

262	Mondays to Fridays																	
East Beckton Sainsbury's	0425	0440	0455	0507	0519	0531	0543	0554	0604	0614	0625	0636	0647	0657	0707	0717	0727	0737
Gallions Reach Shopping Park	0429	0444	0459	0511	0523	0535	0547	0558	0609	0619	0630	0641	0652	0702	0712	0722	0732	0742
Winsor Park Woolwich Manor Way	0434	0449	0504	0516	0528	0540	0552	0603	0614	0625	0636	0647	0658	0708	0718	0728	0738	0748
Beckton Bus Station	0436	0451	0506	0518	0530	0542	0554	0605	0616	0627	0638	0649	0700	0710	0720	0730	0740	0750
Prince Regent Lane Bennett Road	0444	0459	0514	0526	0538	0550	0602	0614	0625	0636	0647	0658	0709	0720	0730	0741	0751	0802
Plaistow Greengate	0447	0502	0517	0530	0542	0554	0606	0618	0629	0640	0651	0702	0713	0724	0735	0746	0756	0807
Plaistow Station	0450	0505	0520	0534	0546	0558	0610	0622	0633	0644	0655	0706	0717	0728	0739	0750	0800	0812
Stratford Bus Station	0457	0512	0527	0542	0554	0606	0618	0630	0642	0653	0704	0715	0726	0737	0748	0759	0810	0822
East Beckton Sainsbury's	0747	0757	0808	0819	0830	0841	0852	0903	0914	Then every 11 minutes until	1159	1210	Then every 11 minutes until	1422	1433	1443		
Gallions Reach Shopping Park	0752	0802	0813	0824	0835	0846	0857	0908	0919		1204	1216		1428	1439	1449		
Winsor Park Woolwich Manor Way	0758	0809	0820	0831	0842	0853	0904	0914	0925		1210	1222		1434	1445	1455		
Beckton Bus Station	0801	0812	0823	0834	0845	0856	0907	0917	0928		1213	1225		1437	1448	1458		
Prince Regent Lane Bennett Road	0813	0824	0835	0846	0857	0908	0918	0928	0938		1223	1235		1447	1458	1508		
Plaistow Greengate	0818	0829	0840	0851	0902	0913	0923	0933	0943		1228	1240		1452	1503	1514		
Plaistow Station	0823	0834	0845	0856	0906	0917	0927	0937	0947		1232	1244		1456	1507	1518		
Stratford Bus Station	0833	0844	0855	0906	0916	0926	0936	0946	0956	1241	1253	1505	1517	1528				
East Beckton Sainsbury's	1453	1503	1513	1523	1533	Then every 11 minutes until	1639	1649	1700	1711	1722	1733	1744	1756	1807	1818	1829	
Gallions Reach Shopping Park	1459	1509	1519	1529	1539		1645	1655	1706	1717	1728	1739	1750	1802	1813	1824	1835	
Winsor Park Woolwich Manor Way	1505	1516	1526	1536	1546		1652	1702	1713	1724	1735	1746	1757	1809	1820	1831	1842	
Beckton Bus Station	1508	1519	1529	1539	1549		1655	1706	1717	1728	1739	1750	1801	1812	1823	1834	1845	
Prince Regent Lane Bennett Road	1519	1530	1541	1551	1601		1707	1718	1729	1740	1751	1802	1812	1823	1834	1845	1856	
Plaistow Greengate	1525	1536	1547	1558	1609		1715	1727	1738	1749	1800	1810	1820	1830	1841	1852	1903	
Plaistow Station	1529	1540	1551	1602	1613		1719	1731	1742	1753	1804	1814	1824	1834	1845	1856	1907	
Stratford Bus Station	1539	1550	1601	1612	1623	1729	1741	1752	1803	1814	1824	1834	1844	1855	1906	1916		
East Beckton Sainsbury's	1841	1854	1907	1919	1931	1943	1959	2015	2030	2045	2100	2116	2131	2146	2202	2217	2232	2247
Gallions Reach Shopping Park	1847	1900	1913	1925	1937	1949	2005	2020	2035	2050	2105	2121	2136	2151	2206	2221	2236	2251
Winsor Park Woolwich Manor Way	1854	1906	1919	1931	1943	1955	2011	2026	2041	2056	2110	2126	2141	2156	2211	2226	2241	2256
Beckton Bus Station	1857	1909	1922	1934	1946	1958	2014	2029	2044	2058	2112	2128	2143	2158	2213	2228	2243	2258
Prince Regent Lane Bennett Road	1908	1920	1932	1944	1956	2008	2023	2038	2053	2107	2121	2136	2151	2206	2221	2236	2251	2306
Plaistow Greengate	1913	1925	1937	1949	2001	2013	2028	2043	2058	2112	2126	2141	2156	2211	2226	2241	2256	2310
Plaistow Station	1917	1929	1941	1952	2004	2016	2031	2046	2101	2115	2129	2144	2159	2214	2229	2244	2259	2313
Stratford Bus Station	1926	1937	1948	1959	2011	2023	2038	2053	2108	2122	2136	2151	2206	2221	2236	2251	2306	2320
