

276	Mondays to Fridays																		
Stoke Newington Common	0430	0450	0510	0530	0550	0602	0614	0626	0634	0642	0650	0658	0705	0712	0719	0728	0738	0748	
Amhurst Road Shacklewell Lane	0432	0452	0512	0532	0552	0604	0616	0628	0636	0644	0652	0701	0708	0715	0722	0732	0742	0752	
Hackney Central Station Amhurst Rd.	0435	0455	0515	0536	0556	0608	0620	0632	0640	0648	0656	0705	0712	0720	0727	0737	0747	0757	
Homerton Hospital Homerton Grove	0439	0459	0519	0540	0600	0613	0625	0637	0645	0653	0701	0711	0718	0726	0734	0744	0754	0804	
Hackney Wick Trowbridge Estate	0444	0504	0524	0545	0605	0618	0630	0642	0651	0659	0708	0718	0726	0734	0743	0753	0803	0813	
Hackney Wick Station	0446	0506	0526	0547	0607	0620	0632	0644	0653	0701	0710	0720	0728	0736	0746	0756	0806	0816	
Old Ford Parnell Road	0449	0509	0529	0551	0611	0624	0637	0649	0658	0707	0716	0726	0734	0743	0753	0803	0813	0823	
Bow Church	0453	0513	0533	0555	0615	0628	0641	0654	0703	0712	0721	0731	0740	0749	0759	0809	0819	0829	
Stratford Bus Station	0459	0519	0539	0601	0621	0634	0648	0701	0710	0719	0729	0739	0748	0758	0808	0818	0828	0838	
West Ham Station	0506	0526	0546	0608	0628	0642	0656	0709	0718	0728	0738	0748	0758	0808	0818	0828	0838	0848	
Canning Town Barking Rd./Hermit Rd.	0511	0531	0551	0613	0633	0647	0701	0715	0725	0735	0745	0755	0805	0815	0825	0835	0845	0855	
Plaistow Greengate	0514	0534	0554	0617	0637	0651	0706	0720	0730	0740	0750	0800	0810	0820	0830	0840	0850	0900	
Newham Hospital Main Entrance	0517	0537	0557	0620	0641	0655	0710	0725	0736	0746	0756	0806	0816	0826	0836	0846	0856	0905	
Newham Hospital Gateway Centre	0518	0538	0558	0621	0642	0656	0711	0726	0737	0747	0757	0807	0817	0827	0837	0847	0857	0906	
Stoke Newington Common	0757	0808	0819	0829	0840	0850	0900	0910	Then every 10 minutes until	1010	1020	1030	1040	1050	1100	1110	1120		
Amhurst Road Shacklewell Lane	0801	0812	0823	0833	0844	0854	0904	0914		1014	1024	1034	1044	1054	1104	1114	1124		
Hackney Central Station Amhurst Rd.	0807	0818	0829	0839	0850	0900	0910	0919		1019	1029	1039	1049	1059	1109	1119	1129		
Homerton Hospital Homerton Grove	0814	0825	0836	0847	0858	0907	0917	0926		1026	1036	1046	1056	1107	1117	1127	1137		
Hackney Wick Trowbridge Estate	0823	0834	0845	0856	0907	0915	0925	0934		1034	1044	1054	1104	1115	1125	1135	1145		
Hackney Wick Station	0826	0837	0848	0859	0910	0918	0928	0936		1036	1046	1056	1106	1117	1127	1137	1147		
Old Ford Parnell Road	0833	0844	0855	0905	0916	0924	0934	0942		1042	1052	1102	1112	1123	1133	1143	1153		
Bow Church	0839	0850	0901	0911	0921	0929	0939	0947		1047	1057	1107	1117	1128	1138	1148	1158		
Stratford Bus Station	0848	0859	0910	0920	0930	0938	0948	0956		1056	1106	1116	1126	1137	1147	1157	1207		
West Ham Station	0858	0908	0919	0929	0939	0947	0957	1005		1105	1116	1126	1136	1147	1157	1207	1217		
Canning Town Barking Rd./Hermit Rd.	0905	0915	0925	0935	0945	0953	1003	1011		1111	1122	1132	1142	1153	1203	1213	1223		
Plaistow Greengate	0910	0920	0930	0940	0950	0958	1008	1016		1116	1127	1137	1147	1158	1208	1218	1228		
Newham Hospital Main Entrance	0915	0925	0935	0945	0955	1004	1014	1022		1122	1133	1143	1153	1204	1214	1224	1234		
Newham Hospital Gateway Centre	0916	0926	0936	0946	0956	1005	1015	1023		1123	1134	1144	1154	1205	1215	1225	1235		
Stoke Newington Common	1129	1139	1149	1159	Then every 10 minutes until	1249	1259	1308		1317	1326	1336	1345	1354	1403	1413	1422	1431	
Amhurst Road Shacklewell Lane	1133	1143	1153	1203		1253	1303	1312		1321	1330	1340	1349	1358	1407	1417	1426	1435	
Hackney Central Station Amhurst Rd.	1138	1148	1158	1208		1258	1309	1318	1327	1336	1346	1355	1404	1413	1423	1432	1441		
Homerton Hospital Homerton Grove	1146	1156	1206	1216		1306	1317	1326	1335	1344	1354	1403	1412	1421	1431	1441	1450		
Hackney Wick Trowbridge Estate	1154	1204	1214	1224		1314	1325	1334	1343	1352	1402	1411	1420	1429	1439	1449	1458		
Hackney Wick Station	1156	1206	1216	1226		1316	1327	1336	1345	1354	1404	1413	1422	1431	1441	1451	1500		
Old Ford Parnell Road	1202	1212	1222	1232		1322	1333	1342	1351	1400	1410	1419	1428	1437	1447	1457	1506		
Bow Church	1208	1218	1228	1238		1328	1339	1348	1357	1406	1416	1425	1434	1444	1454	1504	1514		
Stratford Bus Station	1217	1227	1237	1247		1337	1348	1357	1406	1415	1425	1434	1444	1454	1504	1514	1524		
West Ham Station	1227	1237	1247	1257		1347	1358	1407	1416	1425	1435	1445	1455	1505	1515	1525	1535		
Canning Town Barking Rd./Hermit Rd.	1233	1243	1253	1303		1353	1404	1414	1423	1432	1442	1452	1502	1512	1522	1532	1542		
Plaistow Greengate	1238	1248	1258	1309		1359	1410	1420	1429	1439	1449	1459	1509	1519	1529	1539	1549		
