

291		Mondays to Fridays																
Garland Road Health Centre	0515	0530	0545	0600	0615	0630	0641	0652	0702	0711	0720	0729	0739	0749	Then every 10 minutes until	0839	0849	
Woodlands Estate Flaxton Road	0518	0533	0548	0603	0618	0633	0644	0655	0705	0714	0723	0732	0742	0752		0842	0852	
Timbercroft Lane Garland Road	0520	0535	0550	0606	0621	0636	0647	0658	0708	0717	0726	0735	0745	0755		0845	0855	
Plumstead Common Ship	0522	0537	0552	0608	0623	0638	0649	0701	0711	0720	0729	0738	0748	0758		0848	0857	
Woolwich Arsenal Station	0530	0545	0600	0617	0633	0648	0659	0711	0721	0731	0740	0750	0800	0811		0901	0910	
Queen Elizabeth Hospital	0536	0551	0606	0623	0639	0654	0706	0718	0728	0738	0748	0758	0808	0819	0909	0918		
Garland Road Health Centre	0859	0909	0919	Then every 10 minutes until	1049	1059	Then every 10 minutes until	1409	1420	1430	1440	1450	Then every 10 minutes until	1710	1720			
Woodlands Estate Flaxton Road	0902	0912	0922		1052	1102		1412	1423	1433	1443	1453		1713	1723			
Timbercroft Lane Garland Road	0905	0915	0925		1055	1105		1415	1426	1436	1446	1456		1716	1726			
Plumstead Common Ship	0907	0917	0927		1057	1107		1417	1428	1438	1448	1458		1718	1728			
Woolwich Arsenal Station	0919	0929	0938		1108	1118		1428	1439	1449	1459	1510		1730	1739			
Queen Elizabeth Hospital	0928	0938	0948	1118	1127	1437	1447	1457	1507	1518	1738	1747						
Garland Road Health Centre	1730	1740	1750	1800	1810	1820	1830	1840	1849	1859	1908	1920	1932	1947	2001	2016	2031	2046
Woodlands Estate Flaxton Road	1733	1743	1753	1803	1813	1823	1833	1843	1852	1902	1911	1923	1935	1950	2004	2019	2034	2049
Timbercroft Lane Garland Road	1736	1746	1756	1806	1816	1826	1836	1846	1855	1905	1914	1926	1938	1953	2007	2022	2037	2052
Plumstead Common Ship	1738	1748	1758	1808	1818	1828	1838	1848	1857	1907	1916	1928	1940	1955	2009	2024	2039	2054
Woolwich Arsenal Station	1749	1759	1809	1819	1829	1838	1848	1858	1906	1916	1925	1937	1949	2004	2018	2033	2048	2103
Queen Elizabeth Hospital	1757	1807	1817	1827	1837	1846	1856	1905	1913	1923	1932	1944	1956	2011	2025	2040	2055	2110
Garland Road Health Centre	2101	2115	2128	2142	2157	2212	2226	Then every 15 minutes until										
Woodlands Estate Flaxton Road	2104	2118	2131	2145	2200	2215	2229		0026									
Timbercroft Lane Garland Road	2107	2120	2133	2147	2202	2217	2231		0029									
Plumstead Common Ship	2109	2122	2135	2149	2204	2219	2233		0031									
Woolwich Arsenal Station	2118	2130	2143	2157	2211	2226	2240		0033									
Queen Elizabeth Hospital	2125	2136	2149	2202	2216	2231	2245	0040										
Queen Elizabeth Hospital	2125	2136	2149	2202	2216	2231	2245	0045										
291		Saturdays (also Good Friday)																
Garland Road Health Centre	0515	Then every 15 minutes until	0745	0800	0815	0830	0842	0854	0903	Then every 10 minutes until	1143	1153	1203	Then every 10 minutes until	1733			
Woodlands Estate Flaxton Road	0518		0748	0803	0818	0833	0845	0857	0906		1146	1156	1206		1736			
Timbercroft Lane Garland Road	0520		0750	0805	0820	0835	0847	0859	0909		1149	1159	1209		1739			
Plumstead Common Ship	0522		0752	0807	0822	0837	0849	0901	0911		1151	1201	1211		1741			
