

291		Mondays to Fridays																	
Garland Road Health Centre	0515	0530	0545	0600	0615	0630	0642	0654	0703	0712	0721	0731	0741	0751	0801	0811	0821	0831	
Woodlands Estate Flaxton Road	0518	0533	0548	0603	0618	0633	0645	0657	0706	0715	0725	0735	0745	0755	0805	0815	0825	0835	
Timbercroft Lane Garland Road	0521	0536	0551	0606	0621	0636	0648	0700	0709	0719	0729	0739	0749	0759	0809	0819	0829	0839	
Plumstead Common Ship	0523	0538	0553	0608	0623	0638	0650	0702	0712	0722	0732	0742	0752	0802	0812	0822	0832	0842	
Woolwich Arsenal Station	0531	0546	0601	0617	0633	0648	0700	0713	0723	0734	0744	0754	0804	0815	0825	0836	0846	0856	
Queen Elizabeth Hospital	0537	0552	0607	0623	0639	0655	0708	0721	0731	0743	0753	0803	0813	0824	0834	0845	0855	0905	
Garland Road Health Centre	0841	0851	0901	0911	0921	0931	0941	Then every 10 minutes until	1411	1421	1431	1441	1451	Then every 10 minutes until	1741	1751			
Woodlands Estate Flaxton Road	0845	0854	0904	0914	0924	0934	0944		1414	1424	1435	1445	1455		1745	1755			
Timbercroft Lane Garland Road	0849	0858	0908	0917	0927	0937	0947		1417	1427	1438	1448	1458		1748	1758			
Plumstead Common Ship	0852	0901	0911	0920	0930	0939	0949		1419	1429	1441	1451	1501		1751	1801			
Woolwich Arsenal Station	0905	0914	0923	0932	0942	0950	1000	1430	1441	1453	1503	1514	1804	1813					
Queen Elizabeth Hospital	0914	0923	0932	0941	0951	0959	1008	1438	1449	1501	1512	1523	1813	1822					
Garland Road Health Centre	1801	1811	1821	1831	1841	1851	1901	1911	1923	1935	1947	1959	2012	2027	2042	2057	2112	2127	
Woodlands Estate Flaxton Road	1805	1815	1825	1835	1845	1855	1905	1915	1927	1939	1951	2003	2015	2030	2045	2100	2115	2130	
Timbercroft Lane Garland Road	1808	1818	1828	1838	1848	1858	1908	1918	1930	1942	1954	2006	2018	2033	2048	2103	2118	2133	
Plumstead Common Ship	1810	1820	1830	1840	1850	1900	1910	1920	1932	1944	1956	2008	2020	2035	2050	2105	2120	2135	
Woolwich Arsenal Station	1822	1832	1841	1851	1901	1911	1921	1930	1942	1954	2005	2017	2029	2044	2059	2114	2128	2143	
Queen Elizabeth Hospital	1831	1841	1850	1900	1909	1919	1929	1938	1950	2002	2013	2024	2036	2051	2106	2120	2134	2149	
Garland Road Health Centre	2142	2157	2212	2227	2242	2257	2312	Then every 15 minutes until	0027										
Woodlands Estate Flaxton Road	2145	2200	2215	2230	2245	2300	2315		0030										
Timbercroft Lane Garland Road	2148	2203	2218	2233	2248	2303	2317		0032										
Plumstead Common Ship	2150	2205	2220	2235	2250	2305	2318		0033										
Woolwich Arsenal Station	2158	2213	2228	2242	2257	2312	2325	0040											
Queen Elizabeth Hospital	2204	2219	2234	2248	2303	2318	2331	0046											
291		Saturdays (also Good Friday)																	
Garland Road Health Centre	0515	Then every 15 minutes until	0615	0630	Then every 15 minutes until	0730	0745	0800	0815	0830	0842	0854	0904	0914	Then every 10 mins. until	1014			
Woodlands Estate Flaxton Road	0518		0618	0633		0733	0748	0803	0818	0833	0845	0857	0907	0917		1017			
Timbercroft Lane Garland Road	0520		0620	0636		0736	0751	0806	0821	0836	0848	0900	0910	0920		1020			
Plumstead Common Ship	0522		0622	0638		0738	0753	0808	0823	0838	0850	0902	0912	0922		1022			
Woolwich Arsenal Station	0530	0630	0646	0746	0801	0817	0832	0847	0900	0912	0922	0932	1032						
Queen Elizabeth Hospital	0536	0636	0652	0752	0808	0824	0839	0854	0907	0919	0929	0940	1040						
Garland Road Health Centre	1023	1033	1043	1053	1103	1113	Then every 10 minutes until	1733	1743	Then every 10 minutes until	1833	1845	1857	1909	1921	1933			
