

262		Mondays to Fridays																
East Beckton Sainsbury's	0430	0445	0500	0512	0524	0534	0544	0553	0603	0613	0623	0633	0642	0651	0700	0710	0720	0730
Gallions Reach Shopping Park	0435	0450	0505	0517	0529	0539	0549	0558	0608	0618	0628	0638	0647	0656	0707	0716	0726	0736
Winsor Park Woolwich Manor Way	0440	0455	0510	0522	0534	0544	0554	0603	0613	0623	0633	0643	0652	0701	0712	0721	0731	0741
Beckton Bus Station	0443	0458	0513	0525	0537	0547	0557	0606	0616	0626	0636	0646	0655	0704	0715	0724	0734	0744
Prince Regent Lane Bennett Road	0450	0505	0520	0532	0544	0554	0605	0615	0625	0635	0645	0655	0704	0714	0725	0734	0744	0754
Plaistow Greengate	0453	0508	0523	0535	0547	0557	0609	0619	0629	0639	0649	0659	0709	0719	0730	0739	0749	0759
Plaistow Station	0456	0512	0527	0539	0551	0601	0613	0623	0633	0643	0653	0703	0713	0723	0734	0743	0753	0804
Stratford Bus Station	0502	0518	0533	0545	0557	0609	0621	0631	0641	0651	0701	0712	0722	0732	0743	0752	0803	0814
East Beckton Sainsbury's	0739	0748	0757	0807	0817	0827	0838	0848	Then every 10 minutes until	1438	1447	1457	1506	1516	1526	1536	1545	
Gallions Reach Shopping Park	0745	0754	0803	0813	0823	0833	0844	0854		1444	1453	1503	1513	1523	1533	1543	1552	
Winsor Park Woolwich Manor Way	0750	0759	0809	0819	0829	0839	0850	0900		1450	1459	1509	1519	1529	1539	1549	1558	
Beckton Bus Station	0753	0802	0812	0822	0832	0842	0853	0903		1453	1502	1512	1522	1532	1542	1552	1601	
Prince Regent Lane Bennett Road	0803	0813	0823	0833	0843	0853	0903	0912		1502	1512	1522	1532	1542	1552	1602	1611	
Plaistow Greengate	0809	0819	0829	0839	0849	0859	0909	0918		1508	1518	1528	1538	1548	1558	1608	1617	
Plaistow Station	0814	0824	0834	0844	0854	0904	0914	0922		1512	1522	1532	1542	1552	1602	1612	1621	
Stratford Bus Station	0824	0834	0844	0854	0904	0914	0923	0931		1521	1531	1541	1551	1601	1611	1621	1630	
East Beckton Sainsbury's	1555	Then every 10 minutes until	1815	1825	1835	1846	1858	1910	1922	1934	1947	2000	Then every 15 minutes until	2130	2145	2200		
Gallions Reach Shopping Park	1602		1822	1832	1842	1853	1905	1916	1928	1940	1953	2006		2136	2151	2206		
Winsor Park Woolwich Manor Way	1608		1828	1838	1848	1859	1911	1922	1934	1946	1959	2011		2141	2156	2211		
Beckton Bus Station	1611		1831	1841	1851	1902	1914	1925	1937	1949	2002	2014		2144	2159	2214		
Prince Regent Lane Bennett Road	1621		1841	1851	1901	1912	1923	1934	1946	1958	2010	2022		2152	2207	2221		
Plaistow Greengate	1627		1847	1857	1906	1916	1927	1938	1950	2002	2014	2026		2156	2210	2224		
Plaistow Station	1631		1851	1901	1910	1920	1931	1942	1954	2006	2017	2029		2159	2213	2227		
Stratford Bus Station	1640		1900	1909	1918	1928	1939	1950	2002	2013	2024	2036		2206	2220	2234		
East Beckton Sainsbury's	2215	2230	2245	2300	2315	2330	2345	0000	0015									
Gallions Reach Shopping Park	2221	2236	2250	2305	2320	2335	2350	0005	0020									
Winsor Park Woolwich Manor Way	2226	2241	2255	2310	2325	2340	2355	0010	0025									
Beckton Bus Station	2229	2244	2258	2313	2328	2343	2358	0013	0028									