East Beckton Sainsbury's	2302	2317	2332	2347	0002	0017												
Gallions Reach Shopping Park	2306	2321	2336	2351	0006	0021												
Winsor Park Woolwich Manor Way	2311	2326	2341	2356	0011	0026												
Beckton Bus Station	2313	2328	2343	2358	0013	0028												
Prince Regent Lane Bennett Road	2320	2335	2350	0005	0020	0035												
Plaistow Greengate	2324	2339	2354	0009	0024	0039												
Plaistow Station	2327	2342	2357	0012	0027	0042												
Stratford Bus Station	2334	2348	0003	0018	0033	0048												

262		Saturdays (also Good Friday)															
East Beckton Sainsbury's	0425		0555	0610	0625	0640	0655	0710	0722	0734	0745	0756	0807	0818	0829	0839	0849
Gallions Reach Shopping Park	0429		0559	0615	0630	0645	0700	0715	0727	0739	0750	0801	0812	0823	0834	0844	0854
Winsor Park Woolwich Manor Way	0434	Then every 15 minutes until	0604	0620	0635	0650	0705	0720	0732	0744	0755	0806	0817	0828	0839	0849	0859
Beckton Bus Station	0436		0606	0622	0637	0652	0707	0722	0734	0746	0757	0808	0819	0830	0841	0851	0901
Prince Regent Lane Bennett Road	0444		0614	0630	0645	0700	0715	0730	0742	0754	0806	0817	0828	0839	0850	0900	0911
Plaistow Greengate	0447		0617	0633	0648	0703	0718	0733	0745	0757	0809	0820	0831	0842	0853	0904	0915
Plaistow Station	0450		0620	0636	0651	0706	0721	0736	0748	0800	0812	0823	0834	0845	0856	0907	0918
Stratford Bus Station	0457		0627	0643	0658	0713	0728	0743	0755	0807	0819	0830	0841	0852	0903	0914	0925
East Beckton Sainsbury's	0859	0910	0921	0932	0943	0954	1005	1016	1026	1036	1046	1056	1106	Then every 11 minutes until	1329	1339	1349
Gallions Reach Shopping Park	0904	0915	0926	0937	0948	0959	1010	1021	1031	1041	1051	1101	1112		1335	1345	1356
Winsor Park Woolwich Manor Way	0910	0921	0932	0943	0954	1005	1016	1027	1037	1047	1057	1107	1118		1341	1351	1402
Beckton Bus Station	0912	0923	0934	0945	0956	1007	1018	1029	1039	1049	1059	1110	1121		1344	1354	1405
Prince Regent Lane Bennett Road	0922	0933	0944	0955	1006	1017	1028	1039	1049	1059	1110	1121	1132		1355	1406	1417
Plaistow Greengate	0926	0937	0948	0959	1010	1021	1032	1043	1054	1105	1116	1127	1138		1401	1412	1423
Plaistow Station	0930	0941	0952	1003	1014	1025	1036	1047	1058	1109	1120	1131	1142	1405	1416	1427	
Stratford Bus Station	0937	0949	1001	1013	1024	1035	1046	1057	1108	1119	1130	1141	1152	1415	1426	1437	
East Beckton Sainsbury's	1400	Then every 11 minutes until	1835	1847	1859	1911	1926	1941	1957	2013	2029	2044	2100	2116	2131	2146	2202
Gallions Reach Shopping Park	1407		1842	1854	1905	1917	1932	1947	2003	2018	2034	2049	2105	2121	2136	2151	2206
Winsor Park Woolwich Manor Way	1413		1848	1900	1911	1923	1938	1953	2009	2024	2040	2055	2110	2126	2141	2156	2211
Beckton Bus Station	1416		1851	1903	1914	1926	1941	1956	2011	2026	2042	2057	2112	2128	2143	2158	2213
Prince Regent Lane Bennett Road	1428		1903	1914	1925	1937	1952	2007	2021	2036	2051	2106	2121	2136	2151	2206	2221
Plaistow Greengate	1434		1909	1920	1931	1943	1958	2013	2027	2042	2056	2111	2126	2141	2156	2211	2226
Plaistow Station	1438	1913	1924	1935	1947	2002	2016	2030	2045	2059	2114	2129	2144	2159	2214	2229	
Stratford Bus Station	1448	1923	1934	1945	1956	2010	2024	2038	2052	2106	2121	2136	2151	2206	2221	2236	
East Beckton Sainsbury's	2217	2232	2247	2302	2317	2332	2347	0002	0017								
Gallions Reach Shopping Park	2221	2236	2251	2306	2321	2336	2351	0006	0021								
Winsor Park Woolwich Manor Way	2226	2241	2256	2311	2326	2341	2356	0011	0026								
Beckton Bus Station	2228	2243	2258	2313	2328	2343	2358	0013	0028								
