morrisons	0931	0941	0951	1001	1011	1022	1032		1352	1402	1412	1423	1435	1446	1456	1506	1516
Dagenham Heathway Station	0939	0949	0959	1009	1019	1030	1040		1400	1410	1420	1432	1444	1455	1505	1515	1525
Dagenham Chequers	0944	0954	1004	1014	1024	1035	1045		1405	1415	1426	1438	1450	1501	1511	1521	1531
Lodge Ave. Flyover Junc. (West Side)	0955	1005	1015	1025	1035	1045	1055		1415	1425	1437	1449	1501	1512	1522	1532	1542
Beckton Triangle Retail Park	1002	1012	1022	1032	1042	1052	1102		1422	1432	1444	1456	1508	1519	1529	1539	1549
Beckton Bus Station	1005	1015	1025	1035	1045	1055	1105	1425	1436	1448	1500	1512	1523	1533	1543	1553	
Little Heath King George Hospital	1458	Then every 10 minutes until	1758	1808	1818	1828	1838	1848	1858	1909	1919	1931	1944	2000	2016	2032	2047
Chadwell Heath Sainsbury's	1514		1814	1824	1834	1844	1854	1904	1914	1923	1931	1942	1955	2010	2025	2041	2056
Becontree Heath Morrisons	1526		1826	1836	1846	1856	1906	1915	1923	1932	1940	1951	2004	2018	2033	2048	2103
Dagenham Heathway Station	1535		1835	1845	1855	1905	1913	1922	1930	1939	1947	1958	2010	2023	2038	2053	2108
Dagenham Chequers	1541		1841	1851	1901	1910	1918	1927	1935	1944	1952	2004	2014	2027	2042	2057	2112
Lodge Ave. Flyover Junc. (West Side)	1552		1852	1902	1910	1918	1926	1935	1943	1952	2000	2011	2021	2034	2049	2104	2119
Beckton Triangle Retail Park	1559		1859	1908	1916	1924	1932	1941	1949	1958	2006	2017	2027	2040	2055	2110	2125
Beckton Bus Station	1603	1903	1911	1919	1927	1935	1944	1952	2001	2009	2020	2030	2043	2058	2113	2128	
Little Heath King George Hospital	2102	2117	2132	2147	2203	2218	2233	2249	2305	2320	2335	2350					
Chadwell Heath Sainsbury's	2111	2126	2141	2156	2211	2226	2241	2257	2312	2327	2342	2357					
Becontree Heath Morrisons	2118	2133	2148	2203	2217	2232	2247	2303	2317	2332	2347	0002					
Dagenham Heathway Station	2123	2138	2153	2208	2222	2237	2252	2308	2322	2337	2352	0007					
Dagenham Chequers	2127	2142	2157	2212	2226	2241	2256	2311	2325	2340	2355	0010					
Lodge Ave. Flyover Junc. (West Side)	2134	2149	2204	2218	2232	2247	2302	2317	2331	2346	0001	0016					
Beckton Triangle Retail Park	2140	2155	2209	2223	2237	2252	2307	2322	2336	2351	0006	0021					
Beckton Bus Station	2143	2158	2212	2226	2240	2255	2310	2325	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	0622	0642	0702	0723	0738	0753	0808	0823	0838	0850	0903	0913	0923	0933	0943	
Becontree Heath Morrisons	0527	0547	0607	0627	0647	0708	0729	0744	0759	0814	0829	0844	0856	0910	0920	0930	0940	0950	
Dagenham Heathway Station	0532	0552	0612	0632	0652	0713	0734	0749	0804	0819	0834	0849	0902	0916	0926	0936	0946	0956	
Dagenham Chequers	0535	0555	0615	0635	0655	0716	0737	0752	0807	0822	0837	0852	0906	0920	0930	0940	0950	1000	
Lodge Ave. Flyover Junc. (West Side)	0542	0602	0622	0642	0702	0723	0744	0759	0814	0829	0844	0859	0913	0927	0937	0947	0957	1008	
