

276	Mondays to Fridays																			
Stoke Newington Common	0430	0450	0510	0530	0550	0605	0620	0630	0640	0650	0659	0708	0718	0728	0738	0749	0801	0813		
Amhurst Road Shacklewell Lane	0432	0452	0512	0532	0552	0607	0622	0632	0642	0652	0701	0711	0721	0731	0742	0753	0805	0817		
Hackney Central Station Amhurst Rd.	0435	0455	0515	0536	0556	0611	0626	0636	0646	0656	0705	0715	0725	0736	0747	0758	0810	0822		
Homerton Hospital Homerton Grove	0439	0459	0519	0540	0600	0616	0631	0641	0651	0701	0711	0721	0732	0743	0754	0806	0818	0830		
Hackney Wick Trowbridge Estate	0444	0504	0524	0545	0605	0622	0637	0647	0658	0708	0719	0729	0740	0751	0803	0815	0827	0839		
Hackney Wick Station	0446	0506	0526	0547	0607	0624	0639	0649	0700	0711	0722	0732	0743	0754	0806	0818	0830	0842		
Old Ford Parnell Road	0449	0509	0530	0551	0611	0628	0643	0654	0705	0716	0727	0738	0749	0801	0813	0825	0837	0849		
Bow Church	0452	0512	0533	0554	0615	0632	0647	0658	0709	0721	0732	0743	0755	0807	0819	0831	0843	0855		
Stratford Bus Station	0458	0518	0539	0600	0621	0639	0654	0705	0717	0729	0740	0752	0804	0816	0828	0840	0852	0904		
West Ham Station	0505	0525	0546	0607	0628	0646	0702	0714	0726	0738	0750	0802	0814	0826	0838	0850	0902	0913		
Canning Town Barking Rd./Hermit Rd.	0509	0529	0550	0611	0632	0650	0707	0719	0731	0744	0756	0808	0820	0832	0845	0857	0908	0919		
Plaistow Greengate	0512	0532	0553	0614	0635	0654	0711	0723	0736	0749	0802	0814	0826	0838	0851	0903	0913	0924		
Newham Hospital Main Entrance	0515	0535	0556	0617	0639	0658	0715	0728	0741	0754	0807	0819	0831	0843	0856	0908	0918	0929		
Newham Hospital Gateway Centre	0516	0536	0557	0618	0640	0659	0716	0729	0742	0755	0808	0820	0832	0844	0857	0909	0919	0930		
Stoke Newington Common	0825	0837	0849					0949	1002	1014	1026	1038	1050	1102	1114	1126	1138	1150	1202	1214
Amhurst Road Shacklewell Lane	0829	0841	0853					0953	1005	1017	1029	1041	1053	1105	1117	1129	1141	1153	1205	1217
Hackney Central Station Amhurst Rd.	0834	0846	0858					0958	1010	1022	1034	1046	1058	1110	1122	1134	1146	1158	1210	1222
Homerton Hospital Homerton Grove	0842	0854	0906					1006	1017	1029	1041	1053	1105	1117	1129	1142	1154	1206	1218	1230
Hackney Wick Trowbridge Estate	0851	0903	0914					1014	1025	1037	1049	1101	1113	1125	1137	1150	1202	1214	1226	1238
Hackney Wick Station	0854	0906	0917					1017	1028	1040	1052	1104	1116	1128	1140	1153	1205	1217	1229	1241
Old Ford Parnell Road	0901	0912	0923					1023	1034	1046	1058	1110	1122	1134	1146	1159	1211	1223	1235	1247
Bow Church	0907	0918	0928					1028	1039	1051	1103	1115	1127	1139	1151	1204	1216	1228	1241	1253
Stratford Bus Station	0916	0927	0937					1037	1048	1100	1112	1124	1136	1148	1200	1213	1225	1237	1250	1302
West Ham Station	0925	0936	0946					1046	1057	1109	1121	1133	1145	1157	1210	1223	1235	1247	1300	1312
Canning Town Barking Rd./Hermit Rd.	0931	0942	0952					1052	1103	1115	1127	1139	1151	1203	1216	1229	1241	1253	1306	1318
Plaistow Greengate	0936	0947	0957					1057	1108	1120	1132	1145	1157	1209	1222	1235	1247	1259	1312	1324
Newham Hospital Main Entrance	0941	0952	1002					1102	1113	1125	1137	1150	1202	1214	1227	1240	1252	1304	1317	1329
Newham Hospital Gateway Centre	0942	0953	1003					1103	1114	1126	1138	1151	1203	1215	1228	1241	1253	1305	1318	1330
Stoke Newington Common	1226	1238	1250	1302	1314	1326	1338	1350	1401	1412	1423	1434	1445	1456	1507	1518	1528	1540		
Amhurst Road Shacklewell Lane	1229	1241	1253	1305	1317	1329	1341	1353	1404	1415	1426	1437	1448	1459	1510	1521	1532	1544		
Hackney Central Station Amhurst Rd.	1234	1246	1258	1310	1322	1334	1346	1358	1409	1420	1431	1443	1454	1505	1516	1528	1539	1551		
Homerton Hospital Homerton Grove	1242	1254	1306	1318	1330	1342	1354	1406	1417	1428	1440	1452	1503	1515	1527	1539	1551	1603		
Hackney Wick Trowbridge Estate	1250	1302	1314	1326	1338	1350	1402	1414	1425	1436	1448	1500	1512	1524	1536	1548	1600	1612		
Hackney Wick Station	1253	1305	1317	1329	1341	1353	1405	1417	1428	1439	1451	1503	1515	1527	1539	1551	1603	1615		
Old Ford Parnell Road	1259	1311	1323	1335	1347	1359	1411	1423	1434	1445	1457	1509	1521	1533	1545	1557	1609	1621		
Bow Church	1305	1317	1329	1341	1353	1405	1417	1429	1441	1452	1504	1516	1528	1540	1552	1604	1616	1628		
Stratford Bus Station	1314	1326	1338	1350	1402	1414	1426	1439	1451	1502	1514	1526	1538	1550	1602	1614	1626	1638		
West Ham Station	1324	1336	1348	1400	1412	1424	1436	1449	1501	1513	1525	1537	1549	1601	1613	1625	1637	1649		
Canning Town Barking Rd./Hermit Rd.	1330	1342	1354	1406	1418	1430	1442	1456	1508	1520	1532	1544	1556	1608	1620	1632	1643	1655		
