

283 Mondays to Fridays																		
East Acton Brunel Road	0522	0537	0552	0606	0618	0627	0636	0646	0655	0704	0713	0723	0732	0740	0748	0757	0806	0816
Hammersmith Hospital	0526	0541	0556	0610	0622	0631	0641	0651	0700	0709	0718	0728	0737	0745	0753	0802	0812	0822
Bloemfontein Road Leisure Pool	0530	0545	0600	0614	0626	0637	0647	0657	0706	0716	0726	0736	0745	0753	0801	0811	0821	0831
Shepherd's Bush Green Uxbridge Road	0535	0550	0605	0619	0631	0643	0653	0703	0713	0723	0733	0743	0752	0802	0812	0822	0832	0842
Hammersmith Lower Bus Station	0541	0556	0611	0626	0640	0652	0702	0712	0722	0732	0742	0753	0803	0813	0823	0833	0843	0853
East Acton Brunel Road	0826	0836	0846	0856	0906	Then	1416	1426	1436	1446	1455	1504	Then	1804	1814	1824		
Hammersmith Hospital	0832	0842	0852	0902	0911	every 10	1421	1431	1441	1451	1500	1510	every 10	1810	1820	1830		
Bloemfontein Road Leisure Pool	0841	0851	0901	0911	0920	minutes	1430	1440	1451	1503	1513	1523	minutes	1823	1833	1841		
Shepherd's Bush Green Uxbridge Road	0852	0902	0910	0918	0927	until	1437	1448	1500	1512	1522	1532	until	1832	1840	1848		
Hammersmith Lower Bus Station	0903	0911	0919	0927	0936		1446	1457	1509	1521	1531	1541		1841	1849	1857		
East Acton Brunel Road	1834	1844	1854	1904	1914	1924	1935	Then	2035	2047	2059	2111	Then	2247	2259	Then	2359	
Hammersmith Hospital	1840	1850	1859	1909	1919	1929	1940	every 12	2040	2052	2104	2115	every	2251	2303	every	0003	
Bloemfontein Road Leisure Pool	1849	1857	1906	1916	1926	1936	1946	minutes	2046	2058	2110	2121	12	2257	2307	12	0007	
Shepherd's Bush Green Uxbridge Road	1856	1904	1913	1923	1933	1943	1953	until	2053	2105	2116	2127	mins.	2303	2312	mins.	0012	
Hammersmith Lower Bus Station	1905	1913	1922	1932	1941	1951	2001		2101	2111	2122	2133	until	2309	2318	until	0018	
283 Saturdays (also Good Friday)																		
East Acton Brunel Road	0522	0542	0602	0622	0642	0702	0722	0742	0757	0812	0827	0841	0854	0906	0917	0928	0939	0950
Hammersmith Hospital	0526	0547	0607	0627	0647	0707	0727	0747	0802	0818	0833	0847	0900	0913	0924	0935	0946	0957
Bloemfontein Road Leisure Pool	0530	0551	0612	0632	0652	0712	0733	0753	0808	0824	0839	0853	0907	0920	0931	0942	0953	1004
Shepherd's Bush Green Uxbridge Road	0535	0557	0618	0638	0659	0719	0740	0801	0816	0832	0848	0902	0916	0929	0940	0951	1002	1014
Hammersmith Lower Bus Station	0541	0603	0624	0645	0706	0727	0748	0809	0825	0841	0857	0912	0926	0939	0950	1001	1012	1024
East Acton Brunel Road	1001	1012	1023	1034	1045	1056	Then	1626	1637	1648	1659	1710	1721	1732	1743	1754	1805	
Hammersmith Hospital	1008	1019	1030	1041	1052	1103	every 11	1633	1644	1655	1706	1717	1728	1739	1750	1801	1812	
Bloemfontein Road Leisure Pool	1016	1027	1038	1049	1100	1112	minutes	1642	1653	1704	1714	1725	1736	1747	1758	1808	1819	
Shepherd's Bush Green Uxbridge Road	1026	1037	1048	1059	1111	1123	until	1653	1704	1714	1724	1735	1746	1757	1808	1818	1828	
Hammersmith Lower Bus Station	1036	1047	1059	1111	1123	1135		1705	1715	1725	1735	1745	1756	1807	1818	1828	1838	
East Acton Brunel Road	1816	1827	1838	1849	1900	1911	1923	1935	1947	1959	2011	2023	2035	2047	2059	2111	2123	2135