Prince Regent Lane Bennett Road	2236	2251	2305	2320	2335	2350	0005	0020	0035									
Plaistow Greengate	2239	2254	2308	2323	2338	2353	0008	0023	0038									
Plaistow Station	2242	2257	2311	2326	2341	2356	0011	0026	0041									
Stratford Bus Station	2249	2304	2318	2333	2348	0003	0017	0032	0047									

262		Saturdays (also Good Friday)															
East Beckton Sainsbury's	0430	0445	0500	0515	0530	0544	0559	0614	0628	0643	0658	0713	0725	0737	Then every 10 minutes until	0827	0837
Gallions Reach Shopping Park	0435	0450	0505	0520	0535	0549	0604	0619	0633	0648	0703	0718	0730	0742		0832	0842
Winsor Park Woolwich Manor Way	0440	0455	0510	0525	0540	0554	0609	0624	0638	0653	0708	0723	0735	0747		0837	0847
Beckton Bus Station	0443	0458	0513	0528	0543	0557	0612	0627	0641	0656	0711	0726	0738	0750		0840	0850
Prince Regent Lane Bennett Road	0450	0505	0520	0535	0550	0604	0620	0635	0649	0704	0719	0734	0746	0758		0848	0858
Plaistow Greengate	0453	0508	0523	0538	0553	0607	0623	0638	0652	0707	0722	0737	0749	0801		0851	0901
Plaistow Station	0456	0511	0526	0541	0556	0610	0626	0641	0655	0710	0725	0740	0752	0804		0854	0905
Stratford Bus Station	0502	0517	0532	0547	0602	0617	0633	0648	0702	0717	0732	0747	0759	0811		0901	0914
East Beckton Sainsbury's	0846	0855	0904	Then every 10 minutes until	1024	1033	1042	1051	1100	Then every 10 minutes until	1350	1400	Then every 10 minutes until	1720	1730		
Gallions Reach Shopping Park	0851	0900	0910		1030	1039	1048	1057	1107		1357	1408		1728	1738		
Winsor Park Woolwich Manor Way	0856	0905	0915		1035	1044	1053	1102	1113		1403	1414		1734	1744		
Beckton Bus Station	0859	0908	0918		1038	1047	1056	1105	1116		1406	1417		1737	1747		
Prince Regent Lane Bennett Road	0907	0917	0927		1047	1057	1106	1116	1127		1417	1427		1747	1757		
Plaistow Greengate	0911	0921	0931		1051	1101	1111	1121	1132		1422	1432		1752	1802		
Plaistow Station	0915	0925	0935		1055	1105	1115	1125	1136		1426	1436		1756	1806		
Stratford Bus Station	0924	0934	0944		1104	1115	1125	1135	1146		1436	1446		1806	1815		
East Beckton Sainsbury's	1740	1750	1801	1811	1821	1831	1841	1852	1904	1916	1931	1945	2000	2015	Then every 15 minutes until	2130	2145
Gallions Reach Shopping Park	1748	1758	1808	1818	1828	1838	1848	1859	1911	1923	1938	1952	2007	2021		2136	2151
Winsor Park Woolwich Manor Way	1754	1804	1814	1824	1834	1844	1854	1905	1917	1929	1944	1958	2012	2026		2141	2156
Beckton Bus Station	1757	1807	1817	1827	1837	1847	1857	1908	1920	1932	1947	2001	2015	2029		2144	2159
Prince Regent Lane Bennett Road	1807	1816	1826	1836	1846	1856	1906	1917	1929	1941	1956	2009	2023	2037		2152	2207
Plaistow Greengate	1811	1820	1830	1840	1850	1900	1910	1921	1933	1945	2000	2013	2027	2041		2156	2210
Plaistow Station	1815	1824	1834	1844	1854	1904	1914	1925	1937	1949	2003	2016	2030	2044		2159	2213
Stratford Bus Station	1824	1833	1843	1853	1903	1913	1923	1934	1946	1958	2010	2023	2037	2051		2206	2220
East Beckton Sainsbury's	2200	2215	Then every 15 minutes until	2330	2345	0000	0015	Then every 15 minutes until									