Newham Hospital Main Entrance	1244	1254	1304	1315		1405	1416	1426	1435	1445	1455	1505	1515	1525	1535	1545	1555		
Newham Hospital Gateway Centre	1245	1255	1305	1316		1406	1417	1427	1436	1446	1456	1506	1516	1526	1536	1546	1556		
Stoke Newington Common	1440	1450	1501	1510		1519	1529	1539	1549	1600	1610	1620	1630	1640	1650	1700	1710	1720	1730
Amhurst Road Shacklewell Lane	1444	1454	1505	1514		1523	1534	1544	1554	1604	1614	1624	1634	1644	1654	1704	1714	1724	1734
Hackney Central Station Amhurst Rd.	1450	1500	1511	1520	1529	1540	1550	1600	1610	1620	1630	1640	1650	1700	1710	1720	1730	1740	
Homerton Hospital Homerton Grove	1459	1509	1521	1530	1540	1551	1601	1611	1621	1631	1641	1651	1701	1710	1720	1730	1740	1750	
Hackney Wick Trowbridge Estate	1507	1517	1529	1539	1549	1600	1610	1620	1630	1639	1649	1659	1709	1718	1728	1738	1748	1758	
Hackney Wick Station	1510	1520	1532	1542	1552	1603	1613	1623	1633	1642	1652	1702	1712	1721	1731	1741	1751	1801	
Old Ford Parnell Road	1516	1526	1538	1548	1558	1609	1619	1629	1639	1648	1658	1708	1718	1727	1737	1747	1757	1807	
Bow Church	1524	1534	1545	1555	1605	1616	1626	1636	1646	1655	1705	1715	1725	1734	1744	1754	1804	1813	
Stratford Bus Station	1534	1544	1555	1605	1615	1626	1636	1646	1656	1705	1715	1725	1735	1744	1754	1804	1814	1823	
West Ham Station	1545	1555	1606	1616	1626	1637	1647	1657	1707	1716	1726	1736	1746	1755	1805	1815	1825	1834	
Canning Town Barking Rd./Hermit Rd.	1552	1602	1612	1622	1632	1643	1653	1703	1713	1722	1732	1742	1752	1801	1811	1821	1831	1840	
Plaistow Greengate	1559	1609	1619	1629	1639	1650	1700	1710	1720	1729	1739	1749	1759	1808	1818	1828	1838	1847	
Newham Hospital Main Entrance	1605	1615	1625	1635	1645	1656	1706	1716	1726	1735	1745	1755	1805	1814	1824	1834	1843	1852	
Newham Hospital Gateway Centre	1606	1616	1626	1636	1646	1657	1707	1717	1727	1736	1746	1756	1806	1815	1825	1835	1844	1853	

Stoke Newington Common	1740	1750	1800	1810	1820	1831	1841	1851	1901	1913	1925	1940	1955	2010	2025	2045	2105	2125
Amhurst Road Shacklewell Lane	1744	1754	1804	1814	1824	1835	1845	1855	1905	1917	1929	1944	1959	2013	2028	2048	2108	2128
Hackney Central Station Amhurst Rd.	1750	1800	1809	1819	1829	1839	1849	1859	1909	1921	1933	1948	2003	2017	2032	2052	2112	2132
Homerton Hospital Homerton Grove	1800	1809	1818	1828	1838	1847	1857	1907	1917	1929	1940	1955	2010	2024	2039	2059	2118	2138
Hackney Wick Trowbridge Estate	1808	1817	1826	1836	1845	1854	1904	1914	1924	1936	1947	2002	2016	2030	2045	2105	2124	2144
Hackney Wick Station	1811	1820	1829	1838	1847	1856	1906	1916	1926	1938	1949	2004	2018	2032	2047	2107	2126	2146
Old Ford Parnell Road	1817	1826	1835	1844	1853	1902	1912	1922	1932	1943	1954	2009	2023	2037	2052	2112	2131	2151
Bow Church	1823	1832	1841	1850	1859	1907	1917	1927	1937	1948	1959	2014	2028	2042	2057	2117	2136	2156
Stratford Bus Station	1833	1841	1850	1859	1908	1915	1925	1935	1944	1955	2006	2021	2035	2049	2104	2124	2143	2203
West Ham Station	1843	1851	1900	1909	1918	1925	1935	1944	1953	2004	2015	2030	2044	2058	2113	2133	2152	2211
Canning Town Barking Rd./Hermit Rd.	1849	1857	1906	1915	1924	1931	1941	1950	1959	2009	2020	2035	2049	2103	2118	2138	2157	2216
Plaistow Greengate	1856	1904	1912	1921	1930	1936	1946	1955	2004	2014	2025	2040	2054	2108	2123	2143	2202	2220
Newham Hospital Main Entrance	1901	1909	1917	1926	1935	1941	1951	2000	2008	2018	2029	2044	2058	2111	2126	2146	2205	2223
Newham Hospital Gateway Centre	1902	1910	1918	1927	1936	1942	1952	2001	2009	2019	2030	2045	2059	2112	2127	2147	2206	2224
Stoke Newington Common	2145	2205	2225	2245	2305	2325	2345	0005	0025	0045	0105							
Amhurst Road Shacklewell Lane	2148	2208	2228	2248	2307	2327	2347	0007	0027	0047	0107							
Hackney Central Station Amhurst Rd.	2152	2211	2231	2251	2310	2330	2350	0010	0030	0050	0110							
Homerton Hospital Homerton Grove	2158	2217	2237	2257	2315	2335	2355	0014	0034	0054	0114							
Hackney Wick Trowbridge Estate	2204	2222	2242	2302	2320	2340	0000	0019	0039	0059	0119							
Hackney Wick Station	2206	2224	2244	2304	2322	2342	0002	0021	0041	0101	0121							
Old Ford Parnell Road	2211	2229	2249	2308	2326	2346	0005	0024	0044	0104	0124							
Bow Church	2215	2233	2253	2312	2330	2350	0009	0028	0048	0108	0128							
Stratford Bus Station	2221	2239	2259	2318	2336	2356	0015	0034	0054	0114	0134							
West Ham Station	2229	2247	2307	2326	2344	0004	0022	0041	0101	0121	0141							
Canning Town Barking Rd./Hermit Rd.	2234	2252	2311	2330	2348	0008	0026	0045	0105	0125	0145							
Plaistow Greengate	2238	2256	2314	2333	2351	0011	0029	0048	0108	0128	0148							
Newham Hospital Main Entrance	2241	2259	2317	2336	2354	0014	0032	0051	0111	0131	0151							