Plaistow Greengate	1336	1348	1400	1412	1424	1436	1448	1502	1515	1527	1539	1551	1603	1615	1627	1639	1650	1702		
Newham Hospital Main Entrance	1341	1353	1405	1417	1429	1442	1454	1508	1521	1533	1545	1557	1609	1621	1633	1645	1656	1708		
Newham Hospital Gateway Centre	1342	1354	1406	1418	1430	1443	1455	1509	1522	1534	1546	1558	1610	1622	1634	1646	1657	1709		
Stoke Newington Common	1552	1604	1616	1628	1640	1652	1704	1716	1728	1740	1753	1806	1818	1831	1843	1855	1907	1922		
Amhurst Road Shacklewell Lane	1556	1608	1620	1632	1644	1656	1708	1720	1732	1744	1757	1809	1821	1834	1846	1858	1910	1925		
Hackney Central Station Amhurst Rd.	1603	1615	1627	1639	1651	1703	1715	1727	1738	1750	1803	1814	1826	1839	1851	1903	1915	1930		
Homerton Hospital Homerton Grove	1614	1626	1638	1650	1702	1713	1725	1737	1748	1800	1812	1823	1835	1847	1859	1911	1923	1937		
Hackney Wick Trowbridge Estate	1623	1635	1647	1659	1711	1722	1734	1746	1757	1809	1821	1832	1843	1855	1907	1919	1931	1945		
Hackney Wick Station	1626	1638	1650	1702	1714	1725	1737	1749	1800	1812	1824	1835	1846	1858	1910	1922	1934	1948		
Old Ford Parnell Road	1632	1644	1656	1708	1720	1731	1743	1755	1806	1818	1830	1840	1851	1903	1915	1927	1939	1953		
Bow Church	1639	1651	1703	1714	1726	1737	1749	1801	1812	1824	1835	1845	1856	1908	1920	1932	1944	1958		
Stratford Bus Station	1649	1701	1714	1725	1737	1748	1800	1811	1822	1834	1844	1854	1905	1916	1928	1940	1952	2006		
West Ham Station	1700	1712	1725	1736	1748	1759	1811	1822	1833	1844	1854	1904	1915	1926	1938	1949	2001	2015		
Canning Town Barking Rd./Hermit Rd.	1706	1718	1731	1742	1754	1805	1817	1828	1839	1850	1900	1910	1920	1931	1943	1954	2006	2020		
Plaistow Greengate	1713	1725	1738	1749	1801	1812	1824	1835	1846	1856	1906	1916	1926	1936	1948	1959	2011	2025		
Newham Hospital Main Entrance	1719	1731	1744	1755	1806	1817	1829	1840	1851	1901	1911	1921	1931	1940	1952	2003	2015	2029		
Newham Hospital Gateway Centre	1720	1732	1745	1756	1807	1818	1830	1841	1852	1902	1912	1922	1932	1941	1953	2004	2016	2030		
Stoke Newington Common	1938	1953	2008	2023	2043	2104	2124	2144	2204	2224	2244	2305	2325	2345	0005	0025	0045	0105		
Amhurst Road Shacklewell Lane	1941	1956	2011	2026	2046	2107	2127	2147	2207	2227	2247	2307	2327	2347	0007	0027	0047	0107		
Hackney Central Station Amhurst Rd.	1945	2000	2015	2030	2050	2111	2131	2151	2211	2231	2251	2310	2330	2350	0010	0030	0050	0110		
Homerton Hospital Homerton Grove	1952	2007	2022	2037	2057	2117	2137	2157	2217	2237	2256	2315	2335	2355	0014	0034	0054	0114		
Hackney Wick Trowbridge Estate	2000	2015	2029	2044	2104	2123	2143	2203	2223	2243	2302	2321	2340	0000	0019	0039	0059	0119		
Hackney Wick Station	2002	2017	2031	2046	2106	2125	2145	2205	2225	2245	2304	2323	2342	0002	0021	0041	0101	0121		
Old Ford Parnell Road	2007	2022	2036	2051	2110	2129	2149	2209	2229	2249	2307	2326	2345	0005	0024	0044	0104	0124		
Bow Church	2012	2026	2040	2055	2114	2133	2153	2213	2233	2253	2311	2330	2349	0008	0027	0047	0107	0127		
Stratford Bus Station	2020	2033	2047	2102	2121	2140	2200	2219	2239	2259	2317	2336	2355	0014	0033	0053	0113	0133		
West Ham Station	2029	2042	2056	2111	2130	2149	2208	2227	2247	2307	2325	2343	0002	0020	0039	0059	0119	0139		
Canning Town Barking Rd./Hermit Rd.	2034	2047	2101	2116	2135	2154	2213	2232	2252	2311	2329	2347	0006	0024	0043	0103	0123	0143		
Plaistow Greengate	2039	2052	2106	2121																

276	Sundays and other Public Holidays (except Christmas Day)																		
Stoke Newington Common	0550	0610	0630	0650	0710	0730	0750	0810	0825	0839	0854	0908	0923	0936	0951	1006	1019	1034	
Amhurst Road Shacklewell Lane	0552	0612	0632	0652	0712	0732	0752	0812	0827	0841	0856	0910	0925	0939	0954	1009	1022	1037	
Hackney Central Station Amhurst Rd.	0555	0615	0635	0655	0715	0735	0755	0815	0830	0845	0900	0914	0929	0943	0958	1013	1026	1041	
Homerton Hospital Homerton Grove	0600	0620	0640	0700	0720	0740	0800	0820	0836	0851	0906	0920	0935	0949	1004	1019	1032	1047	
Hackney Wick Trowbridge Estate	0605	0625	0645	0705	0725	0745	0805	0825	0841	0856	0912	0926	0941	0955	1010	1025	1039	1054	
Hackney Wick Station	0607	0627	0647	0707	0727	0747	0807	0827	0843	0858	0914	0928	0943	0957	1012	1027	1041	1056	
Old Ford Parnell Road	0611	0631	0651	0711	0731	0751	0811	0831	0847	0902	0918	0932	0947	1001	1016	1031	1046	1101	
Bow Church	0614	0634	0654	0714	0734	0754	0814	0835	0851	0906	0922	0936	0951	1005	1020	1035	1050	1105	
