

308	Mondays to Fridays																	
Wanstead Woodbine Place	0450	0502	0514	0526	0538	0550	0602	0614	0625	0637	0648	0659	0710	0722	0734	0745	0755	0805
Dames Road Wanstead Flats	0456	0508	0520	0532	0544	0556	0609	0621	0632	0644	0655	0706	0718	0730	0742	0753	0803	0815
Wanstead Park Station	0459	0511	0523	0535	0547	0559	0613	0625	0636	0648	0659	0710	0722	0734	0746	0757	0808	0820
Romford Road Water Lane	0504	0516	0528	0540	0552	0604	0619	0631	0642	0654	0705	0717	0729	0741	0753	0804	0816	0828
Stratford Bus Station	0508	0520	0532	0544	0556	0609	0624	0636	0647	0659	0711	0723	0735	0747	0759	0811	0823	0835
Stratford City Bus Station	0512	0524	0536	0548	0600	0614	0629	0641	0652	0704	0716	0728	0740	0752	0804	0816	0828	0840
Ruckholt Road Temple Mills Lane	0520	0532	0544	0556	0608	0622	0637	0649	0701	0713	0725	0737	0749	0801	0813	0825	0837	0849
Olympic Park North Homerton Road	0522	0534	0546	0558	0610	0624	0639	0651	0703	0715	0727	0739	0751	0803	0815	0827	0839	0851
Homerton Hospital Brooksby's Walk	0526	0538	0550	0602	0615	0629	0644	0656	0713	0727	0739	0751	0803	0816	0828	0840	0852	0904
Clapton Park Millfields Road	0529	0541	0553	0606	0619	0633	0648	0700	0716	0730	0743	0755	0808	0821	0833	0845	0857	0909
Clapton Lea Bridge Road	0531	0543	0555	0608	0621	0635	0650	0704	0719	0733	0746	0758	0811	0824	0836	0848	0900	0912
Wanstead Woodbine Place	0817	0829	0841	0853	0905	0917	0929	0941	Then every 12 minutes until	1041	1053	1105	1117	1129	1141	1153	1205	
Dames Road Wanstead Flats	0827	0839	0851	0903	0914	0926	0938	0950		1050	1102	1114	1126	1138	1150	1202	1214	
Wanstead Park Station	0832	0844	0856	0907	0918	0930	0942	0954		1054	1106	1118	1130	1142	1154	1206	1218	
Romford Road Water Lane	0840	0852	0904	0914	0925	0937	0949	1001		1101	1112	1124	1136	1148	1200	1212	1224	
Stratford Bus Station	0847	0859	0910	0920	0931	0943	0955	1007		1107	1118	1130	1142	1154	1207	1219	1231	
Stratford City Bus Station	0852	0904	0915	0925	0936	0948	1000	1012		1112	1123	1135	1147	1159	1213	1225	1237	
Ruckholt Road Temple Mills Lane	0901	0913	0924	0934	0945	0957	1009	1021		1121	1132	1144	1156	1208	1222	1234	1246	
Olympic Park North Homerton Road	0903	0915	0926	0936	0947	0959	1011	1023		1123	1134	1146	1158	1210	1224	1236	1248	
Homerton Hospital Brooksby's Walk	0914	0925	0936	0946	0957	1009	1019	1030		1130	1141	1153	1205	1217	1231	1243	1255	
Clapton Park Millfields Road	0919	0930	0941	0951	1002	1014	1024	1035		1135	1146	1158	1211	1223	1237	1249	1301	
Clapton Lea Bridge Road	0922	0933	0944	0954	1005	1017	1027	1038	1138	1149	1201	1214	1226	1240	1252	1304		
Wanstead Woodbine Place	1217	1229	1241	1253	1305	1317	1329	1341	1353	1405	1417	1429	1441	1452	1502	Then every 12 minutes until	1614	
Dames Road Wanstead Flats	1226	1238	1250	1302	1314	1326	1338	1350	1402	1415	1427	1439	1451	1502	1514		1626	
Wanstead Park Station	1230	1242	1254	1306	1318	1330	1342	1354	1406	1419	1431	1443	1455	1507	1519		1631	
Romford Road Water Lane	1236	1248	1301	1313	1325	1337	1349	1401	1414	1427	1439	1451	1503	1515	1527		1639	
Stratford Bus Station	1243	1255	1308	1320	1332	1344	1356	1408	1421	1434	1446	1458	1510	1522	1534		1646	