Woodlands Estate Flaxton Road	1027	1037	1047	1057	1107	1117		1737	1747		1837	1849	1901	1913	1925	1937			
Timbercroft Lane Garland Road	1030	1040	1050	1100	1110	1120		1740	1750		1840	1852	1904	1916	1928	1940			
Plumstead Common Ship	1032	1042	1052	1102	1112	1122		1742	1752		1842	1854	1906	1918	1930	1942			
Woolwich Arsenal Station	1042	1052	1102	1112	1122	1133	1753	1802	1852	1904	1916	1928	1940	1951					
Queen Elizabeth Hospital	1050	1100	1110	1120	1130	1141	1801	1810	1900	1912	1924	1936	1948	1959					
Garland Road Health Centre	1945	1957	2012	2027	2042	2057	2112	2127	2142	2157	2212	2227	2242	2257	Then every 15 minutes until	0027			
Woodlands Estate Flaxton Road	1949	2001	2016	2031	2046	2101	2115	2130	2145	2200	2215	2230	2245	2300		0030			
Timbercroft Lane Garland Road	1952	2004	2019	2034	2049	2104	2118	2133	2148	2203	2218	2233	2248	2302		0032			
Plumstead Common Ship	1954	2006	2021	2036	2051	2106	2120	2135	2150	2205	2220	2235	2250	2304		0034			
Woolwich Arsenal Station	2003	2015	2029	2044	2059	2114	2128	2143	2158	2213	2228	2243	2258	2311	0041				
Queen Elizabeth Hospital	2011	2022	2036	2051	2106	2121	2135	2150	2205	2219	2234	2249	2304	2317	0047				
291		Sundays and other Public Holidays (except Christmas Day)																	
Garland Road Health Centre	0615	0645	0715	0745	0815	0835	0855	0910	0925	0940	0955	1010	1025	1040	1055	1110	1125	1140	
Woodlands Estate Flaxton Road	0618	0648	0718	0748	0818	0838	0858	0913	0928	0943	0958	1013	1028	1043	1058	1113	1128	1144	
Timbercroft Lane Garland Road	0620	0651	0721	0751	0821	0841	0901	0916	0931	0946	1001	1016	1031	1046	1101	1116	1131	1147	
Plumstead Common Ship	0622	0653	0723	0753	0823	0843	0903	0918	0933	0948	1003	1018	1033	1048	1103	1118	1133	1149	
Woolwich Arsenal Station	0630	0701	0731	0801	0831	0851	0912	0927	0942	0958	1013	1028	1043	1058	1113	1128	1143	1159	
Queen Elizabeth Hospital	0636	0707	0737	0807	0837	0857	0918	0933	0948	1004	1019	1034	1050	1105	1120	1136	1151	1207	
Garland Road Health Centre	1155	1210	1225	1240	1255	1310	1325	1340	1356	Then every 15 minutes until	1826	1841	1856	1911	1926	1941	1957		
Woodlands Estate Flaxton Road	1159	1214	1229	1244	1259	1314	1329	1344	1400		1830	1844	1859	1914	1929	1944	2000		
Timbercroft Lane Garland Road	1202	1217	1232	1247	1302	1317	1332	1347	1403		1833	1847	1902	1917	1932	1947	2003		
Plumstead Common Ship	1204	1219	1234	1249	1304	1319	1334	1349	1405		1835	1849	1904	1919	1934	1949	2005		
Woolwich Arsenal Station	1214	1229	1244	1259	1315	1330	1345	1400	1415	1845	1859	1913	1928	1943	1958	2013			
Queen Elizabeth Hospital	1222	1237	1252	1307	1323	1338	1353	1408	1423	1853	1906	1920	1934	1949	2004	2019			
Garland Road Health Centre	2012	Then every 15 minutes until	2157	2212	2227	2242	Then every 15 minutes until	0027											
Woodlands Estate Flaxton Road	2015		2200	2215	2230	2245		0030											
Timbercroft Lane Garland Road	2018		2203	2218	2233	2247		0032											
Plumstead Common Ship	2020		2205	2220	2235	2248		0033											
Woolwich Arsenal Station	2028	2213	2227	2242	2255	0040													
Queen Elizabeth Hospital	2034	2219	2233	2248	2301	0046													

291		Mondays to Fridays																	
Queen Elizabeth Hospital	0500	0515	0530	0544	0558	0613	0625	0636	0645	0654	0702	0711	0720	0730	0738	0747	0757	0807	
Woolwich General Gordon Square	0506	0521	0536	0550	0605	0620	0632	0643	0652	0701	0710	0719	0728	0738	0747	0757	0807	0817	