Stratford Bus Station	0620	0640	0700	0720	0740	0800	0820	0841	0857	0913	0929	0943	0958	1013	1028	1043	1058	1113	
West Ham Station	0627	0647	0707	0727	0747	0807	0827	0848	0904	0920	0936	0951	1006	1021	1036	1051	1106	1121	
Canning Town Barking Rd./Hermit Rd.	0631	0651	0711	0731	0751	0811	0831	0852	0908	0924	0941	0956	1011	1026	1041	1056	1111	1126	
Plaistow Greengate	0634	0654	0715	0735	0755	0815	0835	0856	0913	0929	0946	1001	1016	1031	1046	1101	1116	1131	
Newham Hospital Main Entrance	0637	0657	0718	0738	0758	0818	0838	0859	0916	0932	0949	1004	1019	1034	1049	1105	1120	1135	
Newham Hospital Gateway Centre	0638	0658	0719	0739	0759	0819	0839	0900	0917	0933	0950	1005	1020	1035	1050	1106	1121	1136	
Stoke Newington Common	1049	1104	1117	1132	1146	1159	1214	1228	1242	Then every 15 minutes until	1427	1442	1457	1512	1527	1542	1557		
Amhurst Road Shacklewell Lane	1052	1107	1120	1135	1149	1202	1217	1231	1245		1430	1445	1500	1515	1530	1545	1600		
Hackney Central Station Amhurst Rd.	1056	1111	1124	1139	1153	1207	1222	1236	1250		1435	1450	1505	1520	1535	1550	1605		
Homerton Hospital Homerton Grove	1102	1117	1130	1145	1159	1214	1229	1243	1258		1443	1458	1513	1528	1543	1558	1613		
Hackney Wick Trowbridge Estate	1109	1124	1138	1153	1207	1222	1237	1251	1306		1451	1506	1521	1536	1551	1606	1621		
Hackney Wick Station	1111	1126	1140	1155	1210	1225	1240	1254	1309		1454	1509	1524	1539	1554	1609	1624		
Old Ford Parnell Road	1116	1131	1145	1200	1215	1230	1245	1259	1314		1459	1514	1529	1544	1559	1614	1629		
Bow Church	1120	1135	1149	1204	1219	1235	1250	1304	1319		1504	1519	1534	1549	1604	1619	1634		
Stratford Bus Station	1128	1143	1157	1212	1227	1243	1258	1313	1328		1513	1528	1542	1557	1612	1627	1642		
West Ham Station	1136	1151	1206	1221	1236	1252	1307	1322	1337		1522	1537	1551	1606	1621	1636	1651		
Canning Town Barking Rd./Hermit Rd.	1141	1156	1211	1226	1241	1257	1313	1328	1343		1528	1542	1556	1611	1626	1641	1656		
Plaistow Greengate	1146	1201	1216	1231	1246	1302	1319	1334	1349		1534	1548	1602	1616	1631	1646	1701		
Newham Hospital Main Entrance	1150	1205	1220	1235	1250	1306	1323	1338	1353		1538	1552	1606	1620	1635	1650	1705		
Newham Hospital Gateway Centre	1151	1206	1221	1236	1251	1307	1324	1339	1354		1539	1553	1607	1621	1636	1651	1706		
Stoke Newington Common	1612	1628	1643	1659	1714	1729	1744	1759	1814		1829	1844	1900	1915	1930	1945	2005	2025	2045
Amhurst Road Shacklewell Lane	1615	1631	1646	1702	1717	1732	1747	1802	1817		1832	1847	1903	1918	1933	1948	2008	2028	2048
Hackney Central Station Amhurst Rd.	1620	1635	1650	1706	1721	1736	1751	1806	1821	1836	1851	1907	1922	1937	1952	2012	2032	2052	
Homerton Hospital Homerton Grove	1628	1643	1658	1713	1728	1743	1758	1813	1828	1843	1858	1913	1928	1943	1958	2018	2038	2058	
Hackney Wick Trowbridge Estate	1636	1651	1706	1721	1736	1750	1805	1820	1835	1850	1905	1920	1935	1950	2005	2025	2044	2104	
Hackney Wick Station	1639	1654	1709	1724	1739	1753	1808	1823	1838	1853	1907	1922	1937	1952	2007	2027	2046	2106	
Old Ford Parnell Road	1644	1659	1714	1729	1744	1758	1813	1828	1843	1858	1912	1927	1942	1957	2012	2032	2051	2111	
Bow Church	1649	1704	1719	1734	1749	1803	1818	1833	1848	1903	1917	1932	1946	2001	2016	2036	2055	2115	
Stratford Bus Station	1657	1712	1727	1742	1757	1811	1826	1841	1856	1911	1925	1939	1953	2008	2023	2043	2102	2122	
West Ham Station	1706	1721	1736	1751	1806	1820	1835	1850	1905	1920	1934	1947	2001	2016	2031	2051	2110	2130	
Canning Town Barking Rd./Hermit Rd.	1711	1726	1741	1756	1811	1825	1840	1855	1910	1925	1939	1952	2006	2021	2036	2056	2115	2135	
Plaistow Greengate	1716	1731	1746	1801	1816	1830	1845	1900	1915	1930	1944	1957	2011	2026	2041	2101	2119	2139	
Newham Hospital Main Entrance	1720	1735	1750	1805	1820	1834	1849	1904	1919	1934	1948	2001	2015	2030	2045	2105	2123	2143	
Newham Hospital Gateway Centre	1721	1736	1751	1806	1821	1835	1850	1905	1920	1935	1949	2002	2016	2031	2046	2106	2124	2144	
Stoke Newington Common	2105	2125	2145	2205	2225	2245	2305	2325	2345	0005	0025	0045	0105						
Amhurst Road Shacklewell Lane	2108	2128	2148	2208	2228	2248	2307	2327	2347	0007	0027	0047	0107						
Hackney Central Station Amhurst Rd.	2112	2132	2152	2211	2231	2251	2310	2330	2350	0010	0030	0050	0110						
Homerton Hospital Homerton Grove	2118	2137	2157	2216	2236	2256	2315	2335	2355	0014	0034	0054	0114						
Hackney Wick Trowbridge Estate	2124	2143	2203	2222	2242	2302	2320	2340	0000	0019	0039	0059	0119						
Hackney Wick Station	2126	2145	2205	2224	2244	2304	2322	2342	0002	0021	0041	0101	0121						