Gallions Reach Shopping Park	2206	2220		2335	2350	0005	0020										
Winsor Park Woolwich Manor Way	2211	2225		2340	2355	0010	0025										
Beckton Bus Station	2214	2228		2343	2358	0013	0028										
Prince Regent Lane Bennett Road	2221	2235		2350	0005	0020	0035										
Plaistow Greengate	2224	2238		2353	0008	0023	0038										
Plaistow Station	2227	2241		2356	0011	0026	0041										
Stratford Bus Station	2234	2248		0003	0017	0032	0047										
262		Sundays and other Public Holidays (except Christmas Day)															
East Beckton Sainsbury's	0520	Then every 20 minutes until	0820	0835	0850	0905	0919	0933	0946	1000	1014	1029	1044	1058	1113	1128	1143
Gallions Reach Shopping Park	0525		0825	0840	0855	0910	0924	0938	0951	1006	1020	1035	1050	1104	1119	1134	1149
Winsor Park Woolwich Manor Way	0530		0830	0845	0900	0915	0929	0943	0956	1011	1025	1040	1055	1109	1124	1139	1154
Beckton Bus Station	0533		0833	0848	0903	0918	0932	0946	0959	1014	1028	1043	1058	1112	1127	1142	1157
Prince Regent Lane Bennett Road	0540		0840	0855	0911	0926	0940	0954	1007	1022	1037	1052	1107	1122	1137	1152	1207
Plaistow Greengate	0543		0843	0858	0914	0929	0943	0957	1011	1026	1041	1056	1111	1126	1141	1156	1211
Plaistow Station	0546		0846	0901	0917	0932	0946	1000	1015	1030	1045	1100	1115	1130	1145	1200	1215
Stratford Bus Station	0553		0853	0908	0924	0939	0954	1009	1024	1039	1054	1109	1124	1139	1154	1209	1224
East Beckton Sainsbury's	1157	1211	Then every 15 minutes until	1511	1526	Then every 15 minutes until	1726	1742	1758	1814	1830	1845	1900	Then every 15 minutes until	2130		
Gallions Reach Shopping Park	1203	1218		1518	1533		1733	1749	1805	1820	1836	1851	1906		2136		
Winsor Park Woolwich Manor Way	1209	1224		1524	1539		1739	1755	1810	1825	1841	1856	1911		2141		
Beckton Bus Station	1212	1227		1527	1542		1742	1758	1813	1828	1844	1859	1914		2144		
Prince Regent Lane Bennett Road	1222	1237		1537	1552		1752	1807	1822	1837	1852	1907	1922		2152		
Plaistow Greengate	1226	1241		1541	1556		1756	1811	1826	1841	1856	1911	1926		2156		
Plaistow Station	1230	1245		1545	1600		1800	1815	1830	1845	1900	1915	1929		2159		
Stratford Bus Station	1239	1254		1554	1608		1808	1823	1838	1853	1908	1922	1936		2206		
East Beckton Sainsbury's	2145	2200	2215	Then every 15 minutes until	2330	2345	0000	0015									
Gallions Reach Shopping Park	2151	2206	2220		2335	2350	0005	0020									
Winsor Park Woolwich Manor Way	2156	2211	2225		2340	2355	0010	0025									
Beckton Bus Station	2159	2214	2228		2343	2358	0013	0028									
Prince Regent Lane Bennett Road	2207	2221	2235		2350	0005	0020	0035									
Plaistow Greengate	2210	2224	2238		2353	0008	0023	0038									
Plaistow Station	2213	2227	2241		2356	0011	0026	0041									
Stratford Bus Station	2220	2234	2248		0003	0017	0032	0047									

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Stratford – Plaistow – East Beckton

262		Mondays to Fridays																	
Stratford Bus Station	0510	0525	0540	0555	0610	0622	0634	0644	0654	0703	0712	0722	0732	0741	0750	0758	0807	0817	