Beckton Triangle Retail Park	0547	0607	0627	0647	0708	0729	0750	0805	0820	0835	0850	0905	0919	0933	0943	0953	1003	1014	
Beckton Bus Station	0550	0610	0630	0650	0711	0732	0753	0808	0823	0838	0853	0908	0922	0936	0946	0956	1007	1018	
Little Heath King George Hospital	0942	0950	0959	1008	Then every 10 minutes until	1058	1108	1118	1128	1138	1148	1158	1208	Then every 10 minutes until	1338	1348			
Chadwell Heath Sainsbury's	0951	0959	1009	1019		1109	1119	1129	1139	1149	1159	1209	1220		1350	1400			
Becontree Heath Morrisons	0958	1007	1017	1027		1117	1127	1137	1147	1157	1207	1218	1229		1359	1409			
Dagenham Heathway Station	1005	1015	1025	1035		1125	1135	1145	1155	1205	1216	1227	1238		1408	1418			
Dagenham Chequers	1010	1020	1030	1040		1130	1140	1150	1200	1211	1222	1233	1244		1414	1424			
Lodge Ave. Flyover Junc. (West Side)	1018	1028	1038	1048		1138	1148	1159	1210	1221	1232	1243	1254		1424	1434			
Beckton Triangle Retail Park	1024	1034	1044	1054		1144	1155	1206	1217	1228	1239	1250	1301		1431	1440			
Beckton Bus Station	1028	1038	1048	1058		1148	1159	1210	1221	1232	1243	1254	1305		1435	1444			
Little Heath King George Hospital	1358	1408	1418	1428	1438	1448	Then every 10 minutes until	1748	1758	1808	1818	1828	1838	1850	1902	1915	1930		
Chadwell Heath Sainsbury's	1410	1420	1430	1440	1450	1459		1759	1809	1819	1829	1839	1848	1900	1912	1925	1940		
Becontree Heath Morrisons	1419	1429	1439	1449	1459	1508		1808	1818	1828	1838	1847	1856	1908	1920	1932	1947		
Dagenham Heathway Station	1428	1438	1448	1457	1507	1516		1816	1826	1836	1845	1854	1903	1915	1927	1939	1954		
Dagenham Chequers	1434	1443	1453	1502	1512	1521		1821	1831	1841	1850	1859	1908	1920	1932	1944	1959		
Lodge Ave. Flyover Junc. (West Side)	1444	1453	1503	1512	1522	1531		1831	1839	1848	1857	1906	1915	1927	1939	1951	2006		
Beckton Triangle Retail Park	1450	1459	1509	1518	1528	1537		1837	1845	1854	1903	1912	1921	1933	1945	1957	2012		
Beckton Bus Station	1454	1503	1513	1522	1532	1541		1841	1849	1858	1907	1916	1925	1937	1949	2001	2015		
Little Heath King George Hospital	1945	2000	2015	2030	2045	2100	2115	2131	2147	2203	2218	2233	2248	2303	2319	2335	2350		
Chadwell Heath Sainsbury's	1955	2010	2024	2039	2054	2109	2124	2140	2156	2211	2226	2241	2256	2311	2327	2342	2357		
Becontree Heath Morrisons	2002	2016	2030	2045	2100	2115	2130	2146	2202	2217	2232	2247	2302	2317	2332	2347	0002		
Dagenham Heathway Station	2008	2022	2036	2051	2106	2121	2136	2152	2208	2222	2237	2252	2307	2322	2337	2352	0007		
Dagenham Chequers	2012	2026	2040	2055	2110	2125	2140	2156	2212	2226	2241	2256	2310	2325	2340	2355	0010		
Lodge Ave. Flyover Junc. (West Side)	2019	2033	2047	2102	2117	2132	2147	2203	2218	2232	2247	2302	2316	2331	2346	0001	0016		
Beckton Triangle Retail Park	2025	2039	2053	2108	2123	2138	2153	2208	2223	2237	2252	2307	2321	2336	2351	0006	0021		