Woolwich Arsenal Station	0530		0800	0816	0831	0846	0858	0911	0921		1201	1211	1222		1752			
Queen Elizabeth Hospital	0536	0806	0822	0837	0852	0905	0918	0928	1208	1219	1230	1800						
Garland Road Health Centre	1743	1753	1803	1813	1823	1835	1847	1859	1914	1929	1944	2000	Then every 15 minutes until	2115	2128	2142	2157	
Woodlands Estate Flaxton Road	1746	1756	1806	1816	1826	1838	1850	1902	1917	1932	1947	2003		2118	2131	2145	2200	
Timbercroft Lane Garland Road	1749	1759	1809	1819	1829	1841	1853	1905	1920	1935	1950	2005		2120	2133	2147	2202	
Plumstead Common Ship	1751	1801	1811	1821	1831	1843	1855	1907	1922	1937	1952	2007		2122	2135	2149	2204	
Woolwich Arsenal Station	1801	1811	1821	1831	1841	1853	1905	1917	1931	1945	2000	2015		2130	2143	2157	2211	
Queen Elizabeth Hospital	1809	1819	1829	1839	1849	1901	1913	1925	1938	1951	2006	2021	2136	2149	2203	2216		
Garland Road Health Centre	2212	2226	Then every 15 minutes until															
Woodlands Estate Flaxton Road	2215	2229		0026														
Timbercroft Lane Garland Road	2217	2231		0029														
Plumstead Common Ship	2219	2233		0031														
Woolwich Arsenal Station	2226	2240		0033														
Queen Elizabeth Hospital	2231	2245	0040															
Queen Elizabeth Hospital	2231	2245	0045															
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	Then every 15 minutes until	1355	1410	1425	
Woodlands Estate Flaxton Road	0618	0648	0718	0748	0818	0838	0858	0913	0928	0943	0958	1013	1028		1358	1413	1428	
Timbercroft Lane Garland Road	0620	0650	0720	0750	0820	0840	0900	0915	0930	0946	1001	1016	1031		1401	1416	1431	
Plumstead Common Ship	0622	0652	0722	0752	0822	0842	0902	0917	0932	0948	1003	1018	1033		1403	1418	1433	
Woolwich Arsenal Station	0630	0700	0730	0800	0830	0850	0910	0925	0941	0957	1012	1027	1044		1414	1428	1443	
Queen Elizabeth Hospital	0636	0706	0736	0806	0836	0856	0916	0931	0947	1003	1018	1033	1051	1421	1435	1450		
Garland Road Health Centre	1440	Then every 15 minutes until	1840	1855	Then every 15 minutes until	2040	2055	Then every 15 minutes until	2210	2226	Then every 15 minutes until	0026						
Woodlands Estate Flaxton Road	1443		1843	1858		2043	2058		2213	2229		0029						
Timbercroft Lane Garland Road	1446		1846	1900		2045	2100		2215	2231		0031						
Plumstead Common Ship	1448		1848	1902		2047	2102		2217	2233		0033						
Woolwich Arsenal Station	1458		1858	1910		2055	2109		2224	2240		0040						
Queen Elizabeth Hospital	1505	1905	1916	2101	2115	2230	2245	0045										

291		Mondays to Fridays																
Queen Elizabeth Hospital	0500	0515	0530	0545	0600	0614	0624	0635	0645	0654	0702	0709	0718	Then every 10 minutes until	1128	1137	1147	
Woolwich General Gordon Square	0506	0521	0536	0551	0606	0620	0631	0642	0652	0701	0709	0717	0726		1136	1146	1156	
Plumstead Common Ship	0512	0527	0542	0557	0612	0627	0638	0649	0659	0708	0717	0725	0735		1145	1155	1205	
Garland Road Health Centre	0513	0528	0543	0558	0613	0628	0639	0650	0700	0709	0718	0727	0737		1147	1157	1207	
Woodlands Estate Flaxton Road	0518	0533	0548	0603	0618	0633	0644	0655	0705	0714	0723	0732	0742		1152	1202	1212	
Timbercroft Lane Garland Road	0520	0535	0550	0606	0621	0636	0647	0658	0708	0717	0726	0735	0745	1155	1205	1215		