Stratford City Bus Station	1249	1301	1313	1325	1337	1349	1401	1414	1427	1440	1452	1504	1516	1528	1540		1652	
Ruckholt Road Temple Mills Lane	1258	1311	1323	1335	1347	1359	1411	1424	1437	1450	1502	1514	1526	1538	1550		1702	
Olympic Park North Homerton Road	1300	1313	1325	1337	1349	1401	1413	1426	1439	1452	1504	1516	1528	1540	1552		1704	
Homerton Hospital Brooksby's Walk	1307	1320	1332	1344	1356	1408	1420	1433	1446	1459	1511	1523	1535	1547	1559		1711	
Clapton Park Millfields Road	1313	1325	1337	1349	1401	1413	1425	1438	1451	1504	1517	1529	1541	1553	1605		1717	
Clapton Lea Bridge Road	1316	1328	1340	1352	1404	1416	1428	1441	1454	1507	1520	1532	1544	1556	1608	1720		
Wanstead Woodbine Place	1626	1638	1650	1702	1714	1726	1738	1750	1802	1814	1826	1838	1850	1902	1917	1932	1952	2012
Dames Road Wanstead Flats	1638	1650	1702	1715	1727	1739	1751	1803	1815	1827	1839	1851	1901	1911	1926	1941	2001	2020
Wanstead Park Station	1643	1655	1707	1720	1732	1744	1756	1807	1819	1831	1843	1855	1905	1915	1930	1945	2004	2023
Romford Road Water Lane	1651	1703	1715	1728	1740	1752	1804	1814	1826	1838	1850	1902	1912	1922	1937	1952	2009	2028
Stratford Bus Station	1658	1710	1722	1735	1747	1759	1811	1821	1833	1845	1857	1908	1918	1928	1943	1958	2015	2034
Stratford City Bus Station	1704	1716	1728	1741	1753	1805	1817	1827	1839	1851	1903	1914	1924	1934	1949	2004	2020	2039
Ruckholt Road Temple Mills Lane	1715	1727	1739	1752	1804	1815	1827	1837	1849	1901	1912	1923	1933	1943	1958	2013	2029	2048
Olympic Park North Homerton Road	1717	1729	1741	1754	1806	1817	1829	1839	1851	1903	1914	1925	1935	1945	2000	2015	2031	2050
Homerton Hospital Brooksby's Walk	1724	1736	1748	1801	1813	1824	1836	1846	1858	1910	1921	1932	1942	1952	2005	2020	2036	2055
Clapton Park Millfields Road	1729	1741	1753	1806	1818	1829	1841	1851	1903	1915	1926	1937	1947	1957	2009	2024	2040	2059
Clapton Lea Bridge Road	1732	1744	1756	1809	1821	1832	1844	1854	1906	1918	1929	1940	1950	2000	2012	2027	2043	2102
Wanstead Woodbine Place	2032	2052	2112	2132	2152	2212	2232	2252	2312	2332								
Dames Road Wanstead Flats	2040	2100	2119	2139	2159	2218	2238	2258	2318	2338								
Wanstead Park Station	2043	2103	2122	2142	2202	2221	2241	2301	2321	2341								
Romford Road Water Lane	2048	2108	2127	2147	2207	2226	2246	2305	2325	2345								
Stratford Bus Station	2054	2113	2132	2152	2212	2231	2251	2309	2329	2349								
Stratford City Bus Station	2059	2118	2137	2157	2217	2236	2256	2313	2333	2353								
Ruckholt Road Temple Mills Lane	2108	2126	2145	2205	2224	2243	2303	2320	2340	0000								
Olympic Park North Homerton Road	2110	2128	2147	2207	2226	2245	2305	2322	2342	0002								
Homerton Hospital Brooksby's Walk	2115	2133	2152	2211	2230	2249	2309	2326	2346	0006								
Clapton Park Millfields Road	2119	2137	2156	2215	2234	2253	2311	2329	2349	0009								
Clapton Lea Bridge Road	2121	2139	2158	2217	2236	2255	2313	2331	2351	0011								

308	Saturdays (also Good Friday)																	
Wanstead Woodbine Place	0450	0520	0550	0620	0650	0720	0750	0820	0840	0859	0914	0929	0940	0951	1002	1014	1026	1037
Dames Road Wanstead Flats	0456	0526	0556	0627	0657	0727	0757	0827	0847	0907	0922	0937	0948	0959	1011	1023	1035	1046
