

276		Mondays to Fridays																				
Stoke Newington Common	0430	0450	0510	0530	0550	0605	0617															
Hackney Central Station Amhurst Rd.	0435	0455	0515	0536	0556	0611	0623															
Homerton Hospital Homerton Grove	0439	0459	0519	0540	0600	0616	0628															
Hackney Wick Station	0446	0506	0526	0547	0607	0623	0635															
Bow Church	0453	0513	0533	0555	0615	0631	0644															
Stratford Bus Station	0459	0519	0539	0601	0621	0638	0651															
West Ham Station	0506	0526	0546	0608	0628	0646	0659															
Canning Town Barking Rd./Hermit Rd.	0511	0531	0551	0613	0633	0651	0705															
Newham Hospital Gateway Centre	0518	0538	0558	0621	0642	0700	0715															
Stoke Newington Common	1937	1952	2008	2023	2043	2104	2124	2144	2204	2224	2244	2305	2325	2345	0005	0025	0045	0105				
Hackney Central Station Amhurst Rd.	1945	2000	2015	2030	2050	2111	2131	2151	2210	2230	2250	2310	2330	2350	0010	0030	0050	0110				
Homerton Hospital Homerton Grove	1952	2007	2022	2037	2057	2117	2137	2157	2216	2236	2256	2315	2335	2355	0014	0034	0054	0114				
Hackney Wick Station	2001	2015	2030	2045	2105	2125	2145	2205	2225	2243	2303	2322	2342	0002	0021	0041	0101	0121				
Bow Church	2011	2025	2040	2055	2115	2135	2155	2214	2232	2252	2311	2330	2350	0009	0028	0048	0108	0128				
Stratford Bus Station	2018	2032	2047	2102	2122	2142	2202	2220	2238	2258	2317	2336	2356	0015	0034	0054	0114	0134				
West Ham Station	2027	2041	2056	2111	2131	2151	2210	2228	2246	2306	2325	2344	0004	0022	0041	0101	0121	0141				
Canning Town Barking Rd./Hermit Rd.	2032	2046	2101	2116	2136	2156	2215	2233	2251	2310	2329	2348	0008	0026	0045	0105	0125	0145				
Newham Hospital Gateway Centre	2042	2056	2110	2125	2145	2205	2223	2241	2259	2317	2336	2355	0015	0033	0052	0112	0132	0152				
276		Saturdays (also Good Friday)																				
Stoke Newington Common	0430		0530	0550	0610	0630	0650	0710	0725	0740	0755	0810	0825	0840								
Hackney Central Station Amhurst Rd.	0435	Then about	0535	0555	0616	0636	0656	0716	0731	0746	0801	0817	0832	0847	Then about							
Homerton Hospital Homerton Grove	0440	every	0540	0600	0621	0641	0701	0721	0736	0751	0806	0822	0837	0852	every							
Hackney Wick Station	0446	20	0546	0607	0628	0648	0708	0728	0743	0758	0813	0829	0844	0859	12							
Bow Church	0453	mins.	0553	0615	0636	0656	0716	0736	0751	0806	0821	0837	0852	0908	mins.							
Stratford Bus Station	0458	until	0558	0621	0642	0702	0723	0743	0758	0813	0828	0844	0859	0915	until							
West Ham Station	0505		0605	0628	0649	0709	0730	0750	0805	0821	0836	0852	0907	0924								
Canning Town Barking Rd./Hermit Rd.	0509		0610	0633	0654	0714	0735	0755	0810	0826	0841	0857	0912	0929								
Newham Hospital Gateway Centre	0516		0618	0641	0702	0722	0743	0803	0819	0835	0850	0906	0922	0939								
Stoke Newington Common	1925	1940	1955	2010	2025	2045	2105	2125	2145	2205	2225	2245	2305	2325	2345	0005						
Hackney Central Station Amhurst Rd.	1933	1948	2003	2018	2033	2053	2112	2132	2152	2212	2232	2252	2311	2331	2351	0011						
Homerton Hospital Homerton Grove	1940	1955	2010	2025	2040	2100	2118	2138	2158	2218	2238	2258	2317	2337	2357	0016	Then every					
Hackney Wick Station	1950	2005	2019	2034	2049	2108	2126	2146	2206	2226	2246	2306	2325	2345	0005	0024	20					
Bow Church	2000	2015	2029	2044	2059	2118	2136	2156	2216	2236	2256	2315	2334	2354	0013	0032	mins.					