Newham Hospital Gateway Centre	2242	2300	2318	2337	2355	0015	0033	0052	0112	0132	0152							

276	Saturdays (also Good Friday)																		
Stoke Newington Common	0430	0450	0510	0530	0550	0610	0630	0650	0710	0725	0740	0755	0810	0825	0840	0850	0900	0912	
Amhurst Road Shacklewell Lane	0432	0452	0512	0532	0552	0612	0632	0652	0712	0727	0742	0757	0813	0828	0843	0853	0903	0915	
Hackney Central Station Amhurst Rd.	0435	0455	0515	0535	0555	0616	0636	0656	0716	0731	0746	0801	0817	0832	0847	0857	0907	0919	
Homerton Hospital Homerton Grove	0440	0500	0520	0540	0600	0621	0641	0701	0721	0736	0751	0806	0822	0837	0852	0902	0913	0925	
Hackney Wick Trowbridge Estate	0444	0504	0524	0544	0605	0626	0646	0706	0726	0741	0756	0811	0827	0842	0857	0908	0919	0931	
Hackney Wick Station	0446	0506	0526	0546	0607	0628	0648	0708	0728	0743	0758	0813	0829	0844	0859	0910	0921	0933	
Old Ford Parnell Road	0449	0509	0529	0549	0611	0632	0652	0712	0732	0747	0802	0817	0833	0848	0903	0915	0926	0938	
Bow Church	0453	0513	0533	0553	0615	0636	0656	0716	0736	0751	0806	0821	0837	0852	0908	0920	0931	0943	
Stratford Bus Station	0458	0518	0538	0558	0621	0642	0702	0723	0743	0758	0813	0828	0844	0859	0915	0927	0939	0951	
West Ham Station	0505	0525	0545	0605	0628	0649	0709	0730	0750	0805	0821	0836	0852	0907	0924	0936	0948	1000	
Canning Town Barking Rd./Hermit Rd.	0509	0529	0549	0610	0633	0654	0714	0735	0755	0810	0826	0841	0857	0912	0929	0941	0953	1005	
Plaistow Greengate	0512	0532	0552	0613	0636	0657	0717	0738	0758	0814	0830	0845	0901	0917	0934	0946	0958	1010	
Newham Hospital Main Entrance	0515	0535	0555	0617	0640	0701	0721	0742	0802	0818	0834	0849	0905	0921	0938	0950	1002	1015	
Newham Hospital Gateway Centre	0516	0536	0556	0618	0641	0702	0722	0743	0803	0819	0835	0850	0906	0922	0939	0951	1003	1016	
Stoke Newington Common	0923	0934	0945	0956	1007	1018	1029	1041	1053	1105	1117	1128	1139	1151	1203	1215	1227	1239	
Amhurst Road Shacklewell Lane	0926	0937	0948	0959	1010	1021	1033	1045	1057	1109	1121	1132	1143	1155	1207	1219	1231	1243	
Hackney Central Station Amhurst Rd.	0930	0941	0952	1003	1015	1026	1038	1050	1102	1114	1126	1137	1148	1200	1212	1224	1236	1248	
Homerton Hospital Homerton Grove	0936	0948	0959	1010	1022	1033	1045	1057	1109	1121	1133	1144	1155	1207	1219	1231	1243	1255	
Hackney Wick Trowbridge Estate	0942	0954	1005	1017	1029	1040	1052	1104	1116	1128	1140	1151	1202	1214	1226	1238	1250	1302	
Hackney Wick Station	0944	0956	1007	1019	1031	1042	1054	1106	1118	1130	1142	1153	1204	1216	1228	1240	1252	1304	
Old Ford Parnell Road	0949	1001	1013	1025	1037	1048	1100	1112	1124	1136	1148	1159	1210	1222	1234	1246	1258	1310	
Bow Church	0954	1006	1018	1030	1042	1053	1105	1117	1129	1141	1153	1204	1216	1228	1240	1252	1304	1317	
Stratford Bus Station	1002	1014	1026	1038	1050	1101	1113	1125	1137	1149	1201	1213	1225	1237	1249	1301	1313	1326	
West Ham Station	1011	1023	1035	1047	1059	1111	1123	1135	1147	1159	1211	1223	1235	1247	1259	1311	1323	1336	
Canning Town Barking Rd./Hermit Rd.	1017	1029	1041	1053	1105	1117	1129	1141	1153	1205	1217	1229	1241	1253	1305	1317	1329	1342	
Plaistow Greengate	1022	1034	1046	1058	1111	1123	1135	1147	1159	1211	1223	1235	1247	1259	1311	1323	1335	1348	
Newham Hospital Main Entrance	1027	1039	1051	1103	1116	1128	1140	1152	1204	1216	1228	1240	1252	1304	1316	1328	1340	1353	
Newham Hospital Gateway Centre	1028	1040	1052	1104	1117	1129	1141	1153	1205	1217	1229	1241	1253	1305	1317	1329	1341	1354	
Stoke Newington Common	1251	1303	1315	1327	Then every 12 minutes until	1715	1727	1739	1751	1804	1816	1828	1840	1855	1910	1925	1940		
Amhurst Road Shacklewell Lane	1255	1307	1319	1331		1719	1731	1743	1755	1808	1820	1832	1844	1859	1914	1929	1944		
Hackney Central Station Amhurst Rd.	1300	1312	1324	1336		1724	1736	1748	1800	1812	1824	1836	1848	1903	1918	1933	1948		
Homerton Hospital Homerton Grove	1307	1319	1331	1343		1731	1743	1755	1807	1819	1831	1843	1855	1910	1925	1940	1955		
Hackney Wick Trowbridge Estate	1315	1327	1339	1351		1739	1751	1803	1815	1827	1839	1851	1903	1918	1933	1948	2003		
Hackney Wick Station	1317	1329	1341	1353		1741	1753	1805	1817	1829	1841	1853	1905	1920	1935	1950	2005		
Old Ford Parnell Road	1323	1335	1347	1359		1747	1759	1811	1823	1835	1847	1859	1910	1925	1940	1955	2010		
Bow Church	1330	1342	1354	1405		1753	1804	1816	1828	1840	1852	1904	1915	1930	1945	2000	2015		
Stratford Bus Station	1339	1351	1403	1414		1802	1813	1825	1837	1849	1901	1912	1923	1938	1953	2008	2023		
West Ham Station	1349	1401	1413	1424		1812	1823	1835	1847	1859	1911	1922	1933	1948	2003	2018	2033		