Queen Elizabeth Hospital	1157	Then every 10 minutes until	1347	1357	1407	1417	1427	1436	1445	1455	1505	1515	1525	1534	1544	1554	1603	
Woolwich General Gordon Square	1206		1356	1406	1416	1426	1436	1445	1455	1505	1515	1525	1535	1545	1555	1605	1615	
Plumstead Common Ship	1215		1405	1416	1426	1436	1446	1456	1506	1516	1526	1536	1546	1556	1606	1616	1626	
Garland Road Health Centre	1217		1407	1418	1428	1438	1448	1458	1508	1518	1528	1538	1548	1558	1608	1618	1628	
Woodlands Estate Flaxton Road	1222		1412	1423	1433	1443	1453	1503	1513	1523	1533	1543	1553	1603	1613	1623	1633	
Timbercroft Lane Garland Road	1225	1415	1426	1436	1446	1456	1506	1516	1526	1536	1546	1556	1606	1616	1626	1636		
Queen Elizabeth Hospital	1613	Then every 10 minutes until	1723	1734	1744	1754	1805	1815	1825	1836	1846	1858	1910	1925	1940	1955	2010	
Woolwich General Gordon Square	1625		1735	1745	1755	1805	1815	1825	1835	1845	1855	1907	1919	1934	1948	2003	2018	
Plumstead Common Ship	1636		1746	1756	1806	1816	1826	1836	1845	1855	1905	1917	1929	1944	1958	2013	2028	
Garland Road Health Centre	1638		1748	1758	1808	1818	1828	1838	1847	1857	1906	1918	1930	1945	1959	2014	2029	
Woodlands Estate Flaxton Road	1643		1753	1803	1813	1823	1833	1843	1852	1902	1911	1923	1935	1950	2004	2019	2034	
Timbercroft Lane Garland Road	1646	1756	1806	1816	1826	1836	1846	1855	1905	1914	1926	1938	1953	2007	2022	2037		
Queen Elizabeth Hospital	2025	2040	2055	2110	2125	2140	2155	2210	2225	2240	2255	2310	2325	2340	2355	0010		
Woolwich General Gordon Square	2033	2048	2103	2117	2132	2147	2202	2217	2232	2247	2302	2316	2331	2346	0001	0016		
Plumstead Common Ship	2043	2058	2112	2126	2141	2156	2210	2225	2240	2255	2309	2323	2338	2353	0008	0023		
Garland Road Health Centre	2044	2059	2113	2127	2142	2157	2211	2226	2241	2256	2310	2324	2339	2354	0009	0024		
Woodlands Estate Flaxton Road	2049	2104	2118	2131	2145	2200	2215	2229	2244	2259	2314	2329	2344	2359	0014	0029		
Timbercroft Lane Garland Road	2052	2107	2120	2133	2147	2202	2217	2231	2246	2301	2316	2331	2346	0001	0016	0031		
291		Saturdays (also Good Friday)																
Queen Elizabeth Hospital	0500	Then every 15 minutes until	0645	0659	Then every 15 minutes until	0759	0813	0824	0836	0845	Then every 10 minutes until	0925	0934	0944	0953			
Woolwich General Gordon Square	0506		0651	0705		0805	0820	0831	0843	0852		0932	0941	0951	1001			
Plumstead Common Ship	0512		0657	0712		0812	0827	0839	0851	0900		0940	0950	1000	1010			
Garland Road Health Centre	0513		0658	0713		0813	0828	0840	0852	0901		0941	0951	1001	1011			
Woodlands Estate Flaxton Road	0518		0703	0718		0818	0833	0845	0857	0906		0946	0956	1006	1016			
Timbercroft Lane Garland Road	0520	0705	0720	0820	0835	0847	0859	0909	0949	0959	1009	1019						
Queen Elizabeth Hospital	1003	1013	1023	1033	1043	Then every 10 minutes until	1213	1222	1230	Then every 10 minutes until	1800	1812	1824	1836	1845	1855		
Woolwich General Gordon Square	1011	1021	1031	1041	1051		1221	1230	1239		1809	1821	1833	1845	1853	1903		
Plumstead Common Ship	1020	1030	1040	1050	1100		1230	1240	1249		1819	1831	1843	1855	1903	1913		