Hammersmith Hospital	1823	1834	1845	1856	1906	1917	1929	1941	1953	2005	2016	2028	2040	2052	2104	2116	2128	2140
Bloemfontein Road Leisure Pool	1830	1841	1852	1903	1913	1923	1935	1947	1959	2011	2022	2034	2046	2058	2109	2121	2133	2145
Shepherd's Bush Green Uxbridge Road	1839	1850	1901	1911	1921	1931	1943	1955	2007	2018	2029	2041	2053	2105	2116	2128	2140	2152
Hammersmith Lower Bus Station	1849	1900	1910	1920	1930	1940	1952	2004	2015	2026	2037	2049	2101	2113	2124	2136	2148	2200
East Acton Brunel Road	2147	2159	2211	2223	2235	2247	2259	2311	2323	2335	2347	2359						
Hammersmith Hospital	2152	2204	2216	2228	2240	2252	2303	2315	2327	2339	2351	0003						
Bloemfontein Road Leisure Pool	2157	2208	2220	2232	2244	2256	2307	2319	2331	2343	2355	0007						
Shepherd's Bush Green Uxbridge Road	2204	2215	2226	2238	2250	2302	2313	2324	2336	2348	0000	0012						
Hammersmith Lower Bus Station	2211	2222	2233	2245	2257	2308	2319	2330	2342	2354	0006	0018						
283 Sundays and other Public Holidays (except Christmas Day)																		
East Acton Brunel Road	0627	0647	0707	0727	0747	0807	0827	0847	0902	0917	0931	0943	0955	1007	1019	1031	1043	1055
Hammersmith Hospital	0631	0651	0711	0731	0751	0811	0831	0852	0908	0923	0937	0949	1002	1015	1027	1039	1051	1103
Bloemfontein Road Leisure Pool	0635	0655	0716	0736	0756	0817	0838	0859	0915	0930	0944	0956	1009	1022	1034	1046	1058	1111
Shepherd's Bush Green Uxbridge Road	0640	0701	0722	0742	0803	0824	0845	0906	0922	0938	0952	1005	1018	1031	1043	1055	1108	1121
Hammersmith Lower Bus Station	0646	0707	0728	0749	0810	0831	0852	0913	0929	0945	1000	1013	1026	1039	1052	1105	1118	1131
East Acton Brunel Road	1107	Then	1619	1631	1643	1655	1707	1719	1731	1743	1755	1807	1819	1831	1843	1855	1907	
Hammersmith Hospital	1116	every 12	1628	1640	1652	1704	1715	1727	1739	1751	1802	1813	1825	1837	1849	1901	1912	
Bloemfontein Road Leisure Pool	1124	minutes	1636	1648	1700	1711	1722	1734	1746	1758	1809	1820	1832	1844	1856	1908	1919	
Shepherd's Bush Green Uxbridge Road	1134	until	1646	1658	1710	1721	1732	1744	1756	1807	1818	1829	1841	1853	1905	1916	1927	
Hammersmith Lower Bus Station	1144		1656	1707	1718	1729	1740	1752	1803	1814	1825	1836	1848	1900	1912	1923	1934	
East Acton Brunel Road	1919	1931	1943	1955	2007	2019	2031	2043	2055	2107	2119	2131	2143	2155	2207	2219	2231	2243
Hammersmith Hospital	1924	1936	1948	2000	2012	2024	2036	2048	2100	2112	2124	2136	2148	2200	2211	2223	2235	2247
Bloemfontein Road Leisure Pool	1931	1943	1955	2006	2018	2030	2042	2054	2105	2117	2129	2141	2153	2204	2215	2227	2239	2251
Shepherd's Bush Green Uxbridge Road	1939	1951	2002	2013	2025	2037	2049	2100	2111	2123	2135	2147	2158	2209	2220	2232	2244	2256
Hammersmith Lower Bus Station	1946	1958	2009	2020	2032	2044	2056	2107	2118	2130	2142	2154	2205	2216	2227	2239	2251	2303
East Acton Brunel Road	2255	Then	2355															
Hammersmith Hospital	2259	every 12	2359															
Bloemfontein Road Leisure Pool	2303	minutes	0003															
Shepherd's Bush Green Uxbridge Road	2308	until	0008															
Hammersmith Lower Bus Station	2314		0014															