Plumstead Common Ship	0512	0527	0542	0557	0612	0627	0639	0651	0700	0709	0718	0727	0737	0747	0757	0807	0817	0827	
Garland Road Health Centre	0513	0528	0543	0558	0613	0628	0640	0652	0701	0710	0719	0729	0739	0749	0759	0809	0819	0829	
Woodlands Estate Flaxton Road	0518	0533	0548	0603	0618	0633	0645	0657	0706	0715	0725	0735	0745	0755	0805	0815	0825	0835	
Timbercroft Lane Garland Road	0521	0536	0551	0606	0621	0636	0648	0700	0709	0719	0729	0739	0749	0759	0809	0819	0829	0839	
Queen Elizabeth Hospital	0817	0827	0837	0847	0857	0908	0918	0928	0938	0948	Then	1118	1127	Then every 10 mins. until	1118 1127 1139 1149 1144 1154 1147 1157	Then every 10 minutes until	1357	1407	1417
Woolwich General Gordon Square	0827	0837	0847	0857	0907	0917	0927	0937	0947	0958	every	1128	1137				1407	1417	1427
Plumstead Common Ship	0837	0847	0857	0907	0917	0927	0937	0947	0957	1007	10	1137	1147				1417	1427	1437
Garland Road Health Centre	0839	0849	0859	0909	0919	0929	0939	0949	0959	1009	mins.	1139	1149	1419	1429	1439			
Woodlands Estate Flaxton Road	0845	0854	0904	0914	0924	0934	0944	0954	1004	1014	until	1144	1154	1424	1435	1445			
Timbercroft Lane Garland Road	0849	0858	0908	0917	0927	0937	0947	0957	1007	1017	until	1147	1157	1427	1438	1448			
Queen Elizabeth Hospital	1427	1436	1446	1456	1506	1516	1525	1534	Then	1614	1623	Then	1733	1744	Then	1844	1856	1908	
Woolwich General Gordon Square	1437	1446	1456	1506	1516	1526	1536	1546	every	1626	1636	every	1746	1756	every	1856	1908	1920	
Plumstead Common Ship	1447	1457	1507	1518	1528	1538	1547	1557	10	1637	1647	10	1757	1807	10	1907	1919	1931	
Garland Road Health Centre	1449	1459	1509	1520	1530	1540	1549	1559	mins.	1639	1649	mins.	1759	1809	mins.	1909	1921	1933	
Woodlands Estate Flaxton Road	1455	1505	1515	1525	1535	1545	1555	1605	until	1645	1655	until	1805	1815	until	1915	1927	1939	
Timbercroft Lane Garland Road	1458	1508	1518	1528	1538	1548	1558	1608	until	1648	1658	until	1808	1818	until	1918	1930	1942	
Queen Elizabeth Hospital	1920	1935	1951	2006	2021	2036	2052	2108	2124	2139	2154	2210	2225	2240	2255	2310	Then	0010	
Woolwich General Gordon Square	1932	1945	2000	2015	2030	2045	2101	2116	2131	2146	2201	2217	2232	2247	2302	2316	every	0016	
Plumstead Common Ship	1943	1955	2009	2024	2039	2054	2110	2125	2140	2155	2210	2225	2240	2255	2310	2324	15	0024	
Garland Road Health Centre	1945	1957	2011	2026	2041	2056	2111	2126	2141	2156	2211	2226	2241	2256	2311	2325	mins.	0025	
Woodlands Estate Flaxton Road	1951	2003	2015	2030	2045	2100	2115	2130	2145	2200	2215	2230	2245	2300	2315	2325	until	0030	
Timbercroft Lane Garland Road	1954	2006	2018	2033	2048	2103	2118	2133	2148	2203	2218	2233	2248	2303	2317	2332	until	0032	
291		Saturdays (also Good Friday)																	
Queen Elizabeth Hospital	0500	0515	0530	0545	0600	0615	0630	0644	0659	0713	0728	0743	0758	0813	0824	0836	0846	0856	
Woolwich General Gordon Square	0506	0521	0536	0551	0606	0621	0636	0650	0705	0720	0735	0750	0805	0820	0831	0843	0853	0903	
Plumstead Common Ship	0512	0527	0542	0557	0612	0627	0642	0657	0712	0727	0742	0757	0812	0827	0839	0851	0901	0911	
Garland Road Health Centre	0513	0528	0543	0558	0613	0628	0643	0658	0713	0728	0743	0758	0813	0828	0840	0852	0902	0912	
Woodlands Estate Flaxton Road	0518	0533	0548	0603	0618	0633	0648	0703	0718	0733	0748	0803	0818	0833	0845	0857	0907	0917	
Timbercroft Lane Garland Road	0520	0535	0550	0605	0620	0636	0651	0706	0721	0736	0751	0806	0821	0836	0848	0900	0910	0920	