Canning Town Barking Rd./Hermit Rd.	1355	1407	1419	1430		1818	1829	1841	1853	1904	1916	1927	1938	1953	2008	2023	2038		
Plaistow Greengate	1401	1413	1425	1436		1824	1835	1847	1859	1910	1922	1933	1944	1959	2013	2028	2043		
Newham Hospital Main Entrance	1406	1418	1430	1441		1829	1840	1852	1904	1915	1927	1938	1949	2004	2017	2032	2047		
Newham Hospital Gateway Centre	1407	1419	1431	1442		1830	1841	1853	1905	1916	1928	1939	1950	2005	2018	2033	2048		
Stoke Newington Common	1955	2010	2025	2045	2105	2125	2145	2205	2225	2245	2305	2325	2345	0005	0025	0045	0105		
Amhurst Road Shacklewell Lane	1959	2014	2029	2049	2108	2128	2148	2208	2228	2248	2307	2327	2347	0007	0027	0047	0107		
Hackney Central Station Amhurst Rd.	2003	2018	2033	2053	2112	2132	2152	2212	2232	2252	2311	2331	2351	0011	0031	0051	0111		
Homerton Hospital Homerton Grove	2010	2025	2040	2100	2118	2138	2158	2218	2238	2258	2317	2337	2357	0016	0036	0056	0116		
Hackney Wick Trowbridge Estate	2017	2032	2047	2106	2124	2144	2204	2224	2244	2304	2323	2343	0003	0022	0042	0102	0122		
Hackney Wick Station	2019	2034	2049	2108	2126	2146	2206	2226	2246	2306	2325	2345	0005	0024	0044	0104	0124		
Old Ford Parnell Road	2024	2039	2054	2113	2131	2151	2211	2231	2251	2310	2329	2349	0009	0028	0048	0108	0128		
Bow Church	2029	2044	2059	2118	2136	2156	2216	2236	2256	2315	2334	2354	0013	0032	0052	0112	0132		
Stratford Bus Station	2037	2052	2107	2126	2144	2204	2223	2243	2303	2321	2340	0000	0019	0038	0058	0118	0138		
West Ham Station	2047	2102	2116	2135	2153	2213	2232	2252	2311	2329	2348	0008	0027	0046	0106	0126	0146		
Canning Town Barking Rd./Hermit Rd.	2052	2107	2121	2140	2158	2218	2237	2257	2316	2334	2353	0012	0031	0050	0110	0130	0150		
Plaistow Greengate	2057	2112	2126	2145	2203	2222	2241	2301	2320	2338	2356	0015	0034	0053	0113	0133	0153		
Newham Hospital Main Entrance	2101	2115	2129	2148	2206	2225	2244	2304	2323	2341	2359	0018	0037	0056	0116	0136	0156		
Newham Hospital Gateway Centre	2102	2116	2130	2149	2207	2226	2245	2305	2324	2342	0000	0019	0038	0057	0117	0137	0157		

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
Amhurst Road Shacklewell Lane	0552	0612	0632	0652	0712	0732	0752	0812	0827	0842	0857	0912	0927	0942	0956	1010	1025	1039
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 Trowbridge Estate	0605	0625	0645	0705	0726	0746	0806	0826	0841	0856	0912	0927	0942	0957	1011	1026	1041	1056
Hackney Wick Station	0607	0627	0647	0707	0728	0748	0808	0828	0843	0858	0914	0929	0944	0959	1013	1028	1043	1058
Old Ford Parnell Road	0611	0631	0651	0711	0732	0752	0812	0832	0847	0902	0919	0934	0949	1004	1018	1033	1048	1103
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
Plaistow Greengate	0635	0655	0715	0736	0757	0819	0840	0900	0916	0932	0949	1004	1019	1034	1049	1104	1119	1134
Newham Hospital Main Entrance	0638	0658	0718	0739	0800	0822	0843	0903	0919	0935	0952	1007	1022	1038	1053	1109	1124	1139
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	Then every 15 minutes until	1403	1418	1433	1448	1503	1518	1533	1548	1603	1608
Amhurst Road Shacklewell Lane	1052	1107	1121	1136	1151	1206	1221		1406	1421	1436	1451	1506	1521	1536	1551	1606	1611
Hackney Central Station Amhurst Rd.	1057	1112	1126	1141	1156	1211	1226		1411	1426	1441	1456	1511	1526	1541	1556	1611	1616
Homerton Hospital Homerton Grove	1103	1118	1132	1147	1202	1218	1233		1418	1433	1448	1503	1518	1533	1548	1603	1618	1623
Hackney Wick Trowbridge Estate	1110	1125	1139	1154	1209	1225	1240		1425	1440	1455	1510	1525	1540	1555	1610	1625	1630
Hackney Wick Station	1112	1127	1141	1156	1211	1227	1242		1427	1442	1457	1512	1527	1542	1557	1612	1627	1632
Old Ford Parnell Road	1118	1133	1147	1202	1217	1233	1248		1433	1448	1503	1517	1532	1547	1602	1617	1632	1637
Bow Church	1123	1138	1152	1207	1222	1238	1253		1438	1453	1508	1522	1537	1552	1607	1622	1637	1642
Stratford Bus Station	1130	1145	1159	1215	1230	1246	1301		1446	1501	1516	1530	1545	1600	1615	1630	1645	1650
West Ham Station	1139	1154	1208	1224	1239	1255	1311		1456	1511	1526	1540	1555	1610	1625	1640	1655	1660
Canning Town Barking Rd./Hermit Rd.	1144	1159	1214	1230	1245	1301	1317		1502	1516	1531	1545	1600	1615	1630	1645	1700	1705
Plaistow Greengate	1149	1204	1219	1235	1250	1306	1322		1507	1521	1536	1550	1605	1620	1635	1650	1705	1710
Newham Hospital Main Entrance	1154	1209	1224	1240	1255	1311	1327		1512	1526	1541	1555	1610	1625	1640	1655	1709	1714
Newham Hospital Gateway Centre	1155	1210	1225	1241	1256	1312	1328	1513	1527	1542	1556	1611	1626	1641	1656	1710	1715	
Stoke Newington Common	1618	1633	1648	1703	1718	1733	Then every 15 minutes until	1848	1903	1918	1933	1948	2005	2025	2045	2105	2125	2145