Old Ford Parnell Road	2130	2149	2209	2228	2248	2307	2325	2345	0005	0024	0044	0104	0124						
Bow Church	2134	2153	2213	2232	2252	2311	2329	2349	0008	0027	0047	0107	0127						
Stratford Bus Station	2141	2200	2220	2239	2259	2318	2336	2355	0014	0033	0053	0113	0133						
West Ham Station	2149	2208	2228	2247	2307	2326	2343	0002	0020	0039	0059	0119	0139						
Canning Town Barking Rd./Hermit Rd.	2154	2212	2232	2251	2311	2330	2347	0006	0024	0043	0103	0123	0143						
Plaistow Greengate	2158	2216	2236	2255	2314	2333	2350	0009	0027	0046	0106	0126	0146						
Newham Hospital Main Entrance	2202	2219	2239	2258	2317	2336	2353	0012	0030	0049	0109	0129	0149						
Newham Hospital Gateway Centre	2203	2220	2240	2259	2318	2337	2354	0013	0031	0050	0110	0130	0150						

276		Mondays to Fridays																
Newham Hospital Gateway Centre	0445	0505	0525	0540	0554	0607	0616	0625	0634	0643	0651	0659	0708	0719	0730	0740	0752	0804
Newham Hospital Main Entrance	0446	0506	0526	0541	0555	0608	0617	0626	0635	0644	0652	0700	0709	0720	0731	0741	0753	0805
Plaistow Greengate	0449	0509	0529	0544	0558	0611	0621	0630	0639	0648	0656	0704	0713	0724	0735	0745	0758	0810
Canning Town Barking Rd./Hermit Rd.	0453	0513	0533	0548	0603	0616	0626	0636	0645	0654	0702	0710	0719	0730	0742	0752	0805	0817
West Ham Station	0458	0518	0538	0553	0608	0621	0631	0641	0650	0659	0707	0715	0725	0736	0748	0759	0812	0824
Stratford Bus Station	0504	0524	0544	0559	0615	0628	0639	0649	0658	0708	0717	0725	0735	0746	0758	0810	0823	0835
Bow Church	0510	0530	0550	0606	0622	0636	0647	0657	0706	0716	0726	0734	0744	0755	0807	0819	0832	0844
Old Ford Parnell Road	0513	0534	0554	0610	0626	0640	0651	0701	0711	0721	0731	0740	0750	0802	0814	0826	0839	0851
Hackney Wick Station	0516	0537	0557	0613	0629	0644	0655	0706	0716	0726	0736	0745	0755	0807	0819	0831	0844	0856
Hackney Wick Trowbridge Estate	0518	0539	0559	0615	0631	0646	0657	0708	0718	0728	0738	0748	0758	0810	0822	0834	0847	0859
Homerton Hospital Homerton Grove	0523	0544	0604	0621	0637	0653	0705	0716	0727	0739	0750	0801	0812	0824	0836	0848	0900	0911
Hackney Central Station Amhurst Rd.	0529	0550	0611	0628	0645	0701	0713	0725	0737	0749	0801	0813	0825	0837	0849	0901	0912	0923
Amhurst Road Shacklewell Lane	0532	0553	0614	0631	0648	0705	0717	0729	0741	0754	0806	0818	0830	0842	0854	0906	0917	0928
Stoke Newington Common	0537	0558	0619	0637	0654	0711	0723	0736	0749	0802	0814	0827	0839	0851	0903	0915	0926	0937
Newham Hospital Gateway Centre	0816	0828	0840	0852	0904	0916	0928	Then every 12 minutes until	1040	1052	1103	Then every 12 minutes until	1303	1315	1327	1339		
Newham Hospital Main Entrance	0817	0829	0841	0853	0905	0917	0929		1041	1053	1104		1304	1316	1328	1340		
Plaistow Greengate	0822	0834	0846	0858	0910	0922	0934		1046	1058	1110		1310	1322	1334	1346		
Canning Town Barking Rd./Hermit Rd.	0829	0841	0853	0905	0917	0929	0941		1053	1105	1117		1317	1329	1341	1353		
West Ham Station	0836	0848	0900	0912	0924	0936	0947		1059	1111	1123		1323	1335	1347	1359		
Stratford Bus Station	0847	0859	0911	0923	0935	0947	0958		1110	1122	1134		1334	1346	1358	1410		
Bow Church	0856	0908	0920	0932	0944	0956	1006		1118	1130	1142		1342	1354	1406	1418		
Old Ford Parnell Road	0903	0914	0926	0938	0950	1002	1012		1124	1136	1148		1348	1400	1412	1424		
Hackney Wick Station	0908	0919	0931	0943	0955	1007	1017		1129	1141	1153		1353	1405	1417	1429		
Hackney Wick Trowbridge Estate	0911	0922	0934	0946	0958	1010	1020		1132	1144	1156		1356	1408	1420	1432		
Homerton Hospital Homerton Grove	0922	0933	0944	0955	1007	1018	1028		1140	1152	1204		1404	1416	1428	1440		
Hackney Central Station Amhurst Rd.	0934	0944	0955	1006	1018	1029	1039		1151	1203	1215		1415	1428	1440	1452		
Amhurst Road Shacklewell Lane	0939	0949	1000	1011	1023	1034	1044		1156	1208	1220		1420	1433	1445	1457		
Stoke Newington Common	0947	0957	1008	1019	1031	1042	1052		1204	1217	1229		1429	1442	1454	1506		
Newham Hospital Gateway Centre	1351	1403	1414	1424	1433	1444	1455	1507	1519	1530	1542	1554	1606	1618	1629	1641	1653	1705
Newham Hospital Main Entrance	1352	1404	1415	1425	1434	1445	1456	1508	1520	1531	1543	1555	1607	1619	1630	1642	1654	1706
Plaistow Greengate	1358	1410	1421	1431	1441	1452	1503	1515	1527	1539	1551	1603	1615	1627	1638	1650	1702	1714
Canning Town Barking Rd./Hermit Rd.	1405	1417	1428	1438	1449	1500	1511	1523	1535	1547	1559	1611	1623	1635	1646	1658	1710	1722
West Ham Station	1411	1423	1435	1445	1456	1507	1518	1530	1542	1554	1606	1618	1630	1642	1653	1705	1717	1729
