

244 Mondays to Fridays																			
Abbey Wood Knee Hill	0450	0510	0530	0550	0610	0622	0634	0646		0831		1430	1439		1759	1910			
Bentham Road Titmuss Avenue	0454	0514	0534	0554	0614	0626	0638	0650	Then	0837	Then	1435	1444	Then	1805	1916			
Thamesmead Town Centre	0457	0517	0537	0557	0618	0630	0642	0654	about	0842	about	1439	1448	about	1809	Then 1919			
Belmarsh Prison	0501	0521	0541	0601	0622	0634	0646	0659	every	0848	every	1444	1453	every	1815	Then about 1924			
Broadwaters Goosander Way	0506	0526	0546	0606	0628	0640	0652	0705	11	0854	10	1449	1459	11	1820	Then every 12 1929			
Woolwich Arsenal Station	0512	0532	0552	0614	0636	0648	0700	0715	mins.	0904	mins.	1459	1509	mins.	1830	Then minutes 1938			
Herbert Road Plumstead Common Rd.	0517	0537	0557	0619	0642	0654	0706	0723	until	0912	until	1507	1518	until	1839	Then until 1945			
Shooters Hill Bull (Shooters Hill)	0522	0542	0602	0624	0649	0701	0713	0731		0920		1515	1527		1848	Then 1952			
Queen Elizabeth Hospital	0526	0546	0606	0629	0654	0706	0719	0738		0926		1520	1533		1853	Then 1956			
Abbey Wood Knee Hill	1922	1937	1952	2008	2023	2039	2054	2110	2125	2140	2155	2210	2225	Then every 15 minutes until	2325	2340	2355		
Bentham Road Titmuss Avenue	1928	1942	1957	2013	2028	2044	2059	2114	2129	2144	2159	2214	2229		2329	2344	2359		
Thamesmead Town Centre	1931	1945	2000	2016	2031	2047	2102	2117	2132	2147	2202	2217	2232		2332	2347	0002		
Belmarsh Prison	1936	1950	2005	2020	2035	2051	2106	2121	2136	2151	2206	2221	2236		2336	2351	0006		
Broadwaters Goosander Way	1941	1955	2010	2025	2040	2055	2110	2125	2140	2155	2210	2225	2240		2340	2355	0010		
Woolwich Arsenal Station	1950	2004	2019	2033	2048	2103	2117	2132	2147	2202	2217	2232	2247		2347	0001	0016		
Herbert Road Plumstead Common Rd.	1957	2011	2025	2039	2054	2109	2123	2138	2153	2208	2223	2238	2252		2352	0006	0021		
Shooters Hill Bull (Shooters Hill)	2004	2018	2032	2046	2101	2116	2130	2144	2159	2214	2229	2244	2258		2358	0011	0026		
Queen Elizabeth Hospital	2008	2022	2036	2050	2105	2120	2134	2148	2203	2218	2233	2248	2302	0002	0015	0030			
244 Saturdays (also Good Friday)																			
Abbey Wood Knee Hill	0450	0510	0530	0550	0610	0630	0650	0710	0725	0740	0755	0810	0822	0834	0846	1754			
Bentham Road Titmuss Avenue	0454	0514	0534	0554	0614	0634	0654	0714	0729	0744	0759	0815	0827	0839	0851	1759			
Thamesmead Town Centre	0457	0517	0537	0557	0617	0637	0657	0717	0732	0747	0802	0818	0830	0842	0854	Then 1803			
Belmarsh Prison	0501	0521	0541	0601	0621	0641	0701	0721	0736	0751	0806	0822	0834	0846	0858	Then about 1808			
Broadwaters Goosander Way	0505	0525	0545	0605	0626	0646	0706	0726	0741	0756	0811	0827	0839	0851	0903	Then every 10 minutes 1813			
Woolwich Arsenal Station	0511	0531	0551	0611	0633	0653	0713	0733	0748	0803	0818	0834	0846	0858	0910	1822			
Herbert Road Plumstead Common Rd.	0515	0535	0555	0615	0638	0658	0718	0738	0754	0809	0824	0840	0852	0904	0916	1829			