Plaistow Station	0517	0532	0547	0602	0618	0630	0642	0652	0702	0712	0722	0732	0742	0751	0800	0808	0818	0828	
Plaistow Greengate	0520	0535	0550	0605	0621	0633	0645	0656	0706	0716	0726	0736	0746	0755	0805	0814	0824	0834	
Prince Regent Lane Bennett Road	0522	0537	0552	0608	0624	0636	0648	0700	0710	0720	0730	0740	0750	0759	0809	0819	0829	0839	
Beckton Bus Station	0529	0544	0559	0615	0631	0643	0656	0709	0719	0729	0739	0749	0759	0809	0819	0829	0839	0849	
Winsor Park Woolwich Manor Way	0531	0546	0601	0617	0633	0645	0658	0711	0721	0731	0741	0751	0802	0812	0822	0832	0842	0852	
Gallions Reach Shopping Park	0535	0550	0606	0622	0638	0650	0703	0716	0726	0736	0746	0756	0807	0817	0827	0837	0847	0857	
East Beckton Sainsbury's	0539	0554	0610	0626	0642	0655	0708	0721	0731	0741	0751	0801	0812	0822	0832	0842	0852	0902	
Stratford Bus Station	0827	0837	0848	0859	0908	0918	0929	Then every 10 minutes until	1419	1428	1437	1446	1455	1504	1513	Then every 10 mins. until	1833		
Plaistow Station	0838	0848	0859	0910	0919	0929	0940		1430	1439	1448	1457	1506	1516	1526		1846		
Plaistow Greengate	0844	0854	0905	0915	0924	0934	0945		1435	1444	1453	1502	1512	1522	1532		1852		
Prince Regent Lane Bennett Road	0849	0859	0909	0919	0928	0938	0949		1439	1448	1457	1507	1517	1527	1537		1857		
Beckton Bus Station	0859	0909	0919	0929	0938	0948	0959		1449	1458	1508	1518	1528	1538	1548		1908		
Winsor Park Woolwich Manor Way	0902	0912	0922	0932	0941	0951	1002		1452	1501	1511	1521	1531	1541	1551		1911		
Gallions Reach Shopping Park	0907	0917	0927	0937	0946	0956	1007		1457	1506	1516	1526	1536	1546	1556		1916		
East Beckton Sainsbury's	0912	0922	0932	0942	0951	1001	1012	1502	1511	1521	1531	1541	1551	1601	1921				
Stratford Bus Station	1843	1853	1903	1913	1923	1933	1944	1956	2008	2020	2034	2049	2104	2119	2134	2149	2204	2219	
Plaistow Station	1856	1906	1915	1925	1935	1945	1956	2007	2018	2029	2043	2058	2113	2128	2143	2158	2212	2227	
Plaistow Greengate	1902	1911	1920	1930	1940	1950	2001	2011	2022	2033	2047	2102	2117	2132	2147	2202	2216	2231	
Prince Regent Lane Bennett Road	1906	1915	1924	1934	1944	1954	2005	2015	2025	2036	2050	2105	2120	2135	2150	2205	2219	2234	
Beckton Bus Station	1917	1926	1935	1944	1954	2004	2014	2024	2034	2045	2059	2114	2129	2144	2159	2212	2226	2241	
Winsor Park Woolwich Manor Way	1920	1929	1938	1947	1957	2007	2016	2026	2036	2047	2101	2116	2131	2146	2201	2214	2228	2243	
Gallions Reach Shopping Park	1925	1934	1943	1952	2002	2011	2020	2030	2040	2051	2105	2120	2135	2150	2205	2218	2232	2247	
East Beckton Sainsbury's	1930	1939	1948	1957	2006	2015	2024	2034	2044	2055	2109	2124	2139	2154	2209	2222	2236	2251	
Stratford Bus Station	2234	2249	2304	2319	2335	2352	0008	Then every 15 minutes until	0123										
Plaistow Station	2242	2257	2312	2327	2343	0000	0015		0130										
Plaistow Greengate	2246	2301	2316	2331	2347	0003	0018		0133										
Prince Regent Lane Bennett Road	2249	2304	2319	2334	2349	0005	0020		0135										
Beckton Bus Station	2256	2311	2326	2341	2356	0011	0026		0141										