Stratford Bus Station	1422	1434	1446	1456	1507	1519	1530	1542	1554	1606	1618	1630	1642	1654	1705	1717	1729	1741
Bow Church	1430	1442	1454	1505	1516	1528	1539	1551	1603	1615	1627	1640	1652	1704	1716	1728	1740	1752
Old Ford Parnell Road	1436	1448	1500	1511	1522	1534	1546	1558	1610	1622	1634	1647	1659	1711	1723	1735	1747	1759
Hackney Wick Station	1441	1453	1505	1516	1527	1539	1551	1603	1615	1627	1639	1652	1704	1716	1728	1740	1752	1804
Hackney Wick Trowbridge Estate	1444	1456	1508	1519	1530	1542	1554	1606	1618	1630	1642	1655	1707	1719	1731	1743	1755	1807
Homerton Hospital Homerton Grove	1452	1504	1516	1527	1539	1551	1603	1615	1627	1640	1652	1705	1717	1729	1741	1753	1805	1816
Hackney Central Station Amhurst Rd.	1504	1516	1528	1540	1552	1604	1616	1628	1640	1652	1704	1717	1729	1741	1753	1805	1817	1828
Amhurst Road Shacklewell Lane	1510	1522	1534	1546	1558	1610	1622	1634	1646	1658	1710	1723	1735	1747	1759	1810	1822	1833
Stoke Newington Common	1519	1531	1543	1555	1607	1619	1631	1643	1655	1707	1719	1732	1744	1756	1808	1819	1831	1841
Newham Hospital Gateway Centre	1717	1729	1742	1754	1806	1818	1830	1845	1900	1915	1930	1945	2000	2015	2030	2045	2105	2125
Newham Hospital Main Entrance	1718	1730	1743	1755	1807	1819	1831	1846	1901	1916	1931	1946	2001	2016	2031	2046	2106	2126
Plaistow Greengate	1726	1737	1749	1801	1813	1825	1837	1852	1907	1922	1937	1951	2006	2021	2036	2051	2110	2129
Canning Town Barking Rd./Hermit Rd.	1734	1745	1756	1808	1820	1832	1844	1859	1914	1929	1944	1957	2012	2027	2042	2057	2115	2134
West Ham Station	1741	1752	1803	1814	1826	1838	1850	1905	1920	1935	1950	2003	2018	2033	2048	2103	2120	2139
Stratford Bus Station	1753	1804	1814	1825	1837	1849	1901	1916	1930	1945	1959	2012	2027	2041	2056	2111	2128	2147
Bow Church	1804	1814	1824	1834	1846	1858	1910	1925	1939	1954	2007	2020	2035	2049	2104	2119	2136	2155
Old Ford Parnell Road	1810	1820	1830	1840	1852	1904	1916	1931	1945	1959	2012	2025	2040	2054	2109	2124	2141	2200
Hackney Wick Station	1815	1825	1835	1845	1857	1909	1921	1935	1949	2003	2016	2029	2044	2058	2113	2128	2145	2204
Hackney Wick Trowbridge Estate	1818	1828	1838	1848	1900	1911	1923	1937	1951	2005	2018	2031	2046	2100	2115	2130	2147	2206
Homerton Hospital Homerton Grove	1827	1837	1846	1856	1908	1919	1931	1945	1959	2013	2026	2038	2053	2107	2122	2137	2154	2213
Hackney Central Station Amhurst Rd.	1838	1847	1856	1906	1917	1928	1940	1954	2008	2022	2034	2046	2101	2115	2130	2145	2202	2221
Amhurst Road Shacklewell Lane	1843	1852	1901	1911	1922	1933	1945	1959	2013	2027	2039	2051	2105	2119	2134	2149	2206	2225
Stoke Newington Common	1851	1900	1909	1919	1930	1941	1953	2007	2021	2035	2046	2058	2112	2126	2141	2156	2213	2232
Newham Hospital Gateway Centre	2145	2205	2225	2245	2305	2325	2345	0005	0025	0045	0105							
Newham Hospital Main Entrance	2146	2206	2226	2246	2306	2326	2346	0006	0026	0046	0106							
Plaistow Greengate	2149	2209	2229	2249	2309	2329	2349	0009	0029	0049	0109							
Canning Town Barking Rd./Hermit Rd.	2154	2214	2234	2253	2313	2333	2353	0012	0032	0052	0112							
West Ham Station	2159	2219	2239	2258	2318	2338	2358	0016	0036	0056	0116							
Stratford Bus Station	2207	2227	2247	2306	2325	2345	0005	0023	0043	0103	0123							
Bow Church	2215	2235	2255	2314	2332	2351	0011	0029	0049	0109	0129							
Old Ford Parnell Road	2220	2240	2300	2318	2336	2355	0015	0033	0053	0113	0133							
Hackney Wick Station	2224	2244	2304	2322	2339	2358	0018	0036	0056	0116	0136							
Hackney Wick Trowbridge Estate	2226	2246	2306	2324	2341	0000	0020	0038	0058	0118	0138							
Homerton Hospital Homerton Grove	2232	2252	2312	2329	2346	0005	0025	0043	0103	0123	0143							
Hackney Central Station Amhurst Rd.	2239	2259	2319	2336	2352	0011	0031	0049	0109	0129	0149							
Amhurst Road Shacklewell Lane	2243	2303	2323	2340	2356	0014	0034	0052	0112	0132	0152							
Stoke Newington Common	2250	2309	2329	2346	0002	0019	0039	0057	0117	0137	0157							

276	Saturdays (also Good Friday)																	
Newham Hospital Gateway Centre	0445	0505	0525	0545	0605	0620	0635	0650	0705	0720	0735	0749	0802	0817	0829	0840	0852	0903
Newham Hospital Main Entrance	0446	0506	0526	0546	0606	0621	0636	0651	0706	0721	0736	0750	0803	0818	0830	0841	0853	0904
Plaistow Greengate	0449	0509	0529	0549	0609	0624	0639	0654	0709	0724	0739	0753	0807	0822	0834	0845	0857	0908
Canning Town Barking Rd./Hermit Rd.	0453	0513	0533	0553	0613	0628	0643	0658	0713	0728	0743	0757	0812	0827	0839	0850	0902	0914
West Ham Station	0458	0518	0538	0558	0618	0633	0648	0703	0718	0733	0748	0802	0817	0832	0844	0855	0907	0919