Shooters Hill Bull (Shooters Hill)	0520	0540	0600	0621	0644	0704	0724	0744	0800	0815	0830	0846	0858	0911	0923	1837			
Queen Elizabeth Hospital	0524	0544	0604	0625	0648	0708	0728	0748	0804	0819	0834	0850	0902	0915	0927	1841			
Abbey Wood Knee Hill	1805		1917	1932	1947	2004	2020	2036	2051	2109	2125	2210	2225		2325	2340	2355		
Bentham Road Titmuss Avenue	1810	Then	1922	1937	1952	2009	2025	2041	2056	2113	2129	2214	2229		2329	2344	2359		
Thamesmead Town Centre	1813	about	1925	1940	1955	2012	2028	2044	2059	2116	2131	Then	2216	2231	Then	2331	2346	0001	
Belmarsh Prison	1818	every	1930	1945	2000	2017	2033	2048	2103	2120	2135	every	2220	2235	every	2335	2350	0005	
Broadwaters Goosander Way	1823	12	1935	1950	2005	2022	2038	2053	2108	2124	2139	15	2224	2239	15	2339	2354	0009	
Woolwich Arsenal Station	1832	mins.	1944	1959	2014	2030	2045	2100	2115	2131	2146	mins.	2231	2246	mins.	2346	0000	0015	
Herbert Road Plumstead Common Rd.	1839	until	1951	2006	2021	2036	2051	2106	2121	2137	2152	until	2237	2251	until	2351	0005	0020	
Shooters Hill Bull (Shooters Hill)	1847		1958	2013	2028	2043	2058	2113	2128	2143	2158		2243	2257		2357	0011	0026	
Queen Elizabeth Hospital	1851		2002	2017	2032	2047	2102	2117	2132	2147	2202		2247	2301		0001	0015	0030	
244 Sundays and other Public Holidays (except Christmas Day)																			
Abbey Wood Knee Hill	0540	0610	0640	0700	0714				0814	0828	0842	0857	0910	0924	0939	0954	1009	1024	1039
Bentham Road Titmuss Avenue	0544	0614	0644	0704	0718				0818	0832	0847	0902	0915	0929	0944	0959	1014	1029	1044
Thamesmead Town Centre	0547	0617	0647	0707	0721			Then	0821	0835	0850	0905	0918	0932	0947	1002	1017	1032	1047
Belmarsh Prison	0551	0621	0651	0711	0725			every 15	0825	0839	0854	0909	0923	0937	0952	1007	1022	1037	1052
Broadwaters Goosander Way	0556	0626	0656	0716	0730			minutes	0830	0844	0859	0914	0928	0942	0957	1012	1027	1042	1057
Woolwich Arsenal Station	0602	0632	0702	0722	0736			until	0836	0851	0906	0921	0935	0950	1005	1020	1035	1050	1105
Herbert Road Plumstead Common Rd.	0606	0636	0706	0726	0741				0841	0856	0911	0926	0941	0956	1011	1026	1041	1056	1111
Shooters Hill Bull (Shooters Hill)	0612	0642	0712	0732	0747				0847	0902	0917	0932	0947	1002	1017	1032	1047	1103	1118
Queen Elizabeth Hospital	0616	0646	0716	0736	0751				0851	0906	0921	0936	0951	1006	1021	1036	1051	1107	1123
Abbey Wood Knee Hill	1054	1108	1122	1137	1151				1406	1423			1723	1739	1754	1809	1825	1840	1855
Bentham Road Titmuss Avenue	1059	1113	1127	1142	1156				1411	1428			1728	1744	1759	1814	1830	1844	1859
Thamesmead Town Centre	1102	1117	1131	1146	1200			Then	1415	1431	Then		1731	1747	1802	1817	1833	1847	1902
Belmarsh Prison	1107	1122	1136	1151	1205			every 15	1420	1436	every 15		1736	1752	1807	1822	1837	1851	1906
Broadwaters Goosander Way	1112	1127	1141	1156	1210			minutes	1425	1441	minutes		1741	1757	1812	1827	1842	1856	1911