283		Mondays to Fridays																	
Hammersmith Upper Bus Station	0550	0605	0620	0635	0647	0659	0709	0719	0729	0739	0749	0759	0809	0819	0829	0839	0849	0859	
Shepherd's Bush Green West Side	0555	0610	0625	0641	0653	0706	0718	0728	0738	0748	0758	0808	0818	0828	0838	0848	0858	0908	
Bloemfontein Road Leisure Pool	0603	0618	0633	0649	0701	0714	0726	0736	0746	0756	0807	0818	0828	0838	0848	0858	0908	0919	
Hammersmith Hospital	0609	0624	0639	0655	0708	0722	0734	0744	0755	0806	0818	0829	0839	0849	0859	0908	0917	0926	
East Acton Brunel Road	0612	0628	0644	0700	0713	0727	0739	0749	0800	0811	0823	0834	0844	0854	0904	0913	0922	0931	
Hammersmith Upper Bus Station	0910	Then	1420	1430	1440	1449	1457	1506	Then	1756	1807	1818	1828	1838	1848	1858			
Shepherd's Bush Green West Side	0918	every 10	1428	1438	1448	1457	1506	1516	every 10	1806	1817	1828	1838	1847	1856	1906			
Bloemfontein Road Leisure Pool	0929	minutes	1439	1449	1459	1508	1518	1528	minutes	1818	1829	1840	1849	1858	1907	1917			
Hammersmith Hospital	0936	until	1446	1456	1507	1518	1528	1538	until	1828	1839	1848	1857	1906	1915	1925			
East Acton Brunel Road	0941		1451	1502	1514	1525	1535	1545		1835	1845	1854	1903	1912	1921	1931			
Hammersmith Upper Bus Station	1908	1918	1928	1938	1948	Then	2048	2100	2112	2124	Then	2236	2248	2300	Then	0000			
Shepherd's Bush Green West Side	1916	1926	1936	1945	1955	every	2055	2107	2119	2130	every 12	2242	2254	2305	every 12	0005			
Bloemfontein Road Leisure Pool	1927	1937	1946	1955	2005	12	2105	2116	2127	2138	minutes	2250	2302	2313	minutes	0013			
Hammersmith Hospital	1935	1944	1953	2002	2012	mins.	2112	2123	2134	2145	until	2257	2308	2319	until	0019			
East Acton Brunel Road	1940	1949	1958	2007	2017	until	2117	2128	2139	2150		2302	2311	2322		0022			
283		Saturdays (also Good Friday)																	
Hammersmith Upper Bus Station	0550	0610	0630	0650	0710	0730	0750	0805	0820	0835	0847	0859	0910	0921	0932	0943	0954	1005	
Shepherd's Bush Green West Side	0555	0615	0635	0656	0717	0737	0757	0813	0828	0843	0855	0908	0920	0931	0942	0953	1004	1015	
Bloemfontein Road Leisure Pool	0603	0623	0643	0704	0725	0745	0806	0822	0837	0852	0905	0918	0930	0941	0952	1003	1015	1026	
Hammersmith Hospital	0609	0629	0649	0710	0731	0752	0813	0829	0844	0900	0913	0926	0938	0949	1000	1011	1023	1034	
East Acton Brunel Road	0612	0633	0654	0715	0736	0757	0818	0834	0849	0905	0918	0931	0943	0954	1006	1017	1029	1040	
Hammersmith Upper Bus Station	1016	1027	1038	1049	1100	Then	1630	1641	1652	1703	1714	1725	1736	1747	1758	1809	1820		
Shepherd's Bush Green West Side	1026	1037	1048	1059	1111	every 11	1641	1652	1703	1713	1724	1735	1746	1757	1808	1819	1830		
Bloemfontein Road Leisure Pool	1037	1048	1100	1112	1124	minutes	1654	1705	1715	1725	1735	1746	1757	1808	1818	1829	1840		
Hammersmith Hospital	1045	1057	1109	1121	1133	until	1703	1713	1723	1733	1743	1754	1805	1816	1826	1837	1848		
East Acton Brunel Road	1051	1103	1115	1127	1139		1709	1719	1729	1739	1749	1800	1810	1821	1831	1842	1853		
Hammersmith Upper Bus Station	1831	1842	1853	1904	1915	1926	1937	1948	2000	2012	2024	2036	2048	2100	2112	2124	2136	2148	