Prince Regent Lane Bennett Road	2236	2251	2306	2320	2335	2350	0005	0020	0035								
Plaistow Greengate	2241	2256	2310	2324	2339	2354	0009	0024	0039								
Plaistow Station	2244	2259	2313	2327	2342	2357	0012	0027	0042								
Stratford Bus Station	2251	2306	2320	2334	2348	0003	0018	0033	0048								
262		Sundays and other Public Holidays (except Christmas Day)															
East Beckton Sainsbury's	0520	0540	0600	Then every 20 minutes until	0820	0835	0850	0905	0920	0935	0950	1004	1018	1032	1046	1100	1114
Gallions Reach Shopping Park	0524	0544	0605		0825	0840	0855	0910	0925	0940	0955	1009	1023	1037	1051	1106	1120
Winsor Park Woolwich Manor Way	0529	0549	0610		0830	0845	0900	0915	0930	0945	1000	1015	1029	1043	1057	1112	1126
Beckton Bus Station	0531	0551	0612		0832	0847	0902	0917	0932	0947	1002	1017	1031	1045	1059	1114	1129
Prince Regent Lane Bennett Road	0539	0559	0620		0840	0856	0911	0926	0941	0956	1011	1026	1041	1056	1110	1125	1140
Plaistow Greengate	0542	0602	0623		0843	0859	0915	0930	0945	1000	1015	1030	1045	1100	1115	1130	1145
Plaistow Station	0545	0605	0626	0846	0902	0918	0933	0948	1004	1019	1034	1049	1104	1119	1134	1149	
Stratford Bus Station	0552	0612	0633	0853	0909	0925	0941	0956	1012	1028	1043	1058	1113	1128	1143	1158	
East Beckton Sainsbury's	1129	1144	1159	1214	1229	1244	1259	1314	1329	1344	1359	1414	1429	1444	1459	Then every 15 minutes until	1644
Gallions Reach Shopping Park	1135	1150	1205	1220	1235	1250	1305	1321	1336	1351	1406	1421	1436	1451	1506		1651
Winsor Park Woolwich Manor Way	1141	1156	1211	1226	1241	1256	1311	1327	1342	1357	1412	1427	1442	1457	1512		1657
Beckton Bus Station	1144	1159	1214	1229	1244	1259	1314	1330	1345	1400	1415	1430	1445	1500	1515		1700
Prince Regent Lane Bennett Road	1155	1210	1225	1240	1255	1310	1326	1342	1357	1412	1427	1442	1457	1511	1526		1711
Plaistow Greengate	1200	1215	1230	1245	1300	1316	1332	1348	1403	1418	1433	1448	1503	1517	1531		1716
Plaistow Station	1204	1219	1234	1249	1304	1320	1336	1352	1407	1422	1437	1452	1507	1521	1535	1720	
Stratford Bus Station	1213	1228	1243	1258	1313	1329	1345	1401	1416	1431	1446	1501	1516	1530	1544	1729	
East Beckton Sainsbury's	1659	1714	1729	1744	1759	1815	1830	1846	1901	1916	1931	1946	2001	Then every 15 minutes until	2146	2202	2217
Gallions Reach Shopping Park	1706	1720	1735	1750	1805	1820	1835	1851	1906	1921	1936	1951	2006		2151	2206	2221
Winsor Park Woolwich Manor Way	1712	1726	1741	1756	1811	1826	1841	1856	1911	1926	1941	1956	2011		2156	2211	2226
Beckton Bus Station	1715	1729	1744	1759	1813	1828	1843	1858	1913	1928	1943	1958	2013		2158	2213	2228
Prince Regent Lane Bennett Road	1725	1739	1754	1808	1822	1837	1852	1907	1922	1937	1952	2007	2021		2206	2221	2236
Plaistow Greengate	1730	1744	1759	1813	1827	1842	1857	1912	1927	1942	1957	2012	2026		2211	2226	2241
Plaistow Station	1734	1748	1803	1817	1831	1846	1901	1916	1931	1946	2001	2015	2029	2214	2229	2244	
Stratford Bus Station	1743	1757	1811	1825	1839	1853	1908	1923	1938	1953	2008	2022	2036	2221	2236	2251	
East Beckton Sainsbury's	2232	2247	2302	2317	2332	2347	0002	0017									
Gallions Reach Shopping Park	2236	2251	2306	2321	2336	2351	0006	0021									
Winsor Park Woolwich Manor Way	2241	2256	2311	2326	2341	2356	0011	0026									
Beckton Bus Station	2243	2258	2313	2328	2343	2358	0013	0028									
Prince Regent Lane Bennett Road	2251	2306	2320	2335	2350	0005	0020	0035									
Plaistow Greengate	2256	2310	2324	2339	2354	0009	0024	0039									
Plaistow Station	2259	2313	2327	2342	2357	0012	0027	0042									
Stratford Bus Station	2306	2320	2334	2348	0003	0018	0033	0048									