Woolwich Arsenal Station	1120	1135	1150	1205	1219			until	1434	1450	until		1750	1806	1821	1836	1851	1905	1920
Herbert Road Plumstead Common Rd.	1126	1141	1156	1211	1226				1441	1457			1757	1812	1827	1842	1857	1911	1926
Shooters Hill Bull (Shooters Hill)	1133	1148	1203	1218	1233				1448	1504			1804	1819	1834	1849	1904	1918	1933
Queen Elizabeth Hospital	1138	1153	1208	1223	1238				1453	1508			1808	1823	1838	1853	1908	1922	1937
Abbey Wood Knee Hill	1910	1925	1940	1955	2010	2025	2040	2055	2110			2210	2225		2325	2340	2355		
Bentham Road Titmuss Avenue	1914	1929	1944	1959	2014	2029	2044	2059	2114			2214	2229		2329	2344	2359		
Thamesmead Town Centre	1917	1932	1947	2002	2017	2032	2047	2102	2117	Then		2217	2231	Then	2331	2346	0001		
Belmarsh Prison	1921	1936	1951	2006	2021	2036	2051	2106	2121	every 15		2221	2235	every 15	2335	2350	0005		
Broadwaters Goosander Way	1926	1941	1955	2010	2025	2040	2055	2110	2125	minutes		2225	2239	minutes	2339	2354	0009		
Woolwich Arsenal Station	1935	1950	2003	2018	2032	2047	2102	2117	2132	until		2232	2246	until	2346	0000	0015		
Herbert Road Plumstead Common Rd.	1941	1956	2009	2024	2038	2053	2108	2123	2137			2237	2251		2351	0005	0020		
Shooters Hill Bull (Shooters Hill)	1948	2003	2015	2030	2044	2059	2114	2129	2143			2243	2257		2357	0011	0026		
Queen Elizabeth Hospital	1952	2007	2019	2034	2048	2103	2118	2133	2147			2247	2301		0001	0015	0030		

244 Mondays to Fridays																			
Queen Elizabeth Hospital	0515	0535	0555	0615	0635	0646	0657			1448			1937	1949	2001	2013	2025	2040	
Shooters Hill Bull (Shooters Hill)	0519	0539	0559	0619	0639	0650	0701			1454			1942	1954	2006	2017	2029	2044	
Herbert Road Plumstead Common Rd.	0524	0544	0604	0625	0645	0656	0707		Then	1500	Then		1948	2000	2011	2022	2034	2049	
Woolwich Arsenal Station	0530	0550	0610	0632	0652	0703	0715		about	1509	about		1955	2007	2018	2029	2041	2056	
Broadwaters Goosander Way	0536	0556	0616	0638	0658	0709	0721		every 10	1517	every 11		2003	2014	2024	2035	2047	2102	
Belmarsh Prison	0541	0601	0621	0643	0704	0715	0727		minutes	1524	minutes		2009	2020	2030	2041	2053	2108	
Thamesmead Town Cen. Central Way	0545	0605	0625	0647	0708	0720	0732		until	1529	until		2013	2024	2034	2045	2057	2112	
Bentham Road Titmuss Avenue	0547	0607	0627	0649	0711	0723	0735			1533			2016	2027	2036	2047	2059	2114	
Abbey Wood Knee Hill	0552	0612	0632	0655	0717	0729	0741			1540			2021	2032	2041	2052	2104	2119	
Queen Elizabeth Hospital	2055	2110	2125	2140	2155	2210	2225	2240	2255	2310	2325	2340	2355	0010	0025				
Shooters Hill Bull (Shooters Hill)	2059	2114	2129	2144	2159	2214	2229	2244	2259	2314	2329	2344	2359	0014	0029				
Herbert Road Plumstead Common Rd.	2104	2119	2134	2149	2204	2219	2234	2248	2303	2318	2333	2348	0003	0018	0033				
Woolwich Arsenal Station	2111	2126	2140	2155	2210	2225	2240	2254	2309	2324	2339	2353	0008	0023	0038				