Shepherd's Bush Green West Side	1841	1852	1902	1912	1923	1934	1945	1956	2007	2019	2031	2043	2055	2107	2119	2131	2143	2155	
Bloemfontein Road Leisure Pool	1851	1902	1911	1921	1932	1943	1954	2005	2016	2027	2039	2051	2103	2115	2127	2139	2151	2203	
Hammersmith Hospital	1858	1908	1918	1928	1939	1950	2001	2012	2023	2034	2046	2058	2109	2121	2133	2145	2157	2209	
East Acton Brunel Road	1903	1913	1923	1933	1944	1955	2005	2016	2027	2038	2050	2102	2113	2125	2137	2149	2201	2212	
Hammersmith Upper Bus Station	2200	2212	2224	2236	2248	2300	Then												
Shepherd's Bush Green West Side	2206	2218	2230	2242	2254	2305	every 12												
Bloemfontein Road Leisure Pool	2214	2226	2238	2250	2302	2313	minutes												
Hammersmith Hospital	2220	2232	2244	2256	2308	2319	until												
East Acton Brunel Road	2223	2235	2247	2259	2311	2322													
283		Sundays and other Public Holidays (except Christmas Day)																	
Hammersmith Upper Bus Station	0655	0715	0735	0755	0815	0835	0850	0905	0920	0935	0950	1002	1013	1024	1036	1048	1100	1112	
Shepherd's Bush Green West Side	0700	0721	0741	0802	0823	0843	0858	0913	0928	0943	0958	1011	1022	1033	1045	1057	1110	1122	
Bloemfontein Road Leisure Pool	0708	0729	0750	0811	0832	0852	0908	0924	0939	0954	1010	1023	1034	1045	1057	1110	1123	1135	
Hammersmith Hospital	0714	0735	0756	0817	0838	0859	0915	0931	0946	1001	1017	1030	1041	1052	1105	1118	1131	1143	
East Acton Brunel Road	0719	0740	0802	0823	0844	0905	0921	0937	0952	1008	1024	1037	1048	1100	1113	1126	1139	1151	
Hammersmith Upper Bus Station	1124	Then	1612	1624	1636	1648	1700	1712	1724	1736	1748	1800	1812	1824	1836	1848	1900		
Shepherd's Bush Green West Side	1134	every 11	1622	1634	1646	1658	1709	1721	1733	1745	1757	1809	1821	1833	1845	1857	1909		
Bloemfontein Road Leisure Pool	1147	minutes	1635	1647	1659	1710	1721	1733	1745	1757	1809	1820	1832	1844	1856	1908	1919		
Hammersmith Hospital	1155	until	1643	1655	1706	1717	1728	1740	1752	1804	1816	1827	1839	1851	1903	1915	1926		
East Acton Brunel Road	1203		1651	1702	1713	1724	1735	1747	1759	1810	1822	1833	1845	1857	1908	1920	1931		
Hammersmith Upper Bus Station	1912	1924	1936	1948	2000	2012	2024	2036	2048	2100	2112	2124	2136	2148	2200	2212	2224	2236	
Shepherd's Bush Green West Side	1921	1933	1945	1956	2007	2019	2031	2043	2055	2106	2118	2130	2142	2154	2206	2218	2230	2242	
Bloemfontein Road Leisure Pool	1931	1943	1954	2005	2016	2028	2040	2052	2104	2115	2127	2139	2151	2203	2214	2226	2238	2250	
Hammersmith Hospital	1938	1949	2000	2011	2022	2034	2046	2058	2111	2122	2134	2146	2158	2209	2220	2232	2244	2256	
East Acton Brunel Road	1943	1954	2005	2016	2027	2039	2051	2103	2115	2126	2138	2150	2202	2213	2224	2236	2248	2300	
Hammersmith Upper Bus Station	2248	2300	2312	2324	2336	2348													
Shepherd's Bush Green West Side	2254	2305	2317	2329	2341	2353													
Bloemfontein Road Leisure Pool	2302	2313	2325	2337	2349	0001													
Hammersmith Hospital	2308	2319	2331	2343	2355	0007													
East Acton Brunel Road	2311	2322	2334	2346	2358	0010													