Amhurst Road Shacklewell Lane	1621	1636	1651	1706	1721	1736		1851	1906	1921	1936	1951	2008	2028	2048	2108	2128	2148
Hackney Central Station Amhurst Rd.	1626	1641	1656	1711	1726	1741		1856	1910	1925	1940	1955	2012	2032	2052	2112	2132	2152
Homerton Hospital Homerton Grove	1633	1648	1703	1718	1733	1748		1903	1916	1931	1946	2001	2018	2038	2058	2118	2138	2158
Hackney Wick Trowbridge Estate	1640	1655	1710	1725	1740	1755		1910	1923	1938	1953	2007	2024	2044	2104	2124	2144	2164
Hackney Wick Station	1642	1657	1712	1727	1742	1757		1912	1925	1940	1955	2009	2026	2046	2106	2126	2146	2166
Old Ford Parnell Road	1647	1702	1717	1732	1747	1802		1917	1930	1945	2000	2014	2031	2051	2111	2131	2151	2171
Bow Church	1652	1707	1722	1737	1752	1807		1922	1935	1950	2004	2018	2035	2055	2115	2135	2155	2175
Stratford Bus Station	1700	1715	1730	1745	1800	1814		1929	1942	1957	2011	2025	2042	2102	2122	2142	2202	2222
West Ham Station	1710	1725	1740	1755	1809	1823		1938	1951	2006	2020	2034	2051	2110	2130	2150	2210	2230
Canning Town Barking Rd./Hermit Rd.	1715	1730	1745	1800	1814	1828		1943	1956	2011	2025	2039	2056	2115	2135	2155	2214	2234
Plaistow Greengate	1720	1735	1750	1805	1819	1833		1948	2001	2016	2030	2044	2101	2119	2139	2159	2218	2238
Newham Hospital Main Entrance	1724	1739	1754	1809	1823	1837		1952	2005	2020	2034	2048	2105	2123	2143	2203	2221	2241
Newham Hospital Gateway Centre	1725	1740	1755	1810	1824	1838	1953	2006	2021	2035	2049	2106	2124	2144	2204	2222	2242	
Stoke Newington Common	2145	2205	2225	2245	2305	2325	2345	0005	0025	0045	0105							
Amhurst Road Shacklewell Lane	2148	2208	2228	2248	2307	2327	2347	0007	0027	0047	0107							
Hackney Central Station Amhurst Rd.	2152	2211	2231	2251	2310	2330	2350	0010	0030	0050	0110							
Homerton Hospital Homerton Grove	2157	2216	2236	2256	2315	2335	2355	0014	0034	0054	0114							
Hackney Wick Trowbridge Estate	2203	2222	2242	2302	2320	2340	0000	0019	0039	0059	0119							
Hackney Wick Station	2205	2224	2244	2304	2322	2342	0002	0021	0041	0101	0121							
Old Ford Parnell Road	2210	2229	2249	2308	2326	2346	0005	0024	0044	0104	0124							
Bow Church	2214	2233	2253	2312	2330	2350	0009	0028	0048	0108	0128							
Stratford Bus Station	2220	2239	2259	2318	2336	2356	0015	0034	0054	0114	0134							
West Ham Station	2228	2247	2307	2326	2344	0004	0022	0041	0101	0121	0141							
Canning Town Barking Rd./Hermit Rd.	2232	2251	2311	2330	2348	0008	0026	0045	0105	0125	0145							
Plaistow Greengate	2236	2255	2314	2333	2351	0011	0029	0048	0108	0128	0148							
Newham Hospital Main Entrance	2239	2258	2317	2336	2354	0014	0032	0051	0111	0131	0151							
Newham Hospital Gateway Centre	2240	2259	2318	2337	2355	0015	0033	0052	0112	0132	0152							

276	Mondays to Fridays																	
Newham Hospital Gateway Centre	0445	0505	0525	0537	0549	0601	0609	0615	0621	0627	0635	0644	0653	0659	0707	0715	0724	0733
Newham Hospital Main Entrance	0446	0506	0526	0538	0550	0602	0610	0616	0622	0628	0636	0645	0654	0700	0708	0716	0725	0734
Plaistow Greengate	0449	0509	0529	0541	0553	0605	0613	0619	0625	0631	0639	0649	0658	0705	0713	0721	0730	0740
Canning Town Barking Rd./Hermit Rd.	0453	0513	0533	0545	0557	0610	0618	0624	0630	0636	0644	0654	0703	0710	0718	0727	0736	0746
West Ham Station	0458	0518	0538	0550	0602	0615	0623	0629	0636	0642	0650	0700	0709	0716	0725	0734	0743	0754
Stratford Broadway West Ham Lane	0503	0523	0543	0555	0607	0620	0628	0634	0642	0648	0657	0707	0717	0724	0733	0743	0752	0803
Bow Church	0508	0528	0548	0600	0612	0625	0633	0640	0648	0655	0704	0714	0724	0732	0741	0751	0800	0810
Old Ford Parnell Road	0511	0531	0552	0604	0616	0629	0638	0645	0653	0700	0709	0719	0729	0738	0747	0757	0807	0817
Hackney Wick Station	0514	0534	0555	0608	0620	0633	0642	0649	0657	0704	0714	0724	0734	0743	0753	0803	0813	0823
Hackney Wick Trowbridge Estate	0516	0536	0557	0610	0622	0635	0644	0651	0659	0706	0716	0726	0736	0745	0756	0806	0816	0826
Homerton Hospital Homerton Grove	0521	0542	0603	0616	0628	0642	0652	0700	0709	0717	0728	0738	0748	0757	0808	0819	0829	0839
Hackney Central Station Amhurst Rd.	0527	0548	0610	0623	0635	0650	0701	0710	0719	0727	0738	0749	0759	0808	0820	0831	0841	0851
Amhurst Road Shacklewell Lane	0531	0552	0614	0627	0639	0654	0705	0714	0723	0731	0742	0753	0804	0813	0825	0836	0846	0856
Stoke Newington Common	0537	0558	0620	0633	0645	0700	0712	0721	0730	0739	0750	0801	0812	0821	0833	0844	0854	0904
Newham Hospital Gateway Centre	0743	0753	0803	0813	0824	0834	0844	0854	0904	0915	0925	0935	0945	0955	Then every 10 minutes until	1155	1205	
Newham Hospital Main Entrance	0744	0754	0804	0814	0825	0835	0845	0855	0905	0916	0926	0936	0946	0956		1156	1206	
