

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	1600	1610			
Woodlands Estate Flaxton Road	0902	0912	0922		1052	1102		1412	1423	1433	1443	1453		1603	1614			
Timbercroft Lane Garland Road	0905	0915	0925		1055	1105		1415	1426	1436	1446	1456		1606	1617			
Plumstead Common Ship	0907	0917	0927		1057	1107		1417	1428	1438	1448	1458		1608	1620			
Woolwich Arsenal Station	0919	0929	0938		1108	1118		1428	1439	1449	1459	1510		1620	1632			
Queen Elizabeth Hospital	0928	0938	0948	1118	1127	1437	1447	1457	1507	1518	1628	1641						
Garland Road Health Centre	1620	Then every 10 minutes until	1750	1759	1809	1818	1828	1838	1848	1858	1908	1920	1932	1947	2001	2016	2031	
Woodlands Estate Flaxton Road	1624		1754	1803	1813	1822	1832	1842	1852	1902	1911	1923	1935	1950	2004	2019	2034	
Timbercroft Lane Garland Road	1627		1757	1806	1816	1825	1835	1845	1855	1905	1914	1926	1938	1953	2007	2022	2037	
Plumstead Common Ship	1630		1800	1808	1818	1827	1837	1847	1857	1907	1916	1928	1940	1955	2009	2024	2039	
Woolwich Arsenal Station	1642		1812	1820	1830	1839	1848	1858	1908	1918	1926	1938	1950	2004	2018	2033	2048	
Queen Elizabeth Hospital	1651	1821	1829	1839	1848	1857	1906	1916	1926	1934	1946	1958	2011	2025	2040	2055		
Garland Road Health Centre	2046	2101	2115	2129	2143	2158	2213	2227	2242	2257	2311	Then every 15 minutes until	0026					
Woodlands Estate Flaxton Road	2049	2104	2118	2132	2146	2201	2216	2230	2245	2300	2314		0029					
Timbercroft Lane Garland Road	2052	2107	2120	2134	2148	2203	2218	2232	2247	2302	2316		0031					
Plumstead Common Ship	2054	2109	2122	2136	2150	2205	2220	2234	2249	2304	2318		0033					
Woolwich Arsenal Station	2103	2118	2130	2144	2158	2212	2227	2241	2256	2311	2325		0040					
Queen Elizabeth Hospital	2110	2125	2136	2150	2203	2217	2232	2246	2301	2316	2330	0045						
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	0853	Then every 10 minutes until	1023	1033			
Woodlands Estate Flaxton Road	0518		0618	0633		0733	0748	0803	0818	0833	0845	0856		1026	1037			
Timbercroft Lane Garland Road	0520		0620	0636		0736	0751	0806	0821	0836	0848	0859		1029	1040			
Plumstead Common Ship	0522		0622	0638		0738	0753	0808	0823	0838	0850	0901		1031	1042			
Woolwich Arsenal Station	0530		0630	0646		0746	0801	0817	0832	0847	0859	0911		1041	1052			
Queen Elizabeth Hospital	0536	0636	0652	0752	0808	0824	0839	0854	0907	0919	1049	1100						
Garland Road Health Centre	1043	1053	1103	1113	Then every 10 minutes until	1733	1743	Then every 10 minutes until	1823	1834	1846	1858	1913	1929	1944	2000		
Woodlands Estate Flaxton Road	1047	1057	1107	1117		1737	1747		1827	1838	1850	1902	1917	1933	1948	2004		
Timbercroft Lane Garland Road	1050	1100	1110	1120		1740	1750		1830	1841	1853	1905	1920	1936	1951	2007		
Plumstead Common Ship	1052	1102	1112	1122		1742	1752		1832	1843	1855	1907	1922	1938	1953	2009		
Woolwich Arsenal Station	1102	1112	1122	1133		1753	1802		1842	1853	1905	1917	1932	1948	2003	2019		
Queen Elizabeth Hospital	1110	1120	1130	1141	1801	1810	1850	1901	1913	1925	1940	1955	2010	2026				
Garland Road Health Centre	2015	2030	2045	2059	2114	2128	2142	2157	2212	2227	2242	2257	2312	2327	2342	2356	0011	0026
Woodlands Estate Flaxton Road	2019	2034	2049	2103	2118	2132	2145	2200	2215	2230	2245	2300	2315	2330	2345	2359	0014	0029
Timbercroft Lane Garland Road	2022	2037	2052	2106	2121	2135	2148	2202	2217	2232	2247	2302	2317	2332	2347	0001	0016	0031
Plumstead Common Ship	2024	2039	2054	2108	2123	2137	2150	2204	2219	2234	2249	2304	2319	2334	2349	0003	0018	0033
Woolwich Arsenal Station	2034	2048	2102	2116	2131	2145	2158	2212	2227	2242	2257	2311	2326	2341	2356	0010	0025	0040
Queen Elizabeth Hospital	2040	2054	2108	2122	2137	2151	2204	2218	2233	2248	2303	2316	2331	2346	0001	0015	0030	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	1140	1155	1210	
Woodlands Estate Flaxton Road	0618	0648	0718	0748	0818	0838	0858	0913	0928	0943	0958	1013	1028		1143	1158	1213	
Timbercroft Lane Garland Road	0620	0651	0721	0751	0821	0841	0901	0916	0931	0946	1001	1016	1031		1146	1201	1216	
Plumstead Common Ship	0622	0653	0723	0753	0823	0843	0903	0918	0933	0948	1003	1018	1033		1148	1203	1218	
Woolwich Arsenal Station	0630	0701	0731	0801	0831	0851	0911	0926	0943	0958	1013	1028	1045		1200	1214	1229	
Queen Elizabeth Hospital	0636	0707	0737	0807	0837	0857	0917	0932	0950	1006	1021	1036	1053	1208	1222	1237		
Garland Road Health Centre	1225	Then every 15 minutes until	1355	1410	Then every 15 minutes until	1740	1755	1810	1825	1840	1855	1910	1925	1940	1955	2010		
Woodlands Estate Flaxton Road	1229		1359	1414		1744	1759	1814	1829	1843	1858	1913	1928	1943	1958	2013		
Timbercroft Lane Garland Road	1232		1402	1417		1747	1802	1817	1832	1846	1901	1916	1931	1946	2001	2016		
Plumstead Common Ship	1234		1404	1419		1749	1804	1819	1834	1848	1903	1918	1933	1948	2003	2018		
Woolwich Arsenal Station	1245		1415	1429		1759	1814	1829	1844	1858	1912	1927	1941	1956	2011	2026		
Queen Elizabeth Hospital	1253	1423	1437	1807	1821	1836	1851	1905	1919	1933	1947	2002	2017	2032				
Garland Road Health Centre	2025	2040	2055	2110	2125	2140	2155	2210	2226	Then every 15 minutes until	0026							
Woodlands Estate Flaxton Road	2028	2043	2058	2113	2128	2143	2158	2213	2229		0029							
Timbercroft Lane Garland Road	2031	2046	2101	2115	2130	2145	2200	2215	2231		0031							
Plumstead Common Ship	2033	2048	2103	2117	2132	2147	2202	2217	2233		0033							
Woolwich Arsenal Station	2041	2056	2110	2124	2139	2154	2209	2224	2240		0040							
Queen Elizabeth Hospital	2047	2102	2116	2130	2145	2200	2215	2230	2245	0045								