Wanstead Park Station	0459	0529	0559	0631	0701	0731	0801	0831	0851	0911	0926	0941	0952	1003	1015	1027	1039	1050
Romford Road Water Lane	0503	0533	0603	0637	0706	0736	0807	0837	0857	0917	0932	0947	0958	1009	1021	1033	1045	1056
Stratford Bus Station	0507	0537	0607	0641	0711	0741	0812	0842	0902	0922	0937	0952	1003	1015	1027	1039	1051	1102
Stratford City Bus Station	0511	0541	0611	0645	0716	0746	0817	0847	0907	0927	0942	0957	1008	1020	1032	1044	1056	1107
Ruckholt Road Temple Mills Lane	0519	0549	0619	0653	0724	0754	0827	0857	0917	0935	0950	1005	1017	1029	1041	1053	1105	1116
Olympic Park North Homerton Road	0521	0551	0621	0655	0726	0756	0829	0859	0919	0938	0953	1007	1019	1031	1043	1055	1107	1118
Homerton Hospital Brooksby's Walk	0525	0555	0625	0659	0731	0801	0834	0904	0924	0943	0958	1013	1025	1037	1049	1101	1114	1125
Clapton Park Millfields Road	0528	0558	0628	0702	0735	0805	0838	0908	0928	0947	1002	1017	1029	1041	1053	1106	1119	1130
Clapton Lea Bridge Road	0530	0600	0631	0704	0737	0808	0841	0911	0931	0950	1005	1020	1032	1044	1056	1109	1122	1133
Wanstead Woodbine Place	1048	1059	1110	1121	1133	1145	1157	1209	1221	1233	1245	1257	1309	1321	1333	1345	1357	1409
Dames Road Wanstead Flats	1057	1110	1121	1132	1144	1156	1209	1221	1233	1245	1257	1309	1321	1333	1345	1357	1410	1422
Wanstead Park Station	1102	1115	1126	1137	1149	1201	1214	1226	1238	1250	1302	1314	1326	1338	1350	1402	1415	1427
Romford Road Water Lane	1109	1122	1133	1144	1156	1209	1222	1234	1246	1258	1310	1321	1333	1345	1357	1410	1423	1435
Stratford Bus Station	1115	1128	1139	1150	1204	1217	1229	1241	1253	1305	1317	1328	1340	1352	1404	1417	1430	1442
Stratford City Bus Station	1120	1133	1144	1155	1209	1223	1235	1247	1259	1311	1323	1334	1346	1358	1410	1423	1436	1448
Ruckholt Road Temple Mills Lane	1129	1142	1153	1205	1219	1233	1245	1257	1309	1321	1333	1344	1356	1409	1421	1434	1447	1459
Olympic Park North Homerton Road	1131	1144	1155	1207	1221	1235	1247	1259	1311	1323	1335	1346	1358	1411	1423	1436	1449	1501
Homerton Hospital Brooksby's Walk	1138	1151	1203	1215	1229	1243	1255	1307	1319	1331	1343	1354	1406	1418	1430	1443	1456	1508
Clapton Park Millfields Road	1143	1156	1208	1220	1234	1248	1300	1312	1324	1336	1348	1359	1411	1423	1435	1448	1501	1513
Clapton Lea Bridge Road	1146	1159	1211	1223	1237	1251	1303	1315	1327	1339	1351	1403	1415	1427	1439	1452	1504	1516
Wanstead Woodbine Place	1421	1433	1445	1457	1509	1521	1533	1545	1556	1607	1619	1630	1641	1653	1705	1717	1729	1741
Dames Road Wanstead Flats	1434	1446	1458	1511	1523	1535	1547	1559	1610	1621	1633	1644	1655	1705	1716	1728	1740	1752
Wanstead Park Station	1439	1451	1503	1516	1528	1540	1552	1603	1614	1625	1637	1648	1700	1710	1721	1733	1745	1756
Romford Road Water Lane	1447	1459	1510	1523	1535	1547	1559	1610	1621	1632	1644	1655	1707	1717	1728	1740	1752	1803
Stratford Bus Station	1454	1507	1518	1531	1543	1555	1606	1617	1628	1639	1651	1703	1715	1725	1736	1748	1759	1810
Stratford City Bus Station	1500	1513	1524	1537	1549	1601	1612	1623	1634	1645	1657	1709	1721	1731	1742	1754	1805	1816
Ruckholt Road Temple Mills Lane	1510	1523	1534	1547	1559	1612	1623	1634	1645	1656	1708	1719	1730	1741	1752	1803	1814	1825