Winsor Park Woolwich Manor Way	2258	2313	2328	2343	2358	0013	0028		0143										
Gallions Reach Shopping Park	2302	2317	2332	2347	0002	0017	0032		0147										
East Beckton Sainsbury's	2306	2321	2336	2351	0006	0021	0036	0151											

262		Saturdays (also Good Friday)															
Stratford Bus Station	0510	0525	0540	0555	0609	Then every 15 minutes until	0724	0737	0749	0801	0813	0825	0835	0844	0853	0902	0911
Plaistow Station	0517	0532	0547	0602	0617		0732	0745	0757	0809	0821	0833	0843	0852	0901	0911	0921
Plaistow Greengate	0520	0535	0550	0605	0620		0735	0748	0800	0813	0825	0837	0847	0856	0906	0916	0926
Prince Regent Lane Bennett Road	0522	0537	0552	0607	0622		0737	0750	0803	0816	0828	0840	0850	0859	0909	0919	0929
Beckton Bus Station	0529	0544	0559	0614	0629		0744	0758	0811	0824	0836	0848	0858	0908	0918	0928	0938
Winsor Park Woolwich Manor Way	0531	0546	0601	0616	0631		0746	0800	0813	0826	0838	0850	0900	0910	0921	0931	0941
Gallions Reach Shopping Park	0535	0550	0605	0620	0635		0750	0804	0817	0830	0842	0854	0905	0915	0926	0936	0946
East Beckton Sainsbury's	0539	0554	0609	0624	0639	0754	0809	0822	0835	0847	0859	0910	0920	0931	0941	0951	
Stratford Bus Station	0921	Then every 10 minutes until	1021	1031	1040	1049	1058	1107	Then every 10 minutes until	1337	1347	Then every 10 minutes until	1717	1727	1737		
Plaistow Station	0931		1031	1041	1050	1059	1108	1118		1348	1358		1728	1738	1748		
Plaistow Greengate	0936		1036	1046	1055	1104	1113	1123		1353	1403		1733	1743	1753		
Prince Regent Lane Bennett Road	0939		1039	1049	1058	1107	1117	1127		1357	1407		1737	1747	1757		
Beckton Bus Station	0948		1048	1058	1108	1118	1128	1138		1408	1417		1747	1757	1807		
Winsor Park Woolwich Manor Way	0951		1051	1101	1111	1121	1131	1141		1411	1420		1750	1800	1810		
Gallions Reach Shopping Park	0956		1056	1107	1117	1127	1137	1147		1417	1426		1756	1806	1815		
East Beckton Sainsbury's	1001	1101	1112	1123	1133	1143	1153	1423	1432	1802	1811	1820					
Stratford Bus Station	1747	Then every 10 minutes until	1857	1909	1921	1934	1947	2003	2019	Then every 15 minutes until	2134	2149	2204	Then every 15 minutes until	2319		
Plaistow Station	1758		1908	1920	1932	1945	1958	2013	2028		2143	2158	2212		2327		
Plaistow Greengate	1803		1913	1925	1937	1950	2003	2017	2032		2147	2202	2216		2331		
Prince Regent Lane Bennett Road	1807		1917	1929	1941	1954	2007	2020	2035		2150	2205	2219		2334		
Beckton Bus Station	1816		1926	1938	1950	2003	2016	2029	2044		2159	2212	2226		2341		
Winsor Park Woolwich Manor Way	1819		1929	1941	1953	2006	2019	2031	2046		2201	2214	2228		2343		
Gallions Reach Shopping Park	1824		1934	1946	1958	2011	2023	2035	2050		2205	2218	2232		2347		
East Beckton Sainsbury's	1829	1939	1951	2003	2015	2027	2039	2054	2209	2222	2236	2351					
Stratford Bus Station	2335	2352	0008	Then every 15 minutes until	0123	Then every 15 minutes until	0130	Then every 15 minutes until	0133	Then every 15 minutes until	0141	Then every 15 minutes until	0143	Then every 15 minutes until	0147	Then every 15 minutes until	0151
Plaistow Station	2343	0000	0015		0130		0141		0143		0147		0151				