Queen Elizabeth Hospital	0904	0914	0924	0933	0943	0952	1001	Then every 10 minutes until	1151	1200	Then every 10 minutes until	1810	Then every 12 minutes until	1934	1949				
Woolwich General Gordon Square	0912	0922	0932	0942	0952	1001	1010		1200	1209		1819		1943	1958				
Plumstead Common Ship	0921	0931	0941	0951	1001	1010	1019		1209	1219		1829		1953	2008				
Garland Road Health Centre	0922	0932	0942	0952	1002	1012	1021	minutes	1211	1221	minutes	1831	minutes	1955	2010				
Woodlands Estate Flaxton Road	0927	0937	0947	0957	1007	1017	1027	until	1217	1227	until	1837	until	2001	2016				
Timbercroft Lane Garland Road	0930	0940	0950	1000	1010	1020	1030	until	1220	1230	until	1840	until	2004	2019				
Queen Elizabeth Hospital	2004	2020	2036	2052	2107	2122	2137	2152	2208	2224	2239	2254	2309	2325	2340	2355	0010		
Woolwich General Gordon Square	2013	2029	2045	2100	2115	2130	2145	2200	2215	2230	2245	2300	2315	2331	2346	0001	0016		
Plumstead Common Ship	2023	2038	2054	2109	2124	2139	2154	2209	2224	2239	2254	2309	2324	2339	2354	0009	0024		
Garland Road Health Centre	2025	2040	2055	2110	2125	2140	2155	2210	2225	2240	2255	2310	2325	2340	2355	0010	0025		
Woodlands Estate Flaxton Road	2031	2046	2101	2115	2130	2145	2200	2215	2230	2245	2300	2315	2330	2345	0000	0015	0030		
Timbercroft Lane Garland Road	2034	2049	2104	2118	2133	2148	2203	2218	2233	2248	2302	2317	2332	2347	0002	0017	0032		
291		Sundays and other Public Holidays (except Christmas Day)																	
Queen Elizabeth Hospital	0600	0629	0658	0728	0758	0818	0837	Then every 15 minutes until	1007	1021	1036	1050	1104	1119	1134	1149	1204		
Woolwich General Gordon Square	0606	0636	0705	0735	0805	0825	0844		1014	1028	1043	1058	1113	1128	1143	1158	1213		
Plumstead Common Ship	0612	0642	0712	0742	0812	0832	0852		1022	1037	1052	1107	1122	1137	1152	1208	1223		
Garland Road Health Centre	0613	0643	0713	0743	0813	0833	0853	minutes	1023	1038	1053	1108	1123	1138	1153	1209	1224		
Woodlands Estate Flaxton Road	0618	0648	0718	0748	0818	0838	0858	until	1028	1043	1058	1113	1128	1144	1159	1214	1229		
Timbercroft Lane Garland Road	0620	0651	0721	0751	0821	0841	0901	until	1031	1046	1101	1116	1131	1147	1202	1217	1232		
Queen Elizabeth Hospital	1219	1234	1249	1304	1319	1334	Then every 15 minutes until	1534	1550	Then every 15 minutes until	1805	1820	1835	1850	1905	1921			
Woolwich General Gordon Square	1228	1243	1258	1313	1328	1343		1543	1559		1814	1829	1844	1859	1914	1930			
Plumstead Common Ship	1238	1253	1308	1323	1338	1353		1553	1609		1824	1839	1854	1909	1924	1939			
Garland Road Health Centre	1239	1254	1309	1324	1339	1355	minutes	1555	1610	minutes	1825	1840	1855	1910	1925	1940			
Woodlands Estate Flaxton Road	1244	1259	1314	1329	1344	1400	until	1600	1615	until	1830	1844	1859	1914	1929	1944			
Timbercroft Lane Garland Road	1247	1302	1317	1332	1347	1403	until	1603	1618	until	1833	1847	1902	1917	1932	1947			
Queen Elizabeth Hospital	1937	1953	2009	Then every 15 minutes until	2209	2224	2239	2255	Then every 15 minutes until	0010									
Woolwich General Gordon Square	1945	2001	2016		2216	2231	2246	2301		0016									
Plumstead Common Ship	1954	2009	2024		2224	2239	2254	2309		0024									
Garland Road Health Centre	1955	2010	2025	minutes	2225	2240	2255	2310	minutes	0025									
Woodlands Estate Flaxton Road	2000	2015	2030	until	2230	2245	2300	2315	until	0030									
Timbercroft Lane Garland Road	2003	2018	2033	until	2233	2247	2302	2317	until	0032									