Olympic Park North Homerton Road	1512	1525	1536	1549	1601	1613	1625	1636	1647	1658	1710	1721	1732	1743	1754	1805	1816	1827
Homerton Hospital Brooksby's Walk	1520	1532	1544	1557	1609	1621	1633	1644	1655	1706	1718	1729	1740	1751	1802	1813	1824	1835
Clapton Park Millfields Road	1525	1537	1549	1602	1614	1626	1638	1649	1700	1711	1723	1734	1745	1756	1807	1818	1829	1840
Clapton Lea Bridge Road	1528	1540	1552	1605	1617	1629	1641	1652	1703	1714	1726	1737	1748	1759	1810	1821	1832	1843
Wanstead Woodbine Place	1753	1806	1818	1829	1840	1855	1910	1931	1951	2012	2032	2052	2112	2132	2152	2212	2232	2252
Dames Road Wanstead Flats	1803	1816	1828	1839	1850	1905	1920	1941	2001	2020	2040	2100	2119	2139	2159	2219	2239	2259
Wanstead Park Station	1807	1820	1832	1843	1854	1909	1924	1945	2005	2024	2044	2103	2122	2142	2202	2222	2242	2302
Romford Road Water Lane	1814	1827	1839	1850	1901	1916	1931	1952	2011	2030	2050	2108	2127	2147	2207	2227	2247	2307
Stratford Bus Station	1821	1834	1846	1857	1908	1923	1938	1959	2017	2036	2056	2114	2133	2153	2212	2232	2252	2311
Stratford City Bus Station	1827	1840	1852	1903	1913	1928	1943	2004	2022	2041	2101	2119	2138	2158	2216	2236	2256	2315
Ruckholt Road Temple Mills Lane	1836	1849	1900	1911	1921	1936	1951	2012	2030	2049	2108	2126	2145	2205	2223	2243	2303	2322
Olympic Park North Homerton Road	1838	1851	1902	1913	1923	1938	1953	2014	2032	2051	2110	2128	2147	2207	2225	2245	2305	2324
Homerton Hospital Brooksby's Walk	1846	1859	1909	1920	1930	1945	2000	2020	2038	2057	2115	2133	2152	2211	2229	2249	2309	2328
Clapton Park Millfields Road	1851	1903	1913	1924	1934	1949	2004	2024	2042	2101	2119	2137	2156	2214	2232	2252	2312	2331
Clapton Lea Bridge Road	1854	1906	1916	1927	1937	1952	2007	2027	2045	2104	2121	2139	2158	2216	2234	2254	2314	2333
Wanstead Woodbine Place	2312	2332																
Dames Road Wanstead Flats	2318	2338																
Wanstead Park Station	2321	2341																
Romford Road Water Lane	2326	2346																
Stratford Bus Station	2330	2350																
Stratford City Bus Station	2334	2354																
Ruckholt Road Temple Mills Lane	2341	0001																
Olympic Park North Homerton Road	2343	0003																
Homerton Hospital Brooksby's Walk	2347	0007																
Clapton Park Millfields Road	2350	0010																
Clapton Lea Bridge Road	2352	0012																

308	Sundays and other Public Holidays (except Christmas Day)																	
Wanstead Woodbine Place	0620	0650	0720	0750	0820	0850	0920	0950	1008	1028	1047	1107	1127	1147	Then every 20 minutes until	1327	1347	
Dames Road Wanstead Flats	0626	0656	0727	0757	0827	0857	0928	0958	1016	1036	1055	1117	1137	1157		1337	1357	
Wanstead Park Station	0629	0659	0730	0800	0830	0900	0932	1002	1020	1040	1059	1121	1141	1201		1341	1402	
Romford Road Water Lane	0634	0704	0735	0805	0835	0905	0937	1007	1026	1046	1105	1127	1148	1208		1348	1409	
Stratford Bus Station	0637	0708	0739	0810	0840	0910	0942	1013	1032	1052	1111	1133	1154	1215		1355	1416	
Stratford City Bus Station	0641	0713	0744	0815	0845	0915	0947	1018	1037	1057	1116	1138	1159	1220		1400	1422	
Ruckholt Road Temple Mills Lane	0648	0720	0751	0822	0852	0922	0954	1025	1045	1105	1125	1147	1208	1230		1410	1432	
