

276		Mondays to Fridays																				
Newham Hospital Gateway Centre	0445	0505	0525	0540	0554	0607						1830	1845	1900	1915	1930	1945	2000	2015	2030	2045	
Canning Town Barking Rd./Hermit Rd.	0453	0513	0533	0548	0603	0616						1844	1859	1914	1929	1944	1957	2012	2027	2042	2057	
West Ham Station	0458	0518	0538	0553	0608	0621						1850	1905	1920	1935	1950	2003	2018	2033	2048	2103	
Stratford Bus Station	0504	0524	0544	0559	0615	0628						1901	1916	1930	1945	1959	2012	2027	2041	2056	2111	
Bow Church	0510	0530	0550	0606	0622	0636						1910	1925	1939	1954	2007	2020	2035	2049	2104	2119	
Hackney Wick Station	0516	0537	0557	0613	0629	0644						1921	1935	1949	2003	2016	2029	2044	2058	2113	2128	
Homerton Hospital Homerton Grove	0523	0544	0604	0621	0637	0653						1931	1945	1959	2013	2026	2038	2053	2107	2122	2137	
Hackney Central Station Amhurst Rd.	0529	0550	0611	0628	0645	0701						1940	1954	2008	2022	2034	2046	2101	2115	2130	2145	
Stoke Newington Common	0537	0558	0619	0637	0654	0711						1953	2007	2021	2035	2046	2058	2112	2126	2141	2156	
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.	2115	2134	2154	2214	2234	2253	2313	2333	2353	0012	0032	0052	0112									
West Ham Station	2120	2139	2159	2219	2239	2258	2318	2338	2358	0016	0036	0056	0116									
Stratford Bus Station	2128	2147	2207	2227	2247	2306	2325	2345	0005	0023	0043	0103	0123									
Bow Church	2136	2155	2215	2235	2255	2314	2332	2351	0011	0029	0049	0109	0129									
Hackney Wick Station	2145	2204	2224	2244	2304	2322	2339	2358	0018	0036	0056	0116	0136									
Homerton Hospital Homerton Grove	2154	2213	2232	2252	2312	2329	2346	0005	0025	0043	0103	0123	0143									
Hackney Central Station Amhurst Rd.	2202	2221	2239	2259	2319	2336	2352	0011	0031	0049	0109	0129	0149									
Stoke Newington Common	2213	2232	2250	2309	2329	2346	0002	0019	0039	0057	0117	0137	0157									
276 Saturdays (also Good Friday)																						
Newham Hospital Gateway Centre	0445		0545	0605	0620		0720	0735	0749	0802	0817		1754	1809	1824	1839	1854	1909				
Canning Town Barking Rd./Hermit Rd.	0453		0553	0613	0628		0728	0743	0757	0812	0827		1808	1823	1838	1853	1908	1923				
West Ham Station	0458	Then	0558	0618	0633	about	0733	0748	0802	0817	0832	about	1814	1829	1844	1859	1914	1929				
Stratford Bus Station	0504	every	0604	0624	0639	every	0739	0754	0809	0824	0839	every	1825	1840	1855	1910	1925	1939				
Bow Church	0510	20	0610	0630	0646	15	0746	0801	0817	0832	0847	12	1835	1850	1905	1919	1934	1948				
Hackney Wick Station	0516	mins.	0616	0637	0653	mins.	0753	0810	0826	0841	0856	mins.	1846	1901	1916	1930	1945	1959				
Homerton Hospital Homerton Grove	0523	until	0623	0644	0700	until	0802	0819	0835	0850	0905	until	1858	1913	1928	1942	1957	2009				
Hackney Central Station Amhurst Rd.	0529		0629	0650	0707		0810	0827	0843	0858	0913		1908	1923	1938	1952	2006	2018				
Stoke Newington Common	0537		0637	0658	0716		0820	0838	0854	0909	0924		1921	1936	1951	2005	2019	2031				
Newham Hospital Gateway Centre	1924	1939	1954	2010	2025	2045	2105	2125	2145	2205	2225	2245	2305	2325	2345	0005					0105	
Canning Town Barking Rd./Hermit Rd.	1938	1953	2008	2023	2037	2057	2116	2135	2155	2215	2235	2255	2314	2334	2354	0013					0113	
West Ham Station	1944	1959	2014	2029	2043	2103	2122	2141	2201	2220	2240	2300	2319	2339	2359	0017	Then				0117	
Stratford Bus Station	1954	2009	2024	2039	2053	2113	2132	2151	2211	2230	2249	2309	2328	2346	0006	0024	every				0124	
Bow Church	2003	2017	2032	2047	2101	2121	2140	2159	2219	2238	2257	2317	2336	2354	0012	0030	20				0130	
Hackney Wick Station	2012	2026	2041	2056	2110	2130	2149	2208	2228	2247	2306	2326	2345	0003	0020	0038	mins.				0138	
Homerton Hospital Homerton Grove	2022	2036	2050	2105	2119	2139	2158	2217	2236	2255	2314	2334	2353	0010	0027	0045	until				0145	
Hackney Central Station Amhurst Rd.	2031	2045	2059	2114	2128	2147	2206	2225	2244	2303	2322	2342	0001	0017	0034	0052					0152	
Stoke Newington Common	2044	2058	2111	2126	2140	2159	2218	2236	2255	2313	2332	2352	0010	0026	0043	0101					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				
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				
Hackney Wick Station	0624	0644	0703	0723	0743	0804	0824	0844	0904	0922	0938	0953	1008	1023	1038	1053	1108	1123				
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				
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							1519	1534
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
Hackney Wick Station	1138	1153	1208	1223	1238	1253	1308	1323	1338	1353	1408	1423	1438	1454							1609	1622
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
Stoke Newington Common	1210	1225	1241	1257	1313	1329	1344	1400	1415	1430	1445	1500	1515	1530							1645	1658
Then every 15 minutes until																						
Newham Hospital Gateway Centre	1549	1604	1619	1634	1649	1704	1719	1734	1749	1804	1819	1834	1850	1905	1925	1945	2005	2025				
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				
Hackney Wick Station																						