Garland Road Health Centre	1021	1031	1041	1051	1102		1232	1242	1251		1821	1833	1845	1857	1904	1914		
Woodlands Estate Flaxton Road	1026	1036	1046	1056	1106		1236	1246	1256		1826	1838	1850	1902	--	1917		
Timbercroft Lane Garland Road	1029	1039	1049	1059	1109	1239	1249	1259	1829	1841	1853	1905	--	1920				
Queen Elizabeth Hospital	1910	1925	1941	1956	2011	2026	2041	2056	2111	2126	2141	2156	2211	2226	2241	2255	Then every 15 mins.	0010
Woolwich General Gordon Square	1918	1933	1949	2004	2019	2034	2048	2103	2118	2133	2148	2203	2217	2232	2247	2301	0016	
Plumstead Common Ship	1928	1943	1958	2013	2028	2043	2057	2112	2127	2141	2156	2211	2225	2240	2255	2308	0023	
Garland Road Health Centre	1929	1944	1959	2014	2029	2044	2058	2113	2128	2142	2157	2212	2226	2241	2256	2309	0024	
Woodlands Estate Flaxton Road	1932	1947	2003	2018	2033	2048	2103	2118	2131	2145	2200	2215	2229	2244	2259	2314	0029	
Timbercroft Lane Garland Road	1935	1950	2005	2020	2035	2050	2105	2120	2133	2147	2202	2217	2231	2246	2301	2316	0031	
291		Sundays and other Public Holidays (except Christmas Day)																
Queen Elizabeth Hospital	0600	0630	0700	0730	0800	0820	0840	0855	0910	0925	0939	0953	1008	1023	1038	1052	1106	1121
Woolwich General Gordon Square	0606	0636	0706	0736	0806	0826	0846	0901	0916	0931	0946	1000	1015	1030	1045	1059	1114	1129
Plumstead Common Ship	0612	0642	0712	0742	0812	0832	0853	0908	0923	0938	0953	1008	1023	1038	1053	1107	1122	1137
Garland Road Health Centre	0613	0643	0713	0743	0813	0833	0854	0909	0924	0939	0954	1009	1024	1039	1054	1108	1123	1138
Woodlands Estate Flaxton Road	0618	0648	0718	0748	0818	0838	0858	0913	0928	0943	0958	1013	1028	1043	1058	1113	1128	1143
Timbercroft Lane Garland Road	0620	0650	0720	0750	0820	0840	0900	0915	0930	0946	1001	1016	1031	1046	1101	1116	1131	1146
Queen Elizabeth Hospital	1136	1150	1205	1220	1235	1249	Then every 15 minutes until	1634	1650	Then every 15 minutes until	1820	1835	1850	1905	1921	1937		
Woolwich General Gordon Square	1144	1158	1213	1228	1243	1257		1642	1658		1828	1843	1858	1913	1929	1944		
Plumstead Common Ship	1152	1207	1222	1237	1252	1307		1652	1707		1837	1852	1907	1922	1937	1952		
Garland Road Health Centre	1153	1208	1223	1238	1253	1308		1653	1708		1838	1853	1908	1923	1938	1953		
Woodlands Estate Flaxton Road	1158	1213	1228	1243	1258	1313		1658	1713		1843	1858	1913	1928	1943	1958		
Timbercroft Lane Garland Road	1201	1216	1231	1246	1301	1316	1701	1716	1846	1900	1915	1930	1945	2000				
Queen Elizabeth Hospital	1952	2007	2022	2037	2052	2108	2123	2138	2153	2209	2224	2239	2255	2310	2325	2340	2355	0010
Woolwich General Gordon Square	1959	2014	2029	2044	2059	2114	2129	2144	2159	2215	2230	2245	2301	2316	2331	2346	0001	0016
Plumstead Common Ship	2007	2022	2037	2052	2107	2122	2137	2152	2207	2223	2238	2253	2308	2323	2338	2353	0008	0023
Garland Road Health Centre	2008	2023	2038	2053	2108	2123	2138	2153	2208	2224	2239	2254	2309	2324	2339	2354	0009	0024
Woodlands Estate Flaxton Road	2013	2028	2043	2058	2113	2128	2143	2158	2213	2229	2244	2259	2314	2329	2344	2359	0014	0029
Timbercroft Lane Garland Road	2015	2030	2045	2100	2115	2130	2145	2200	2215	2231	2246	2301	2316	2331	2346	0001	0016	0031