Plaistow Greengate	2347	0003	0018		0133		0141		0143		0147		0151				
Prince Regent Lane Bennett Road	2349	0005	0020		0135		0141		0143		0147		0151				
Beckton Bus Station	2356	0011	0026		0141		0141		0143		0147		0151				
Winsor Park Woolwich Manor Way	2358	0013	0028		0143		0141		0143		0147		0151				
Gallions Reach Shopping Park	0002	0017	0032		0147		0141		0143		0147		0151				
East Beckton Sainsbury's	0006	0021	0036	0151	0141	0143	0147	0151									
262		Sundays and other Public Holidays (except Christmas Day)															
Stratford Bus Station	0600	Then every 20 minutes until	0820	0840	0900	0919	0934	0948	1002	1017	1033	1048	1103	1118	1133	1148	1203
Plaistow Station	0607		0827	0847	0907	0927	0942	0956	1010	1025	1041	1056	1112	1127	1142	1157	1213
Plaistow Greengate	0610		0830	0850	0911	0931	0946	1000	1014	1029	1045	1100	1116	1132	1147	1202	1218
Prince Regent Lane Bennett Road	0612		0832	0852	0914	0934	0949	1003	1017	1032	1048	1103	1119	1135	1150	1206	1222
Beckton Bus Station	0619		0839	0900	0922	0942	0957	1012	1026	1041	1057	1112	1128	1144	1159	1216	1232
Winsor Park Woolwich Manor Way	0621		0841	0902	0924	0944	0959	1014	1028	1043	1059	1115	1131	1147	1202	1219	1235
Gallions Reach Shopping Park	0625		0845	0906	0928	0948	1003	1019	1033	1048	1104	1120	1136	1152	1208	1225	1241
East Beckton Sainsbury's	0629	0849	0910	0932	0952	1008	1024	1038	1053	1109	1125	1141	1157	1214	1231	1247	
Stratford Bus Station	1218	Then every 15 minutes until	1518	1533	1548	1603	1618	1633	1648	1703	1718	1733	1749	1804	1819	1834	1849
Plaistow Station	1228		1528	1543	1558	1613	1628	1643	1658	1713	1728	1743	1759	1813	1828	1843	1858
Plaistow Greengate	1233		1533	1548	1603	1618	1633	1648	1703	1718	1733	1748	1804	1818	1833	1848	1903
Prince Regent Lane Bennett Road	1237		1537	1552	1607	1622	1636	1651	1706	1721	1736	1751	1807	1821	1836	1851	1906
Beckton Bus Station	1247		1547	1602	1617	1631	1645	1700	1715	1730	1745	1800	1815	1829	1844	1859	1914
Winsor Park Woolwich Manor Way	1250		1550	1605	1620	1634	1648	1703	1718	1733	1748	1802	1817	1831	1846	1901	1916
Gallions Reach Shopping Park	1256		1556	1611	1625	1639	1653	1708	1723	1738	1753	1807	1821	1835	1850	1905	1920
East Beckton Sainsbury's	1302	1602	1616	1630	1644	1658	1713	1728	1743	1757	1811	1825	1839	1854	1909	1924	
Stratford Bus Station	1904	Then every 15 minutes until	2134	2149	2204	Then every 15 minutes until	2319	2335	2352	0008	Then every 15 minutes until	0123	Then every 15 minutes until				
Plaistow Station	1913		2143	2158	2212		2327	2343	0000	0015		0130					
Plaistow Greengate	1917		2147	2202	2216		2331	2347	0003	0018		0133					
Prince Regent Lane Bennett Road	1920		2150	2205	2219		2334	2349	0005	0020		0135					
Beckton Bus Station	1928		2158	2212	2226		2341	2356	0011	0026		0141					
Winsor Park Woolwich Manor Way	1930		2200	2214	2228		2343	2358	0013	0028		0143					
Gallions Reach Shopping Park	1934		2204	2218	2232		2347	0002	0017	0032		0147					
East Beckton Sainsbury's	1938	2208	2222	2236	2351	0006	0021	0036	0151								