Beckton Bus Station	2028	2042	2056	2111	2126	2141	2156	2211	2226	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	1000	1013	1026	1040	1055	1110	1125	1140	
Chadwell Heath Sainsbury's	0617	0647	0717	0748	0818	0848	0909	0924	0939	0954	1009	1022	1035	1050	1105	1120	1135	1150	
Becontree Heath Morrisons	0622	0652	0722	0754	0824	0854	0915	0930	0945	1000	1015	1029	1043	1058	1113	1128	1143	1158	
Dagenham Heathway Station	0627	0657	0727	0759	0829	0859	0921	0936	0951	1006	1021	1035	1050	1105	1120	1135	1150	1206	
Dagenham Chequers	0630	0700	0731	0803	0833	0903	0925	0940	0955	1010	1025	1040	1055	1110	1125	1140	1156	1212	
Lodge Ave. Flyover Junc. (West Side)	0636	0706	0737	0809	0839	0910	0932	0947	1002	1017	1033	1049	1104	1119	1134	1149	1205	1221	
Beckton Triangle Retail Park	0642	0712	0743	0815	0845	0916	0938	0953	1008	1023	1039	1055	1110	1125	1140	1155	1211	1227	
Beckton Bus Station	0645	0715	0746	0818	0848	0919	0941	0956	1011	1027	1043	1059	1114	1129	1144	1159	1215	1231	
Little Heath King George Hospital	1155	1210	Then every 15 minutes until	1525	1540	1555	1610	1625	1640	1655	1710	1725	1740	1755	1810	1820	1834		
Chadwell Heath Sainsbury's	1205	1221		1536	1551	1606	1620	1634	1649	1704	1719	1734	1749	1804	1819	1829	1843		
Becontree Heath Morrisons	1214	1230		1545	1600	1614	1628	1642	1657	1712	1727	1742	1757	1811	1825	1835	1849		
Dagenham Heathway Station	1222	1238		1553	1608	1621	1635	1649	1704	1719	1734	1749	1804	1817	1831	1841	1855		
Dagenham Chequers	1228	1244		1559	1613	1626	1640	1654	1709	1724	1739	1754	1808	1821	1835	1845	1859		
Lodge Ave. Flyover Junc. (West Side)	1237	1253		1608	1621	1634	1648	1702	1717	1732	1747	1802	1815	1828	1842	1852	1906		
Beckton Triangle Retail Park	1243	1259		1614	1627	1640	1654	1708	1723	1738	1753	1808	1821	1834	1848	1858	1912		
Beckton Bus Station	1247	1303		1618	1631	1644	1658	1712	1727	1742	1757	1811	1824	1837	1851	1901	1915		
Little Heath King George Hospital	1848	1903	1918	1933	1948	2003	Then every 15 minutes until	2133	2148	2203	2218	2234	2250	2305	2320	2335	2350		
Chadwell Heath Sainsbury's	1857	1912	1927	1942	1957	2011		2141	2156	2211	2226	2241	2257	2312	2327	2342	2357		
Becontree Heath Morrisons	1903	1918	1933	1948	2003	2017		2147	2202	2216	2231	2246	2302	2317	2332	2347	0002		
Dagenham Heathway Station	1909	1924	1939	1954	2008	2022		2152	2207	2221	2236	2251	2306	2321	2336	2351	0006		
Dagenham Chequers	1913	1928	1943	1958	2012	2026		2156	2210	2224	2239	2254	2309	2324	2339	2354	0009		
Lodge Ave. Flyover Junc. (West Side)	1920	1935	1950	2005	2018	2032		2202	2216	2230	2245	2300	2314	2329	2344	2359	0014		
Beckton Triangle Retail Park	1926	1941	1956	2010	2023	2037		2207	2221	2235	2250	2305	2319	2334	2349	0004	0019		
Beckton Bus Station	1929	1944	1959	2013	2026	2040		2210	2224	2238	2253	2308	2322	2337	2352	0007	0022		