Plaistow Greengate	0750	0800	0810	0820	0831	0841	0851	0901	0911	0922	0932	0942	0952	1002		1202	1213	
Canning Town Barking Rd./Hermit Rd.	0756	0806	0816	0826	0837	0847	0857	0907	0917	0928	0938	0948	0958	1008		1208	1219	
West Ham Station	0804	0814	0824	0834	0845	0855	0905	0914	0924	0935	0945	0955	1005	1015		1215	1226	
Stratford Broadway West Ham Lane	0813	0823	0833	0843	0854	0904	0914	0923	0933	0943	0953	1003	1013	1023		1223	1234	
Bow Church	0820	0830	0840	0850	0901	0911	0921	0930	0940	0950	1000	1010	1020	1030		1230	1241	
Old Ford Parnell Road	0827	0837	0847	0857	0907	0917	0927	0936	0946	0956	1006	1016	1026	1036		1236	1247	
Hackney Wick Station	0833	0843	0853	0903	0912	0922	0932	0941	0951	1001	1011	1021	1031	1041		1241	1252	
Hackney Wick Trowbridge Estate	0836	0846	0856	0906	0915	0925	0934	0943	0953	1003	1013	1023	1033	1043		1243	1254	
Homerton Hospital Homerton Grove	0849	0859	0909	0918	0926	0936	0944	0953	1003	1012	1022	1032	1042	1052	1252	1303		
Hackney Central Station Amhurst Rd.	0901	0911	0921	0930	0938	0947	0955	1004	1014	1023	1033	1043	1053	1103	1303	1314		
Amhurst Road Shacklewell Lane	0906	0916	0926	0935	0943	0952	1000	1009	1019	1028	1038	1048	1058	1108	1308	1319		
Stoke Newington Common	0914	0924	0934	0943	0951	1000	1008	1017	1027	1036	1046	1056	1106	1117	1317	1328		
Newham Hospital Gateway Centre	1215	1225	1235	1245	1255	1305	1315	1325	1335	1345	1355	1405	1415	1424	1434	1444	1453	1502
Newham Hospital Main Entrance	1216	1226	1236	1246	1256	1306	1316	1326	1336	1346	1356	1406	1416	1425	1435	1445	1454	1503
Plaistow Greengate	1223	1233	1243	1253	1303	1313	1323	1333	1343	1353	1403	1413	1423	1432	1442	1452	1501	1511
Canning Town Barking Rd./Hermit Rd.	1229	1239	1249	1259	1309	1319	1329	1339	1349	1359	1409	1419	1429	1439	1449	1459	1509	1519
West Ham Station	1236	1246	1256	1306	1316	1326	1336	1346	1356	1406	1416	1426	1436	1446	1456	1506	1516	1526
Stratford Broadway West Ham Lane	1244	1254	1304	1314	1324	1334	1344	1354	1404	1414	1424	1434	1445	1455	1505	1515	1525	1535
Bow Church	1251	1301	1312	1322	1332	1342	1352	1402	1412	1422	1432	1442	1453	1503	1513	1523	1533	1543
Old Ford Parnell Road	1257	1307	1318	1328	1338	1348	1358	1408	1418	1428	1438	1448	1459	1509	1519	1529	1539	1549
Hackney Wick Station	1302	1312	1323	1333	1343	1353	1403	1413	1423	1433	1443	1453	1504	1514	1524	1534	1544	1554
Hackney Wick Trowbridge Estate	1304	1314	1325	1335	1345	1355	1405	1415	1425	1435	1445	1455	1506	1516	1526	1537	1547	1557
Homerton Hospital Homerton Grove	1313	1323	1334	1344	1354	1404	1414	1424	1434	1444	1454	1504	1515	1526	1536	1547	1557	1607
Hackney Central Station Amhurst Rd.	1324	1334	1345	1355	1405	1415	1425	1435	1445	1455	1505	1515	1526	1537	1548	1559	1609	1618
Amhurst Road Shacklewell Lane	1329	1339	1350	1400	1410	1420	1430	1441	1451	1501	1511	1521	1532	1543	1554	1605	1615	1624
Stoke Newington Common	1338	1348	1359	1409	1419	1429	1439	1450	1500	1510	1520	1530	1541	1552	1603	1614	1624	1633
Newham Hospital Gateway Centre	1512	1522	1532	1542	1552	1603	1613	1624	1634	1644	1654	1705	1715	1725	1735	1745	1755	1805
Newham Hospital Main Entrance	1513	1523	1533	1543	1553	1604	1614	1625	1635	1645	1655	1706	1716	1726	1736	1746	1756	1806
Plaistow Greengate	1521	1531	1541	1551	1601	1612	1622	1633	1643	1653	1703	1713	1723	1733	1743	1753	1803	1813
Canning Town Barking Rd./Hermit Rd.	1529	1539	1549	1559	1609	1620	1630	1640	1650	1700	1710	1720	1730	1740	1750	1800	1810	1820
West Ham Station	1536	1546	1556	1606	1616	1627	1637	1647	1657	1707	1717	1727	1737	1747	1757	1806	1816	1826
Stratford Broadway West Ham Lane	1545	1555	1605	1615	1625	1636	1646	1656	1706	1717	1727	1737	1747	1757	1807	1815	1825	1835
Bow Church	1553	1603	1613	1623	1633	1643	1653	1703	1713	1724	1734	1744	1754	1804	1814	1822	1832	1842
Old Ford Parnell Road	1559	1609	1619	1629	1639	1649	1659	1709	1719	1730	1740	1750	1800	1810	1820	1828	1838	1848
Hackney Wick Station	1604	1614	1624	1634	1644	1654	1704	1714	1724	1735	1745	1755	1805	1815	1825	1833	1843	1853
Hackney Wick Trowbridge Estate	1606	1616	1626	1636	1646	1656	1706	1716	1726	1737	1747	1757	1807	1817	1827	1835	1845	1855
Homerton Hospital Homerton Grove	1616	1626	1636	1646	1656	1706	1716	1726	1736	1747	1757	1807	1817	1827	1837	1844	1854	1904
Hackney Central Station Amhurst Rd.	1627	1637	1647	1657	1707	1717	1727	1737	1747	1758	1808	1818	1828	1838	1847	1854	1904	1913
Amhurst Road Shacklewell Lane	1633	1643	1653	1703	1713	1723	1733	1743	1753	1804	1813	1823	1833	1843	1852	1859	1909	1918
Stoke Newington Common	1642	1652	1702	1712	1722	1732	1742	1752	1802	1813	1822	1832	1842	1852	1901	1908	1917	1926