Stratford Bus Station	0504	0524	0544	0604	0624	0639	0654	0709	0724	0739	0754	0809	0824	0839	0851	0903	0915	0927
Bow Church	0510	0530	0550	0610	0630	0646	0701	0716	0731	0746	0801	0817	0832	0847	0859	0911	0923	0935
Old Ford Parnell Road	0513	0533	0553	0613	0634	0650	0705	0720	0735	0750	0806	0822	0837	0852	0904	0916	0928	0940
Hackney Wick Station	0516	0536	0556	0616	0637	0653	0708	0723	0738	0753	0810	0826	0841	0856	0908	0920	0932	0944
Hackney Wick Trowbridge Estate	0518	0538	0558	0618	0639	0655	0710	0725	0740	0755	0812	0828	0843	0858	0910	0922	0934	0946
Homerton Hospital Homerton Grove	0523	0543	0603	0623	0644	0700	0716	0731	0746	0802	0819	0835	0850	0905	0917	0929	0942	0954
Hackney Central Station Amhurst Rd.	0529	0549	0609	0629	0650	0707	0723	0738	0753	0810	0827	0843	0858	0913	0925	0938	0951	1003
Amhurst Road Shacklewell Lane	0532	0552	0612	0632	0653	0710	0726	0741	0757	0814	0831	0847	0902	0917	0929	0942	0955	1007
Stoke Newington Common	0537	0557	0617	0637	0658	0716	0732	0747	0803	0820	0838	0854	0909	0924	0936	0949	1002	1014
Newham Hospital Gateway Centre	0914	0926	0937	0948	1000	1012	1022	1034	1045	1057	1109	1121	1133	1144	1155	1206	1218	1230
Newham Hospital Main Entrance	0915	0927	0938	0949	1001	1013	1023	1035	1046	1058	1110	1122	1134	1145	1156	1207	1219	1231
Plaistow Greengate	0919	0931	0942	0953	1005	1017	1028	1040	1051	1103	1115	1127	1139	1150	1201	1213	1225	1237
Canning Town Barking Rd./Hermit Rd.	0925	0937	0948	0959	1011	1023	1034	1046	1057	1109	1121	1133	1145	1156	1208	1220	1232	1244
West Ham Station	0931	0943	0954	1005	1017	1029	1040	1052	1103	1115	1127	1139	1151	1202	1214	1226	1238	1250
Stratford Bus Station	0939	0951	1002	1014	1026	1038	1049	1101	1113	1125	1137	1149	1201	1213	1225	1237	1249	1301
Bow Church	0947	0959	1010	1022	1034	1046	1057	1109	1121	1133	1145	1157	1210	1222	1234	1246	1258	1311
Old Ford Parnell Road	0952	1004	1016	1028	1040	1052	1103	1115	1127	1139	1151	1203	1216	1228	1240	1252	1305	1318
Hackney Wick Station	0956	1008	1020	1032	1044	1056	1108	1120	1132	1144	1156	1208	1221	1233	1245	1257	1310	1323
Hackney Wick Trowbridge Estate	0958	1011	1023	1035	1047	1059	1111	1123	1135	1147	1159	1211	1224	1236	1248	1300	1313	1326
Homerton Hospital Homerton Grove	1006	1019	1031	1043	1055	1107	1119	1131	1143	1155	1207	1219	1232	1245	1257	1309	1322	1335
Hackney Central Station Amhurst Rd.	1015	1028	1040	1052	1104	1116	1128	1141	1153	1205	1217	1229	1242	1255	1307	1320	1333	1346
Amhurst Road Shacklewell Lane	1019	1032	1045	1057	1109	1121	1133	1146	1158	1210	1222	1234	1247	1300	1312	1325	1338	1351
Stoke Newington Common	1026	1040	1053	1105	1117	1129	1141	1154	1206	1218	1230	1243	1256	1309	1321	1334	1347	1400
Newham Hospital Gateway Centre	1242			1354	1405	1417	1429	1441	1453	1505	1517	1529	1541	1553	1606	1618	1630	1642
Newham Hospital Main Entrance	1243			1355	1406	1418	1430	1442	1454	1506	1518	1530	1542	1554	1607	1619	1631	1643
Plaistow Greengate	1249			1401	1413	1425	1437	1449	1501	1513	1525	1537	1549	1601	1613	1625	1637	1649
Canning Town Barking Rd./Hermit Rd.	1256			1408	1420	1432	1444	1456	1508	1520	1532	1544	1556	1608	1620	1632	1644	1656
West Ham Station	1302			1414	1426	1438	1450	1502	1514	1526	1538	1550	1602	1614	1626	1638	1650	1702
Stratford Bus Station	1314			1426	1438	1450	1502	1514	1526	1537	1549	1601	1613	1625	1637	1649	1701	1713
Bow Church	1324			1436	1448	1500	1512	1524	1536	1548	1600	1612	1624	1636	1648	1700	1712	1724
Old Ford Parnell Road	1331			1443	1455	1507	1519	1531	1543	1555	1606	1618	1630	1642	1654	1706	1718	1730
Hackney Wick Station	1336			1448	1500	1512	1524	1536	1548	1600	1611	1623	1635	1647	1659	1711	1723	1735
Hackney Wick Trowbridge Estate	1339			1451	1503	1515	1527	1539	1551	1603	1614	1626	1638	1650	1702	1714	1726	1738
Homerton Hospital Homerton Grove	1348			1500	1512	1524	1536	1548	1600	1612	1623	1635	1647	1659	1711	1723	1735	1747
Hackney Central Station Amhurst Rd.	1359			1511	1523	1535	1546	1558	1610	1622	1633	1645	1657	1709	1721	1733	1745	1757
Amhurst Road Shacklewell Lane	1404			1516	1528	1540	1551	1603	1615	1627	1638	1650	1702	1714	1726	1738	1750	1802
Stoke Newington Common	1413			1525	1537	1549	1600	1611	1623	1635	1646	1658	1710	1722	1734	1746	1758	1810
Newham Hospital Gateway Centre	1654	1706	1718	1730	1742	1754	1809	1824	1839	1854	1909	1924	1939	1954	2010	2025	2045	2105
Newham Hospital Main Entrance	1655	1707	1719	1731	1743	1755	1810	1825	1840	1855	1910	1925	1940	1955	2011	2026	2046	2106