Broadwaters Goosander Way	2117	2132	2146	2201	2216	2231	2245	2259	2314	2329	2344	2358	0013	0028	0043				
Belmarsh Prison	2123	2138	2152	2207	2222	2237	2251	2305	2320	2335	2349	0003	0018	0033	0048				
Thamesmead Town Cen. Central Way	2127	2142	2156	2211	2226	2241	2255	2309	2324	2339	2353	0007	0022	0037	0052				
Bentham Road Titmuss Avenue	2129	2144	2158	2213	2228	2243	2257	2311	2326	2341	2355	0009	0024	0039	0054				
Abbey Wood Knee Hill	2133	2148	2202	2217	2232	2247	2301	2315	2330	2345	2359	0013	0028	0043	0058				
244 Saturdays (also Good Friday)																			
Queen Elizabeth Hospital	0515	0535	0555	0615	0635	0655	0715	0735	0750			0835	0847	0859	0910		1858	1933	
Shooters Hill Bull (Shooters Hill)	0519	0539	0559	0619	0639	0659	0719	0739	0754			0839	0851	0903	0914	Then	1903	Then	1938
Herbert Road Plumstead Common Rd.	0524	0544	0604	0624	0644	0704	0724	0744	0759	Then		0844	0857	0909	0920	about	1909	about	1944
Woolwich Arsenal Station	0529	0549	0610	0630	0650	0710	0730	0750	0805	every		0850	0904	0916	0927	every	1916	every	1951
Broadwaters Goosander Way	0534	0554	0615	0635	0655	0715	0735	0755	0811	15		0856	0910	0922	0933	10	1923	12	1957
Belmarsh Prison	0539	0559	0620	0640	0700	0720	0740	0800	0816	mins.		0901	0915	0927	0938	mins.	1929	mins.	2003
Thamesmead Town Cen. Central Way	0543	0603	0624	0644	0704	0724	0744	0804	0820	until		0905	0919	0931	0942	until	1933	until	2007
Bentham Road Titmuss Avenue	0545	0605	0626	0646	0706	0726	0746	0807	0823			0908	0922	0934	0945		1936		2010
Abbey Wood Knee Hill	0549	0609	0630	0650	0710	0731	0751	0812	0828			0913	0927	0939	0950		1941		2015
Queen Elizabeth Hospital	1945	1957	2010	2025	2040	2055	2110	2125	2140	2155	2210	2225	2240			2340	2355	0010	0025
Shooters Hill Bull (Shooters Hill)	1950	2002	2015	2030	2044	2059	2114	2129	2144	2159	2214	2229	2244			2344	2359	0014	0029
Herbert Road Plumstead Common Rd.	1955	2007	2020	2035	2049	2104	2119	2134	2149	2204	2219	2234	2248	Then		2348	0003	0018	0033
Woolwich Arsenal Station	2002	2014	2027	2042	2055	2110	2125	2140	2155	2210	2225	2240	2254	every		2354	0008	0023	0038
Broadwaters Goosander Way	2008	2020	2033	2048	2101	2116	2131	2146	2201	2216	2230	2245	2259	15		2359	0013	0028	0043
Belmarsh Prison	2014	2026	2039	2054	2106	2121	2136	2151	2206	2221	2235	2250	2304	mins.		0004	0018	0033	0048
Thamesmead Town Cen. Central Way	2018	2030	2043	2058	2110	2125	2140	2155	2210	2225	2239	2254	2308	until		0008	0022	0037	0052
Bentham Road Titmuss Avenue	2021	2033	2046	2101	2112	2127	2142	2157	2212	2227	2241	2256	2310			0010	0024	0039	0054
Abbey Wood Knee Hill	2026	2038	2051	2106	2117	2132	2147	2201	2216	2231	2245	2300	2314			0014	0028	0043	0058
244 Sundays and other Public Holidays (except Christmas Day)																			
Queen Elizabeth Hospital	0555	0625	0655	0715	0735	0750	0805	0820	0835	0850	0905	0920	0935	0950	1005	1020	1034	1048	