173 Saturdays (also Good Friday)																							
Beckton Bus Station	0455	0525	0545	0605	0625	0645	0700						0815	0827	0837	0847	0857	0907	0917	0927	0936		
Beckton Triangle Retail Park	0458	0528	0548	0608	0628	0648	0703						0818	0830	0840	0850	0900	0910	0920	0930	0939		
Lodge Ave. Flyover Junc. (West Side)	0503	0533	0553	0613	0633	0653	0709						0824	0836	0846	0856	0906	0916	0926	0936	0945		
Dagenham Chequers	0509	0539	0559	0619	0639	0659	0715						0830	0842	0852	0902	0912	0922	0932	0942	0951		
Dagenham Heathway Station	0513	0543	0603	0623	0643	0703	0719						0834	0847	0857	0907	0917	0927	0937	0947	0956		
Becontree Heath Morrisons	0518	0548	0608	0628	0648	0708	0724						0839	0853	0903	0913	0923	0933	0943	0953	1002		
Chadwell Heath Sainsbury's	0523	0553	0613	0633	0653	0713	0729						0844	0858	0909	0919	0929	0940	0950	1000	1010		
Little Heath King George Hospital	0530	0600	0620	0640	0700	0721	0737						0852	0906	0917	0927	0937	0949	0959	1009	1019		
Beckton Bus Station	0944	0953	1002					1112	1121	1129	1139	1148	1157					1347	1357	1407		1757	
Beckton Triangle Retail Park	0947	0956	1006					1116	1125	1133	1143	1152	1201					1351	1401	1411	Then	1801	
Lodge Ave. Flyover Junc. (West Side)	0953	1002	1012					1122	1131	1139	1149	1158	1208					1358	1408	1418	every	1808	
Dagenham Chequers	0959	1009	1019					1129	1138	1146	1156	1205	1215					1405	1415	1425	10	1815	
Dagenham Heathway Station	1005	1015	1025					1135	1144	1152	1202	1212	1222					1412	1422	1432	mins.	1822	
Becontree Heath Morrisons	1012	1022	1032					1142	1151	1159	1209	1219	1229					1419	1429	1439	until	1829	
Chadwell Heath Sainsbury's	1020	1030	1040					1150	1159	1208	1218	1228	1238					1428	1438	1447		1837	
Little Heath King George Hospital	1029	1039	1049					1159	1209	1219	1229	1239	1249					1439	1448	1457		1847	
Beckton Bus Station	1807	1817	1828	1838	1849	1901	1913	1925	1940	1955								2125	2140	2155	2210	2225	2240
Beckton Triangle Retail Park	1811	1821	1832	1842	1852	1904	1916	1928	1943	1958								2128	2143	2158	2213	2228	2243
Lodge Ave. Flyover Junc. (West Side)	1818	1828	1838	1848	1858	1910	1922	1934	1949	2004								2134	2149	2204	2218	2233	2248
Dagenham Chequers	1825	1835	1845	1855	1905	1917	1929	1941	1956	2010								2140	2155	2210	2224	2239	2254
Dagenham Heathway Station	1832	1841	1851	1901	1911	1923	1935	1947	2002	2015								2145	2200	2214	2228	2243	2258
Becontree Heath Morrisons	1839	1848	1858	1908	1918	1930	1942	1954	2008	2021								2151	2205	2219	2233	2248	2303
Chadwell Heath Sainsbury's	1846	1855	1905	1914	1924	1936	1948	2000	2014	2027								2157	2210	2224	2238	2253	2308
Little Heath King George Hospital	1856	1905	1915	1923	1933	1945	1957	2009	2023	2036								2206	2219	2233	2247	2302	2315
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 Sundays and other Public Holidays (except Christmas Day)																							