276	Mondays to Fridays (cont.)																	
Newham Hospital Gateway Centre	1815	1825	1837	1849	1901	1913	1925	1940	1955	2010	2025	2045	2105	2125	2145	2205	2225	2245
Newham Hospital Main Entrance	1816	1826	1838	1850	1902	1914	1926	1941	1956	2011	2026	2046	2106	2126	2146	2206	2226	2246
Plaistow Greengate	1823	1833	1845	1857	1909	1921	1933	1947	2002	2016	2031	2051	2110	2130	2150	2210	2230	2250
Canning Town Barking Rd./Hermit Rd.	1830	1840	1852	1904	1915	1927	1939	1953	2008	2022	2037	2057	2115	2135	2155	2214	2234	2254
West Ham Station	1836	1846	1858	1910	1921	1933	1945	1959	2013	2027	2042	2102	2120	2140	2200	2219	2239	2259
Stratford Broadway West Ham Lane	1844	1854	1906	1918	1929	1940	1952	2006	2020	2034	2049	2108	2126	2146	2206	2225	2245	2305
Bow Church	1851	1901	1913	1925	1936	1947	1959	2012	2026	2040	2055	2114	2132	2152	2211	2230	2250	2310
Old Ford Parnell Road	1857	1906	1918	1930	1941	1952	2004	2017	2031	2045	2100	2119	2137	2157	2216	2235	2255	2314
Hackney Wick Station	1902	1911	1923	1935	1946	1957	2008	2021	2035	2049	2104	2123	2141	2201	2219	2238	2258	2317
Hackney Wick Trowbridge Estate	1904	1913	1925	1937	1948	1959	2010	2023	2037	2051	2106	2125	2143	2203	2221	2240	2300	2319
Homerton Hospital Homerton Grove	1913	1922	1934	1945	1956	2006	2017	2030	2044	2058	2113	2132	2150	2209	2227	2246	2305	2324
Hackney Central Station Amhurst Rd.	1922	1931	1943	1954	2005	2014	2025	2038	2052	2106	2121	2140	2158	2217	2235	2254	2312	2331
Amhurst Road Shacklewell Lane	1927	1936	1948	1959	2010	2019	2030	2043	2057	2111	2126	2145	2203	2221	2239	2258	2316	2335
Stoke Newington Common	1935	1944	1956	2007	2018	2027	2038	2051	2105	2118	2133	2152	2210	2228	2246	2305	2322	2341
Newham Hospital Gateway Centre	2305	2325	2345	0005	0025	0045	0105											
Newham Hospital Main Entrance	2306	2326	2346	0006	0026	0046	0106											
Plaistow Greengate	2309	2329	2349	0009	0029	0049	0109											
Canning Town Barking Rd./Hermit Rd.	2313	2333	2353	0012	0032	0052	0112											
West Ham Station	2318	2338	2358	0017	0037	0057	0117											
Stratford Broadway West Ham Lane	2323	2343	0003	0022	0042	0102	0122											
Bow Church	2328	2348	0008	0027	0047	0107	0127											
Old Ford Parnell Road	2332	2352	0011	0030	0050	0110	0130											
Hackney Wick Station	2335	2355	0014	0033	0053	0113	0133											
Hackney Wick Trowbridge Estate	2337	2357	0016	0035	0055	0115	0135											
Homerton Hospital Homerton Grove	2342	0002	0021	0040	0100	0120	0140											
Hackney Central Station Amhurst Rd.	2349	0008	0027	0046	0106	0126	0146											
Amhurst Road Shacklewell Lane	2353	0011	0030	0049	0109	0129	0149											
Stoke Newington Common	2359	0017	0036	0055	0115	0135	0155											
276	Saturdays (also Good Friday)																	
Newham Hospital Gateway Centre	0445	0505	0525	0545	0605	0620	0635	0650	0705	0720	0734	0748	0802	0817	0829	0841	0852	0902
Newham Hospital Main Entrance	0446	0506	0526	0546	0606	0621	0636	0651	0706	0721	0735	0749	0803	0818	0830	0842	0853	0903
Plaistow Greengate	0449	0509	0529	0549	0609	0624	0639	0654	0709	0724	0738	0752	0807	0822	0834	0846	0857	0907
Canning Town Barking Rd./Hermit Rd.	0453	0513	0533	0553	0613	0628	0643	0658	0713	0728	0742	0756	0812	0827	0839	0851	0902	0913
West Ham Station	0458	0518	0538	0558	0618	0633	0648	0703	0719	0734	0748	0802	0818	0833	0845	0857	0908	0919
Stratford Broadway West Ham Lane	0503	0523	0543	0603	0623	0638	0653	0708	0724	0739	0753	0808	0824	0839	0851	0903	0915	0926
Bow Church	0508	0528	0548	0608	0628	0643	0658	0713	0729	0744	0758	0814	0830	0845	0857	0909	0921	0932
Old Ford Parnell Road	0512	0532	0552	0612	0632	0647	0702	0717	0733	0748	0802	0819	0835	0850	0902	0914	0926	0938
Hackney Wick Station	0515	0535	0555	0615	0635	0650	0705	0720	0736	0751	0806	0823	0839	0854	0906	0918	0930	0942
Hackney Wick Trowbridge Estate	0517	0537	0557	0617	0637	0652	0707	0722	0738	0753	0808	0825	0841	0856	0908	0920	0932	0944
Homerton Hospital Homerton Grove	0522	0542	0602	0623	0643	0658	0713	0728	0744	0759	0815	0832	0848	0903	0916	0928	0940	0952
Hackney Central Station Amhurst Rd.	0528	0548	0608	0629	0649	0704	0720	0735	0751	0806	0823	0840	0856	0911	0924	0937	0949	1001
Amhurst Road Shacklewell Lane	0532	0552	0612	0633	0653	0708	0724	0739	0755	0810	0827	0844	0900	0915	0928	0941	0953	1006
Stoke Newington Common	0538	0558	0618	0639	0659	0714	0730	0745	0801	0817	0834	0851	0907	0922	0936	0949	1001	1014
Newham Hospital Gateway Centre	0913	0924	0935	0946	0958	1010	1021	1033	1045	1057	1108	1120	1132	1144	1156	1208	1220	1232
Newham Hospital Main Entrance	0914	0925	0936	0947	0959	1011	1022	1034	1046	1058	1109	1121	1133	1145	1157	1209	1221	1233
Plaistow Greengate	0918	0929	0941	0952	1004	1016	1027	1039	1051	1103	1115	1127	1139	1151	1203	1216	1228	1240
Canning Town Barking Rd./Hermit Rd.	0924	0935	0947	0958	1010	1022	1033	1045	1057	1109	1121	1133	1145	1157	1210	1223	1235	1247
West Ham Station	0930	0942	0954	1005	1017	1029	1040	1052	1104	1116	1128	1140	1152	1204	1217	1230	1242	1254
Stratford Broadway West Ham Lane	0937	0949	1001	1013	1025	1037	1048	1100	1112	1124	1136	1148	1200	1212	1225	1238	1250	1302
Bow Church	0944	0956	1008	1020	1032	1044	1055	1107	1119	1131	1143	1155	1207	1219	1232	1245	1257	1310
Old Ford Parnell Road	0950	1002	1014	1026	1038	1050	1101	1113	1125	1137	1149	1201	1213	1225	1238	1251	1303	1316