Stratford Bus Station	2008	2023	2037	2052	2107	2126	2144	2204	2223	2243	2303	2321	2340	0000	0019	0038	until					
West Ham Station	2018	2033	2047	2102	2116	2135	2153	2213	2232	2252	2311	2329	2348	0008	0027	0046						
Canning Town Barking Rd./Hermit Rd.	2023	2038	2052	2107	2121	2140	2158	2218	2237	2257	2316	2334	2353	0012	0031	0050						
Newham Hospital Gateway Centre	2033	2048	2102	2116	2130	2149	2207	2226	2245	2305	2324	2342	0000	0019	0038	0057						
276		Sundays and other Public Holidays (except Christmas Day)																				
Stoke Newington Common	0550	0610	0630	0650	0710	0730	0750	0810	0825	0840	0855	0910	0925	0940	0954	1007	1022	1036				
Hackney Central Station Amhurst Rd.	0555	0615	0635	0655	0716	0736	0756	0816	0831	0846	0901	0916	0931	0946	1000	1014	1029	1044				
Homerton Hospital Homerton Grove	0600	0620	0640	0700	0721	0741	0801	0821	0836	0851	0906	0921	0936	0951	1005	1020	1035	1050				
Hackney Wick Station	0607	0627	0647	0707	0728	0748	0808	0828	0843	0858	0914	0929	0944	0959	1013	1028	1043	1058				
Bow Church	0615	0635	0655	0715	0736	0756	0816	0836	0851	0907	0924	0939	0954	1009	1023	1038	1053	1108				
Stratford Bus Station	0620	0640	0700	0721	0742	0802	0823	0843	0858	0914	0931	0946	1001	1016	1030	1045	1100	1115				
West Ham Station	0627	0647	0707	0728	0749	0810	0831	0851	0906	0922	0939	0954	1009	1024	1039	1054	1109	1124				
Canning Town Barking Rd./Hermit Rd.	0632	0652	0712	0733	0754	0815	0836	0856	0911	0927	0944	0959	1014	1029	1044	1059	1114	1129				
Newham Hospital Gateway Centre	0639	0659	0719	0740	0801	0823	0844	0904	0920	0936	0953	1008	1023	1039	1054	1110	1125	1140				
Stoke Newington Common	1049	1104	1118	1133	1148	1203	1218															
Hackney Central Station Amhurst Rd.	1057	1112	1126	1141	1156	1211	1226															
Homerton Hospital Homerton Grove	1103	1118	1132	1147	1202	1218	1233															
Hackney Wick Station	1112	1127	1141	1156	1211	1227	1242															
Bow Church	1123	1138	1152	1207	1222	1238	1253															
Stratford Bus Station	1130	1145	1159	1215	1230	1246	1301															
West Ham Station	1139	1154	1208	1224	1239	1255	1311															
Canning Town Barking Rd./Hermit Rd.	1144	1159	1214	1230	1245	1301	1317															
Newham Hospital Gateway Centre	1155	1210	1225	1241	1256	1312	1328															
Stoke Newington Common	1618	1633	1648	1703	1718	1733	1748	1803	1818	1833	1848	1903	1918	1933	1948	2005	2025	2045				
Hackney Central Station Amhurst Rd.	1626	1641	1656	1711	1726	1741	1756	1811	1826	1841	1856	1910	1925	1940	1955	2012	2032	2052				
Homerton Hospital Homerton Grove	1633	1648	1703	1718	1733	1748	1803	1818	1833	1848	1903	1916	1931	1946	2001	2018	2038	2058				
Hackney Wick Station	1642	1657	1712	1727	1742	1757	1812	1827	1842	1857	1912	1925	1940	1955	2009	2026	2046	2106				
Bow Church	1652	1707	1722	1737	1752	1807	1822	1837	1852	1907	1922	1935	1950	2004	2018	2035	2055	2115				
Stratford Bus Station	1700	1715	1730	1745	1800	1814	1829	1844	1859	1914	1929	1942	1957	2011	2025	2042	2102	2122				
West Ham Station	1710	1725	1740	1755	1809	1823	1838	1853	1908	1923	1938	1951	2006	2020	2034	2051	2110	2130				
Canning Town Barking Rd./Hermit Rd.	1715	1730	1745	1800	1814	1828	1843	1858	1913	1928</												

276		Mondays to Fridays																				
Newham Hospital Gateway Centre	0445	0505	0525	0540	0555	0606			1830	1845	1900	1915	1930	1945	2000	2015	2030	2045				
Canning Town Barking Rd./Hermit Rd.	0453	0513	0533	0548	0604	0615			1845	1900	1915	1929	1944	1958	2013	2027	2042	2057				
West Ham Station	0458	0518	0538	0553	0609	0620			1851	1906	1921	1935	1950	2004	2018	2032	2047	2102				