Plaistow Greengate	1701	1713	1725	1737	1749	1801	1816	1831	1846	1901	1916	1931	1946	2001	2017	2031	2051	2110
Canning Town Barking Rd./Hermit Rd.	1708	1720	1732	1744	1756	1808	1823	1838	1853	1908	1923	1938	1953	2008	2023	2037	2057	2116
West Ham Station	1714	1726	1738	1750	1802	1814	1829	1844	1859	1914	1929	1944	1959	2014	2029	2043	2103	2122
Stratford Bus Station	1725	1737	1749	1801	1813	1825	1840	1855	1910	1925	1939	1954	2009	2024	2039	2053	2113	2132
Bow Church	1736	1747	1759	1811	1823	1835	1850	1905	1919	1934	1948	2003	2017	2032	2047	2101	2121	2140
Old Ford Parnell Road	1742	1753	1805	1817	1829	1841	1856	1911	1925	1940	1954	2008	2022	2037	2052	2106	2126	2145
Hackney Wick Station	1747	1758	1810	1822	1834	1846	1901	1916	1930	1945	1959	2012	2026	2041	2056	2110	2130	2149
Hackney Wick Trowbridge Estate	1750	1801	1813	1825	1837	1849	1904	1919	1933	1948	2001	2014	2028	2043	2058	2112	2132	2151
Homerton Hospital Homerton Grove	1759	1810	1822	1834	1846	1858	1913	1928	1942	1957	2009	2022	2036	2050	2105	2119	2139	2158
Hackney Central Station Amhurst Rd.	1809	1820	1832	1844	1856	1908	1923	1938	1952	2006	2018	2031	2045	2059	2114	2128	2147	2206
Amhurst Road Shacklewell Lane	1814	1825	1837	1849	1901	1913	1928	1943	1957	2011	2023	2036	2050	2103	2118	2132	2151	2210
Stoke Newington Common	1822	1833	1845	1857	1909	1921	1936	1951	2005	2019	2031	2044	2058	2111	2126	2140	2159	2218
Newham Hospital Gateway Centre	2125	2145	2205	2225	2245	2305	2325	2345	0005	0025	0045	0105						
Newham Hospital Main Entrance	2126	2146	2206	2226	2246	2306	2326	2346	0006	0026	0046	0106						
Plaistow Greengate	2130	2150	2210	2230	2250	2309	2329	2349	0009	0029	0049	0109						
Canning Town Barking Rd./Hermit Rd.	2135	2155	2215	2235	2255	2314	2334	2354	0013	0033	0053	0113						
West Ham Station	2141	2201	2220	2240	2300	2319	2339	2359	0017	0037	0057	0117						
Stratford Bus Station	2151	2211	2230	2249	2309	2328	2346	0006	0024	0044	0104	0124						
Bow Church	2159	2219	2238	2257	2317	2336	2354	0012	0030	0050	0110	0130						
Old Ford Parnell Road	2204	2224	2243	2302	2322	2341	2359	0016	0034	0054	0114	0134						
Hackney Wick Station	2208	2228	2247	2306	2326	2345	0003	0020	0038	0058	0118	0138						
Hackney Wick Trowbridge Estate	2210	2230	2249	2308	2328	2347	0005	0022	0040	0100	0120	0140						
Homerton Hospital Homerton Grove	2217	2236	2255	2314	2334	2353	0010	0027	0045	0105	0125	0145						
Hackney Central Station Amhurst Rd.	2225	2244	2303	2322	2342	0001	0017	0034	0052	0112	0132	0152						
Amhurst Road Shacklewell Lane	2229	2248	2306	2325	2345	0004	0020	0037	0055	0115	0135	0155						
Stoke Newington Common	2236	2255	2313	2332	2352	0010	0026	0043	0101	0121	0141	0201						

276	Sundays and other Public Holidays (except Christmas Day)																		
Newham Hospital Gateway Centre	0553	0613	0632	0651	0711	0731	0751	0811	0831	0846	0900	0915	0929	0943	0958	1013	1026	1041	
Newham Hospital Main Entrance	0554	0614	0633	0652	0712	0732	0752	0812	0832	0847	0901	0916	0930	0944	0959	1014	1027	1042	
Plaistow Greengate	0557	0617	0636	0655	0715	0735	0755	0815	0835	0850	0905	0920	0934	0948	1003	1018	1031	1046	
Canning Town Barking Rd./Hermit Rd.	0601	0621	0640	0659	0719	0739	0759	0819	0839	0854	0910	0925	0939	0953	1008	1023	1037	1052	
West Ham Station	0606	0626	0645	0704	0724	0744	0804	0824	0844	0859	0915	0930	0944	0958	1013	1028	1043	1058	
Stratford Bus Station	0612	0632	0651	0710	0730	0750	0810	0830	0850	0907	0923	0938	0952	1006	1021	1036	1051	1106	
Bow Church	0618	0638	0657	0716	0736	0756	0816	0836	0856	0914	0930	0945	0959	1014	1029	1044	1059	1114	
Old Ford Parnell Road	0621	0641	0700	0720	0740	0800	0820	0840	0900	0918	0934	0949	1004	1019	1034	1049	1104	1119	
Hackney Wick Station	0624	0644	0703	0723	0743	0804	0824	0844	0904	0922	0938	0953	1008	1023	1038	1053	1108	1123	
Hackney Wick Trowbridge Estate	0626	0646	0705	0725	0745	0806	0826	0846	0906	0924	0940	0955	1010	1025	1040	1055	1111	1126	
Homerton Hospital Homerton Grove	0631	0651	0710	0730	0750	0812	0832	0852	0912	0930	0946	1001	1017	1032	1047	1102	1118	1133	
Hackney Central Station Amhurst Rd.	0637	0657	0717	0737	0757	0819	0839	0859	0920	0938	0954	1010	1026	1041	1056	1112	1128	1143	
Amhurst Road Shacklewell Lane	0640	0700	0720	0740	0800	0822	0843	0903	0924	0942	0958	1014	1030	1045	1100	1116	1132	1147	
Stoke Newington Common	0645	0705	0725	0745	0805	0827	0849	0910	0931	0949	1005	1021	1037	1052	1107	1123	1140	1155	
Newham Hospital Gateway Centre	1055	1110	1124	1137	1151	1205	1220	1235	1250	1304	1319	1334	1349	1404	Then every 15 minutes until	1519	1534		