Hackney Wick Station	0954	1006	1018	1030	1042	1054	1106	1118	1130	1142	1154	1206	1218	1230	1243	1256	1308	1321
Hackney Wick Trowbridge Estate	0956	1008	1020	1032	1044	1056	1108	1120	1132	1144	1156	1208	1220	1232	1245	1258	1310	1323
Homerton Hospital Homerton Grove	1004	1017	1029	1041	1053	1105	1117	1129	1141	1153	1205	1217	1229	1241	1254	1307	1319	1332
Hackney Central Station Amhurst Rd.	1013	1026	1039	1051	1103	1115	1127	1139	1151	1203	1215	1227	1239	1251	1304	1317	1329	1342
Amhurst Road Shacklewell Lane	1018	1031	1044	1056	1108	1120	1132	1144	1156	1209	1221	1233	1245	1257	1310	1323	1335	1348
Stoke Newington Common	1026	1040	1053	1105	1117	1129	1141	1153	1205	1218	1230	1242	1254	1306	1319	1332	1344	1357

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
Newham Hospital Main Entrance	0554	0614	0634	0653	0712	0732	0752	0812	0832	0847	0901	0916	0930	0945	0959	1013	1025	1040
Plaistow Greengate	0557	0617	0637	0656	0715	0735	0755	0815	0835	0850	0905	0920	0934	0949	1003	1017	1029	1044
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 Broadway West Ham Lane	0611	0631	0651	0710	0729	0749	0810	0831	0851	0906	0921	0936	0950	1005	1020	1034	1049	1104
Bow Church	0616	0636	0656	0715	0734	0754	0815	0836	0856	0912	0927	0942	0956	1011	1026	1040	1055	1110
Old Ford Parnell Road	0619	0639	0659	0719	0738	0758	0819	0840	0900	0916	0931	0946	1000	1015	1030	1045	1100	1115
Hackney Wick Station	0622	0642	0702	0722	0741	0801	0823	0844	0905	0921	0936	0951	1005	1020	1035	1050	1105	1120
Hackney Wick Trowbridge Estate	0624	0644	0704	0724	0743	0803	0825	0846	0907	0923	0938	0953	1007	1022	1037	1052	1107	1122
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
Amhurst Road Shacklewell Lane	0639	0659	0719	0739	0758	0820	0842	0903	0924	0940	0955	1010	1025	1041	1057	1112	1129	1144
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
Newham Hospital Main Entrance	1054	1108	1123	1137	1152	1207	1222	1237	1252	1307	1322	1337	1352	1407	1422	1437	1452	1507
Plaistow Greengate	1058	1113	1128	1142	1157	1212	1227	1242	1257	1313	1328	1343	1358	1413	1428	1443	1458	1513
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 Broadway West Ham Lane	1119	1134	1149	1203	1218	1233	1248	1303	1318	1334	1349	1404	1419	1434	1449	1504	1519	1534
Bow Church	1125	1140	1155	1210	1225	1240	1255	1310	1325	1341	1356	1411	1426	1441	1456	1512	1527	1542
Old Ford Parnell Road	1130	1145	1200	1215	1230	1245	1300	1315	1330	1346	1401	1416	1431	1446	1501	1517	1532	1547
Hackney Wick Station	1135	1150	1205	1220	1235	1250	1305	1320	1335	1351	1406	1421	1436	1451	1506	1522	1537	1552
Hackney Wick Trowbridge Estate	1137	1152	1207	1222	1237	1252	1307	1322	1337	1353	1408	1423	1438	1453	1508	1524	1539	1554
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
Amhurst Road Shacklewell Lane	1159	1216	1231	1246	1301	1316	1332	1347	1402	1418	1433	1448	1503	1517	1532	1548	1603	1618
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
Newham Hospital Main Entrance	1522	1537	1552	1607	1622	1637	1652	1707	1722	1737	1752	1807	1822	1837	1851	1911	1931	1951
Plaistow Greengate	1528	1543	1558	1613	1628	1643	1658	1712	1727	1742	1757	1812	1827	1842	1856	1916	1936	1956
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 Broadway West Ham Lane	1549	1604	1618	1633	1648	1703	1718	1732	1747	1802	1816	1831	1846	1901	1915	1934	1954	2013
Bow Church	1557	1612	1626	1641	1656	1711	1726	1740	1755	1809	1823	1838	1853	1907	1921	1940	2000	2019
Old Ford Parnell Road	1602	1617	1631	1646	1701	1716	1731	1745	1800	1814	1828	1843	1858	1912	1926	1945	2005	2024
Hackney Wick Station	1607	1622	1636	1651	1706	1721	1736	1750	1805	1819	1833	1848	1903	1916	1930	1949	2009	2028
Hackney Wick Trowbridge Estate	1609	1624	1638	1653	1708	1723	1738	1752	1807	1821	1835	1850	1905	1918	1932	1951	2011	2030
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
Amhurst Road Shacklewell Lane	1633	1648	1702	1717	1732	1747	1802	1815	1829	1843	1857	1912	1926	1939	1953	2011	2031	2050
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	2345	0005	0025	0045	0105		
Newham Hospital Main Entrance	2011	2031	2051	2111	2131	2151	2211	2231	2246	2306	2326	2346	0006	0026	0046	0106		
Plaistow Greengate	2015	2035	2055	2115	2135	2155	2214	2234	2249	2309	2329	2349	0009	0029	0049	0109		
Canning Town Barking Rd./Hermit Rd.	2020	2040	2100	2120	2140	2200	2218	2238	2253	2313	2333	2353	0012	0032	0052	0112		
West Ham Station	2026	2046	2106	2126	2146	2206	2224	2244	2259	2318	2338	2358	0017	0037	0057	0117		
Stratford Broadway West Ham Lane	2032	2052	2112	2132	2152	2211	2229	2249	2304	2323	2343	0003	0022	0042	0102	0122		
Bow Church	2038	2058	2118	2138	2158	2216	2234	2254	2309	2328	2348	0008	0027	0047	0107	0127		
Old Ford Parnell Road	2043	2103	2123	2143	2203	2220	2238	2258	2313	2332	2352	0011	0030	0050	0110	0130		
Hackney Wick Station	2047	2107	2127	2147	2207	2224	2242	2302	2316	2335	2355	0014	0033	0053	0113	0133		
Hackney Wick Trowbridge Estate	2049	2109	2129	2149	2209	2226	2244	2304	2318	2337	2357	0016	0035	0055	0115	0135		
Homerton Hospital Homerton Grove	2056	2116	2136	2156	2215	2232	2250	2309	2323	2342	0002	0021	0040	0100	0120	0140		
Hackney Central Station Amhurst Rd.	2105	2124	2144	2204	2223	2240	2258	2316	2330	2349	0008	0027	0046	0106	0126	0146		
Amhurst Road Shacklewell Lane	2109	2128	2148	2208	2227	2244	2302	2320	2334	2353	0011	0030	0049	0109	0129	0149		
Stoke Newington Common	2116	2135	2155	2215	2234	2251	2308	2326	2340	2359	0017	0036	0055	0115	0135	0155		