Stratford Bus Station	0504	0524	0544	0559	0615	0626			1900	1915	1930	1944	1958	2012	2026	2040	2055	2110				
Bow Church	0508	0528	0548	0603	0619	0630			1906	1921	1936	1950	2004	2017	2031	2045	2100	2115				
Hackney Wick Station	0514	0534	0555	0611	0627	0639			1917	1931	1946	2000	2014	2026	2040	2054	2109	2124				
Homerton Hospital Homerton Grove	0521	0542	0603	0619	0636	0649			1928	1942	1956	2010	2023	2035	2049	2103	2118	2133				
Hackney Central Station Amhurst Rd.	0527	0548	0610	0626	0644	0658			1937	1951	2005	2019	2031	2043	2057	2111	2126	2141				
Stoke Newington Common	0537	0558	0620	0636	0654	0709			1950	2004	2018	2032	2044	2056	2110	2123	2138	2153				
Then about every 12 minutes until																						
Newham Hospital Gateway Centre	2105	2125	2145	2205	2225	2245	2305	2325	2345	0005	0025	0045	0105									
Canning Town Barking Rd./Hermit Rd.	2116	2135	2155	2214	2234	2254	2313	2333	2353	0012	0032	0052	0112									
West Ham Station	2121	2140	2200	2219	2239	2259	2318	2338	2358	0017	0037	0057	0117									
Stratford Bus Station	2128	2147	2207	2226	2246	2306	2324	2344	0004	0023	0043	0103	0123									
Bow Church	2133	2152	2211	2230	2250	2310	2328	2348	0008	0027	0047	0107	0127									
Hackney Wick Station	2142	2201	2219	2238	2258	2317	2335	2355	0014	0033	0053	0113	0133									
Homerton Hospital Homerton Grove	2151	2210	2227	2246	2306	2324	2342	0002	0021	0040	0100	0120	0140									
Hackney Central Station Amhurst Rd.	2159	2218	2235	2254	2313	2331	2349	0008	0027	0046	0106	0126	0146									
Stoke Newington Common	2211	2229	2246	2305	2323	2341	2359	0017	0036	0055	0115	0135	0155									
276		Saturdays (also Good Friday)																				
Newham Hospital Gateway Centre	0445		0605		0650	0705	0720	0734	0748	0802	0817		1756	1810	1825	1840	1855	1910				
Canning Town Barking Rd./Hermit Rd.	0453	Then about	0613	Then about	0658	0713	0728	0742	0756	0812	0827	Then about	1811	1825	1840	1855	1909	1924				
West Ham Station	0458		0618		0703	0719	0734	0748	0802	0818	0833		1817	1831	1846	1901	1915	1930				
Stratford Bus Station	0504	every 20 mins.	0624	every 15 mins.	0709	0725	0740	0754	0809	0825	0840	every 12 mins.	1826	1840	1855	1910	1924	1939				
Bow Church	0508		0628		0713	0729	0744	0758	0814	0830	0845		1833	1847	1902	1917	1931	1946				
Hackney Wick Station	0515		0635		0720	0736	0751	0806	0823	0839	0854		1843	1857	1912	1927	1941	1956				
Homerton Hospital Homerton Grove	0522		0643		0728	0744	0759	0815	0832	0848	0903		1854	1908	1923	1938	1952	2007				
Hackney Central Station Amhurst Rd.	0528		0649		0735	0751	0806	0823	0840	0856	0911		1904	1918	1933	1948	2002	2017				
Stoke Newington Common	0538		0659		0745	0801	0817	0834	0851	0907	0922		1917	1931	1946	2001	2014	2029				
Newham Hospital Gateway Centre	1925	1940	1955	2010	2025	2045	2105	2125	2145	2205	2225	2245	2305	2325	2345	0005		0105				
Canning Town Barking Rd./Hermit Rd.	1939	1954	2008	2022	2037	2057	2116	2136	2156	2214	2234	2254	2313	2333	2353	0013		0113				
West Ham Station	1945	2000	2014	2028	2043	2103	2122	2142	2202	2220	2240	2300	2318	2338	2358	0017		0117				
Stratford Bus Station	1954	2008	2022	2036	2051	2110	2129	2149	2209	2227	2247	2307	2325	2344	0004	0023		0123				
Bow Church	2001	2014	2028	2042	2057	2116	2135	2155	2214	2232	2252	2311	2329	2348	0008	0027		0127				
Hackney Wick Station	2010	2023	2037	2051	2106	2125	2144	2204	2223	2241	2301	2319	2337	2356	0016	0035		0135				
Homerton Hospital Homerton Grove	2020	2033	2047	2101	2115	2134	2153	2213	2232	2250	2310	2328	2346	0004	0024	0043		0143				
Hackney Central Station Amhurst Rd.	2030	2043	2057	2110	2124	2143	2202	2222	2241	2259	2318	2336	2354	0011	0031	0050		0150				