Beckton Bus Station	0625	0655	0725	0755	0815	0833	0848	0903	0918	0933	0948	1003	1016	1029	1044	1059	1114	1128					
Beckton Triangle Retail Park	0628	0658	0728	0758	0818	0836	0851	0906	0921	0936	0951	1006	1019	1033	1048	1103	1118	1132					
Lodge Ave. Flyover Junc. (West Side)	0633	0703	0733	0803	0823	0841	0856	0912	0927	0942	0957	1012	1025	1039	1054	1109	1124	1138					
Dagenham Chequers	0639	0709	0739	0809	0829	0847	0902	0918	0933	0948	1003	1018	1031	1046	1101	1116	1131	1145					
Dagenham Heathway Station	0643	0713	0743	0813	0833	0851	0906	0922	0937	0952	1007	1022	1036	1051	1106	1121	1136	1151					
Becontree Heath Morrisons	0648	0718	0748	0818	0838	0856	0912	0928	0943	0958	1013	1028	1043	1058	1113	1128	1143	1158					
Chadwell Heath Sainsbury's	0653	0723	0753	0823	0843	0901	0918	0934	0949	1004	1019	1035	1050	1105	1120	1135	1150	1205					
Little Heath King George Hospital	0700	0730	0800	0830	0850	0909	0926	0942	0957	1012	1027	1044	1059	1114	1129	1144	1159	1215					
Beckton Bus Station	1141	1155				1510	1525	1540	1555	1610	1625	1640	1655	1710	1725	1740	1755	1810	1825				
Beckton Triangle Retail Park	1145	1159				1514	1529	1544	1559	1614	1629	1644	1659	1714	1729	1744	1759	1814	1829				
Lodge Ave. Flyover Junc. (West Side)	1151	1206				1521	1536	1551	1606	1620	1635	1650	1705	1720	1735	1750	1805	1820	1835				
Dagenham Chequers	1158	1213				1528	1543	1558	1613	1627	1642	1657	1712	1727	1742	1757	1812	1827	1841				
Dagenham Heathway Station	1205	1220				1535	1550	1605	1619	1633	1648	1703	1718	1733	1748	1803	1817	1832	1846				
Becontree Heath Morrisons	1212	1227				1542	1557	1612	1626	1640	1655	1710	1725	1740	1755	1810	1824	1838	1852				
Chadwell Heath Sainsbury's	1220	1235				1550	1605	1619	1633	1647	1702	1717	1732	1747	1802	1816	1830	1844	1858				
Little Heath King George Hospital	1230	1245				1600	1614	1628	1642	1656	1711	1726	1741	1756	1810	1824	1838	1852	1906				
Beckton Bus Station	1840	1855	1910	1925	1940	1955	2010							2140	2155	2210	2225	2240	2255			2355	
Beckton Triangle Retail Park	1843	1858	1913	1928	1943	1958	2013							2143	2158	2213	2228	2243	2258			2358	
Lodge Ave. Flyover Junc. (West Side)	1849	1904	1919	1934	1949	2004	2018							2148	2203	2218	2233	2248	2303	Then		0003	
Dagenham Chequers	1855	1910	1925	1940	1955	2010	2024							2154	2209	2223	2238	2253	2308	every 15		0008	
Dagenham Heathway Station	1900	1915	1930	1945	2000	2015	2029							2159	2213	2227	2242	2257	2311	minutes		0011	
Becontree Heath Morrisons	1906	1921	1936	1951	2006	2020	2034							2204	2218	2232	2247	2302	2316	until		0016	
Chadwell Heath Sainsbury's	1912	1927	1942	1957	2011	2025	2039							2209	2223	2237	2252	2306	2320			0020	
Little Heath King George Hospital	1920	1935	1950	2005	2019	2033	2047							2217	2230	2244	2259	2313	2327			0027	