Olympic Park North Homerton Road	0650	0722	0753	0824	0854	0924	0956	1027	1047	1108	1128	1150	1211	1233		1413	1434	
Homerton Hospital Brooksby's Walk	0654	0727	0758	0829	0859	0929	1001	1032	1052	1114	1134	1156	1218	1241		1421	1441	
Clapton Park Millfields Road	0657	0730	0802	0833	0903	0933	1005	1037	1057	1118	1138	1200	1223	1246		1426	1446	
Clapton Lea Bridge Road	0659	0732	0804	0835	0905	0935	1008	1040	1100	1121	1141	1203	1226	1249	1429	1449		
Wanstead Woodbine Place	1407	1427	1447	1507	1527	1547	1607	1627	1647	1707	1727	1747	1807	1827	1848	1908	1928	1948
Dames Road Wanstead Flats	1418	1438	1458	1518	1537	1557	1617	1637	1657	1716	1736	1756	1815	1835	1856	1916	1936	1956
Wanstead Park Station	1422	1442	1502	1522	1541	1601	1621	1641	1701	1720	1740	1800	1819	1839	1900	1920	1940	2000
Romford Road Water Lane	1429	1449	1509	1529	1548	1608	1628	1648	1708	1726	1746	1806	1825	1845	1906	1926	1946	2006
Stratford Bus Station	1436	1456	1516	1536	1555	1615	1635	1655	1715	1732	1752	1812	1831	1851	1911	1931	1951	2011
Stratford City Bus Station	1442	1502	1522	1542	1601	1621	1641	1701	1721	1738	1758	1817	1836	1856	1916	1936	1956	2016
Ruckholt Road Temple Mills Lane	1452	1511	1531	1551	1612	1632	1652	1712	1732	1750	1810	1828	1847	1907	1926	1946	2006	2025
Olympic Park North Homerton Road	1454	1514	1534	1554	1614	1634	1654	1714	1734	1753	1813	1831	1850	1909	1928	1948	2008	2027
Homerton Hospital Brooksby's Walk	1501	1521	1541	1601	1621	1641	1701	1721	1741	1800	1819	1837	1856	1915	1934	1954	2013	2032
Clapton Park Millfields Road	1506	1526	1546	1606	1626	1646	1706	1726	1746	1804	1823	1841	1900	1919	1938	1958	2017	2036
Clapton Lea Bridge Road	1509	1529	1549	1609	1629	1649	1709	1729	1749	1807	1826	1844	1903	1922	1941	2001	2020	2039
Wanstead Woodbine Place	2008	2028	2049	2109	2130	2151	2212	2232	2252	2312	2332							
Dames Road Wanstead Flats	2015	2035	2056	2116	2137	2158	2218	2238	2258	2318	2338							
Wanstead Park Station	2018	2038	2059	2119	2140	2201	2221	2241	2301	2321	2341							
Romford Road Water Lane	2024	2044	2105	2123	2144	2206	2226	2246	2305	2325	2345							
Stratford Bus Station	2029	2049	2110	2127	2148	2210	2230	2250	2309	2329	2349							
Stratford City Bus Station	2034	2054	2114	2131	2152	2214	2234	2254	2313	2333	2353							
Ruckholt Road Temple Mills Lane	2043	2103	2121	2137	2157	2218	2238	2258	2318	2338	2358							
Olympic Park North Homerton Road	2045	2105	2122	2139	2159	2220	2240	2300	2320	2340	0002							
Homerton Hospital Brooksby's Walk	2050	2110	2127	2144	2203	2224	2244	2305	2325	2345	0005							
Clapton Park Millfields Road	2054	2113	2130	2147	2206	2227	2247	2307	2327	2347	0007							
Clapton Lea Bridge Road	2057	2115	2132	2149	2208	2229	2249	2309	2329	2349	0009							

308	Mondays to Fridays																	
Clapton <i>Lea Bridge Road</i>	0520	0532	0544	0556	0608	0620	0631	0642	0651	0702	0714	0726	0736	0747	0759	0811	0823	0835
Clapton Park <i>Millfields Road</i>	0522	0534	0546	0558	0611	0623	0634	0645	0654	0705	0717	0729	0739	0750	0802	0814	0826	0838
Homerton Hospital <i>Homerton Grove</i>	0525	0537	0549	0601	0614	0627	0638	0649	0658	0710	0722	0734	0744	0755	0807	0819	0831	0843