Newham Hospital Main Entrance	1056	1111	1125	1138	1152	1206	1221	1236	1251	1305	1320	1335	1350	1405		1520	1535		
Plaistow Greengate	1100	1115	1130	1143	1157	1211	1226	1241	1256	1311	1326	1341	1356	1411		1526	1541		
Canning Town Barking Rd./Hermit Rd.	1106	1121	1136	1150	1204	1218	1233	1248	1303	1318	1333	1348	1403	1418		1533	1548		
West Ham Station	1112	1127	1142	1156	1210	1224	1239	1254	1309	1324	1339	1354	1409	1424		1539	1554		
Stratford Bus Station	1120	1135	1150	1205	1220	1235	1250	1305	1320	1335	1350	1405	1420	1435		1550	1604		
Bow Church	1128	1143	1158	1213	1228	1243	1258	1313	1328	1343	1358	1413	1428	1444		1559	1612		
Old Ford Parnell Road	1133	1148	1203	1218	1233	1248	1303	1318	1333	1348	1403	1418	1433	1449		1604	1617		
Hackney Wick Station	1138	1153	1208	1223	1238	1253	1308	1323	1338	1353	1408	1423	1438	1454		1609	1622		
Hackney Wick Trowbridge Estate	1141	1156	1211	1226	1241	1256	1311	1326	1341	1356	1411	1426	1441	1457		1612	1625		
Homerton Hospital Homerton Grove	1148	1203	1218	1233	1249	1304	1319	1335	1350	1405	1420	1435	1450	1506		1621	1634		
Hackney Central Station Amhurst Rd.	1158	1213	1228	1244	1300	1316	1331	1347	1402	1417	1432	1447	1502	1517		1632	1645		
Amhurst Road Shacklewell Lane	1202	1217	1233	1249	1305	1321	1336	1352	1407	1422	1437	1452	1507	1522		1637	1650		
Stoke Newington Common	1210	1225	1241	1257	1313	1329	1344	1400	1415	1430	1445	1500	1515	1530		1645	1658		
Newham Hospital Gateway Centre	1549	1604	1619	1634	1649	1704	1719	1734	1749	1804	1819	1834	1850	1905		1925	1945	2005	2025
Newham Hospital Main Entrance	1550	1605	1620	1635	1650	1705	1720	1735	1750	1805	1820	1835	1851	1906		1926	1946	2006	2026
Plaistow Greengate	1556	1610	1625	1640	1655	1710	1725	1740	1755	1810	1825	1840	1856	1911	1931	1951	2010	2030	
Canning Town Barking Rd./Hermit Rd.	1602	1616	1631	1646	1701	1716	1731	1746	1801	1816	1831	1846	1902	1917	1937	1957	2016	2036	
West Ham Station	1608	1622	1637	1652	1707	1722	1737	1752	1807	1822	1837	1852	1907	1922	1942	2002	2021	2041	
Stratford Bus Station	1618	1632	1647	1702	1717	1731	1746	1801	1816	1831	1846	1901	1916	1931	1951	2010	2029	2049	
Bow Church	1626	1640	1655	1710	1725	1739	1754	1809	1824	1839	1854	1909	1924	1939	1959	2018	2037	2057	
Old Ford Parnell Road	1631	1645	1700	1715	1730	1744	1759	1814	1829	1844	1859	1914	1929	1944	2004	2023	2042	2102	
Hackney Wick Station	1636	1650	1705	1720	1735	1749	1804	1819	1834	1849	1904	1918	1933	1948	2008	2027	2046	2106	
Hackney Wick Trowbridge Estate	1639	1653	1708	1723	1738	1752	1807	1822	1837	1852	1906	1920	1935	1950	2010	2029	2048	2108	
Homerton Hospital Homerton Grove	1648	1702	1716	1731	1746	1800	1815	1830	1845	1900	1913	1927	1942	1957	2017	2036	2055	2114	
Hackney Central Station Amhurst Rd.	1659	1713	1727	1741	1756	1810	1825	1840	1855	1909	1922	1936	1951	2006	2026	2045	2103	2122	
Amhurst Road Shacklewell Lane	1704	1718	1732	1746	1801	1815	1830	1845	1900	1914	1927	1941	1956	2011	2031	2050	2108	2127	
Stoke Newington Common	1712	1726	1740	1754	1809	1823	1838	1853	1908	1922	1935	1949	2004	2019	2039	2058	2115	2134	
Newham Hospital Gateway Centre	2045	2105	2125	2145	2205	2225	2245	2305	2325	2345	0005	0025	0045	0105					
Newham Hospital Main Entrance	2046	2106	2126	2146	2206	2226	2246	2306	2326	2346	0006	0026	0046	0106					
Plaistow Greengate	2050	2110	2130	2150	2209	2229	2249	2309	2329	2349	0009	0029	0049	0109					
Canning Town Barking Rd./Hermit Rd.	2056	2116	2135	2155	2214	2234	2254	2313	2333	2353	0012	0032	0052	0112					
West Ham Station	2101	2121	2140	2200	2219	2239	2259	2318	2338	2358	0016	0036	0056	0116					
Stratford Bus Station	2109	2129	2148	2208	2227	2246	2306	2325	2345	0005	0023	0043	0103	0123					
Bow Church	2117	2137	2156	2215	2234	2253	2312	2331	2351	0011	0029	0049	0109	0129					
Old Ford Parnell Road	2122	2142	2200	2219	2238	2257	2316	2335	2355	0015	0033	0053	0113	0133					
Hackney Wick Station	2126	2146	2204	2223	2242	2300	2319	2338	2358	0018	0036	0056	0116	0136					
Hackney Wick Trowbridge Estate	2128	2148	2206	2225	2244	2302	2321	2340	0000	0020	0038	0058	0118	0138					
Homerton Hospital Homerton Grove	2134	2154	2212	2231	2250	2307	2326	2345	0005	0025	0043	0103	0123	0143					
Hackney Central Station Amhurst Rd.	2142	2201	2219	2238	2257	2313	2332	2351	0011	0031	0049	0109	0129	0149					
Amhurst Road Shacklewell Lane	2147	2206	2224	2243	2301	2317	2336	2355	0014	0034	0052	0112	0132	0152					
Stoke Newington Common	2154	2213	2231	2250	2307	2323	2342	0000	0019	0039	0057	0117	0137	0157					