Shooters Hill Bull (Shooters Hill)	0559	0629	0659	0719	0739	0754	0809	0824	0839	0854	0909	0924	0939	0954	1009	1024	1038	1052	
Herbert Road Plumstead Common Rd.	0604	0634	0704	0724	0744	0759	0814	0829	0844	0859	0914	0929	0945	1000	1015	1030	1044	1058	
Woolwich Arsenal Station	0610	0640	0710	0730	0750	0805	0820	0835	0850	0905	0920	0935	0951	1006	1021	1036	1050	1105	
Broadwaters Goosander Way	0615	0645	0715	0735	0755	0810	0825	0840	0856	0911	0926	0941	0957	1012	1027	1042	1056	1111	
Belmarsh Prison	0620	0650	0720	0740	0800	0815	0830	0845	0901	0916	0931	0946	1002	1017	1032	1047	1102	1117	
Thamesmead Town Cen. Central Way	0624	0654	0724	0744	0804	0819	0834	0849	0905	0920	0935	0950	1006	1021	1036	1051	1106	1121	
Bentham Road Titmuss Avenue	0626	0656	0726	0746	0806	0821	0836	0851	0908	0923	0938	0953	1009	1024	1039	1054	1109	1124	
Abbey Wood Knee Hill	0630	0700	0730	0750	0810	0825	0840	0855	0913	0928	0943	0958	1014	1029	1044	1059	1114	1129	
Queen Elizabeth Hospital	1102	1117	1132			1302	1317			1502	1519			1704	1720	1736	1751	1806	
Shooters Hill Bull (Shooters Hill)	1106	1121	1137			1307	1322			1507	1524			1709	1725	1741	1756	1811	
Herbert Road Plumstead Common Rd.	1112	1127	1143	Then		1313	1328	Then		1513	1529	Then		1714	1730	1746	1801	1816	
Woolwich Arsenal Station	1119	1134	1150	every 15		1320	1336	every 15		1521	1536	every 15		1721	1737	1753	1808	1823	
Broadwaters Goosander Way	1126	1141	1157	minutes		1327	1343	minutes		1528	1543	minutes		1728	1744	1759	1814	1829	
Belmarsh Prison	1132	1147	1203	until		1333	1349	until		1534	1549	until		1734	1750	1805	1820	1835	
Thamesmead Town Cen. Central Way	1136	1151	1207			1337	1353			1538	1553			1738	1754	1809	1824	1839	
Bentham Road Titmuss Avenue	1139	1154	1210			1340	1356			1541	1556			1741	1756	1811	1826	1841	
Abbey Wood Knee Hill	1144	1159	1215			1345	1401			1546	1601			1746	1801	1816	1831	1846	
Queen Elizabeth Hospital	1821	1837	1852	1907	1922	1938	1954			2139	2154	2210	2225	2240	2255	2310		0025	
Shooters Hill Bull (Shooters Hill)	1826	1842	1857	1912	1927	1943	1958			2143	2158	2214	2229	2244	2259	2314		0029	
Herbert Road Plumstead Common Rd.	1831	1847	1902	1917	1932	1948	2003		Then	2148	2203	2218	2233	2248	2303	2318	Then	0033	
Woolwich Arsenal Station	1838	1853	1908	1923	1938	1954	2009		every 15	2154	2208	2223	2238	2253	2308	2323	every	0038	
Broadwaters Goosander Way	1844	1859	1914	1929	1944	2000	2015		minutes	2200	2214	2229	2244	2259	2314	2328	15	0043	
Belmarsh Prison	1850	1905	1920	1935	1950	2006	2021		until	2206	2220	2235	2250	2304	2319	2333	mins.	0048	
Thamesmead Town Cen. Central Way	1854	1909	1924	1939	1954	2010	2025			2210	2224	2239	2254	2308	2323	2337	until	0052	
Bentham Road Titmuss Avenue	1856	1911	1926	1941	1956	2012	2027			2212	2226	2241	2256	2310	2325	2339		0054	
Abbey Wood Knee Hill	1901	1916	1931	1946	2001	2016	2031			2216	2230	2245	2300	2314	2329	2343		0058	