Stoke Newington Common	2042	2055	2109	2122	2136	2155	2213	2233	2252	2310	2329	2347	0005	0020	0040	0059		0159				
																		Then every 20 mins. until				
276		Sundays and other Public Holidays (except Christmas Day)																				
Newham Hospital Gateway Centre	0553	0613	0633	0652	0711	0731	0751	0811	0831	0846	0900	0915	0929	0944	0958	1012	1024	1039				
Canning Town Barking Rd./Hermit Rd.	0601	0621	0641	0700	0719	0739	0759	0819	0839	0854	0909	0924	0938	0953	1008	1022	1035	1050				
West Ham Station	0606	0626	0646	0705	0724	0744	0804	0825	0845	0900	0915	0930	0944	0959	1014	1028	1042	1057				
Stratford Bus Station	0612	0632	0652	0711	0730	0750	0811	0832	0852	0907	0922	0937	0951	1006	1021	1035	1050	1105				
Bow Church	0616	0636	0656	0715	0734	0754	0815	0836	0856	0912	0927	0942	0956	1011	1026	1040	1055	1110				
Hackney Wick Station	0622	0642	0702	0722	0741	0801	0823	0844	0905	0921	0936	0951	1005	1020	1035	1050	1105	1120				
Homerton Hospital Homerton Grove	0629	0649	0709	0729	0748	0809	0831	0852	0913	0929	0944	0959	1014	1029	1044	1059	1115	1130				
Hackney Central Station Amhurst Rd.	0635	0655	0715	0735	0754	0816	0838	0859	0920	0936	0951	1006	1021	1036	1052	1107	1124	1139				
Stoke Newington Common	0645	0705	0725	0745	0804	0827	0849	0910	0931	0947	1002	1017	1032	1049	1105	1120	1137	1152				
Newham Hospital Gateway Centre	1053	1107	1122	1136	1151	1206	1221	1236	1251	1306	1321	1336	1351	1406	1421	1436	1451	1506				
Canning Town Barking Rd./Hermit Rd.	1104	1119	1134	1148	1203	1218	1233	1248	1303	1319	1334	1349	1404	1419	1434	1449	1504	1519				
West Ham Station	1111	1126	1141	1155	1210	1225	1240	1255	1310	1326	1341	1356	1411	1426	1441	1456	1511	1526				
Stratford Bus Station	1120	1135	1150	1204	1219	1234	1249	1304	1319	1335	1350	1405	1420	1435	1450	1505	1520	1535				
Bow Church	1125	1140	1155	1210	1225	1240	1255	1310	1325	1341	1356	1411	1426	1441	1456	1512	1527	1542				
Hackney Wick Station	1135	1150	1205	1220	1235	1250	1305	1320	1335	1351	1406	1421	1436	1451	1506	1522	1537	1552				
Homerton Hospital Homerton Grove	1145	1200	1215	1230	1245	1300	1316	1331	1346	1402	1417	1432	1447	1502	1517	1533	1548	1603				
Hackney Central Station Amhurst Rd.	1154	1210	1225	1240	1255	1310	1326	1341	1356	1412	1427	1442	1457	1512	1527	1543	1558	1613				
Stoke Newington Common	1207	1224	1239	1254	1309	1324	1340	1355	1410	1426	1441	1456	1511	1525	1540	1556	1611	1626				
Newham Hospital Gateway Centre	1521	1536	1551	1606	1621	1636	1651	1706	1721	1736	1751	1806	1821	1836	1850	1910	1930	1950				
Canning Town Barking Rd./Hermit Rd.	1534	1549	1604	1619	1634	1649	1704	1718	1733	1748	1803	1818	1833	1848	1902	1921	1941	2001				
West Ham Station	1541	1556	1610	1625	1640	1655	1710	1724	1739	1754	1809	1824	1839	1854	1908	1927	1947	2007				
Stratford Bus Station	1550	1605	1619	1634	1649	1704	1719	1733	1748	1803	1817	1832	1847	1902	1916	1935	1955	2014				
Bow Church	1557	1612	1626	1641	1656	1711	1726	1740	1755	1809	1823	1838	1853	1907	1921	1940	2000	2019				
Hackney Wick Station	1607	1622	1636	1651	1706	1721	1736	1750	1805	1819	1833	1848	1903	1916	1930	1949	2009	2028				
Homerton Hospital Homerton Grove	1618	1633	1647	1702	1717	1732	1747	1801	1815	1829	1843	1858	1912	1925	1939	1958	2018	2037				
Hackney Central Station Amhurst Rd.	1628	1643	1657	1712	1727	1742	1757	1810	1824	1838	1852	1907	1921	1934	1948	2007	2027	2046				
Stoke Newington Common	1641	1656	1710	1725	1740	1755	1810	1823	1837	1851	1905	1920	1934	1947	2001	2018	2038	2057				
Newham Hospital Gateway Centre	2010	2030	2050	2110	2130	2150	2210	2230	2245	2305	2325	234										