Olympic Park North <i>Homerton Road</i>	0530	0542	0554	0606	0619	0632	0643	0654	0703	0717	0729	0741	0751	0802	0814	0826	0838	0850
Ruckholt Road <i>Temple Mills Lane</i>	0532	0544	0556	0609	0622	0635	0646	0657	0707	0721	0733	0745	0755	0806	0818	0830	0842	0854
Stratford City <i>Bus Station</i>	0538	0550	0602	0615	0628	0641	0652	0703	0714	0728	0740	0752	0802	0814	0826	0838	0850	0902
Stratford <i>The Grove</i>	0542	0554	0607	0620	0633	0646	0657	0708	0719	0733	0745	0757	0808	0820	0832	0844	0856	0908
Romford Road <i>Water Lane</i>	0544	0556	0609	0622	0635	0648	0700	0712	0724	0736	0748	0800	0812	0824	0836	0848	0900	0911
Wanstead Park <i>Station</i>	0549	0601	0614	0627	0640	0653	0706	0719	0731	0743	0755	0808	0821	0833	0845	0857	0907	0918
Dames Road <i>Wanstead Flats</i>	0552	0604	0617	0630	0643	0656	0709	0722	0734	0746	0758	0811	0825	0837	0849	0901	0911	0921
Wanstead <i>Woodbine Place</i>	0558	0610	0623	0636	0649	0702	0715	0728	0741	0754	0806	0820	0834	0846	0858	0910	0920	0930
Clapton <i>Lea Bridge Road</i>	0847	0859	0911	0923	Then every 12 minutes until	1035	1047	1059	1111	1123	1135	1147	1159	1211	1223	1235	1247	
Clapton Park <i>Millfields Road</i>	0850	0902	0914	0926		1038	1050	1102	1114	1126	1138	1150	1202	1215	1227	1239	1251	
Homerton Hospital <i>Homerton Grove</i>	0855	0907	0919	0931		1043	1055	1107	1119	1131	1143	1155	1208	1221	1233	1245	1257	
Olympic Park North <i>Homerton Road</i>	0902	0914	0926	0938		1050	1102	1114	1126	1138	1150	1202	1215	1228	1240	1252	1304	
Ruckholt Road <i>Temple Mills Lane</i>	0906	0918	0930	0942		1054	1107	1119	1131	1143	1155	1205	1218	1231	1243	1255	1307	
Stratford City <i>Bus Station</i>	0913	0925	0937	0949		1101	1115	1127	1139	1151	1203	1215	1227	1239	1251	1303	1314	
Stratford <i>The Grove</i>	0919	0931	0943	0955		1107	1121	1133	1145	1157	1209	1221	1233	1245	1257	1309	1320	
Romford Road <i>Water Lane</i>	0922	0934	0946	0958		1110	1124	1136	1148	1200	1212	1224	1236	1248	1300	1312	1323	
Wanstead Park <i>Station</i>	0929	0941	0953	1005		1117	1131	1143	1155	1208	1220	1232	1244	1256	1308	1320	1331	
Dames Road <i>Wanstead Flats</i>	0932	0944	0956	1008		1120	1134	1146	1158	1212	1224	1236	1248	1300	1311	1323	1334	
Wanstead <i>Woodbine Place</i>	0941	0953	1005	1016	1128	1142	1154	1206	1220	1232	1244	1256	1308	1320	1332	1343		
Clapton <i>Lea Bridge Road</i>	1259	1311	1323	1335	1347	1359	1411	1423	1434	1446	1455	1507	1519	1532	1542	1554	1606	1618
Clapton Park <i>Millfields Road</i>	1303	1315	1327	1339	1351	1403	1415	1427	1438	1450	1459	1511	1523	1536	1546	1558	1610	1622
Homerton Hospital <i>Homerton Grove</i>	1308	1320	1332	1344	1356	1409	1421	1433	1444	1456	1507	1519	1531	1544	1554	1606	1617	1629
Olympic Park North <i>Homerton Road</i>	1315	1327	1339	1351	1403	1417	1429	1441	1452	1504	1516	1528	1540	1553	1603	1615	1626	1638
Ruckholt Road <i>Temple Mills Lane</i>	1318	1330	1342	1354	1407	1421	1433	1445	1456	1508	1520	1532	1544	1557	1608	1620	1631	1643
Stratford City <i>Bus Station</i>	1325	1337	1349	1401	1415	1429	1441	1453	1504	1516	1528	1540	1552	1605	1617	1629	1640	1652
Stratford <i>The Grove</i>	1331	1343	1355	1407	1421	1435	1447	1459	1511	1523	1535	1547	1559	1611	1623	1635	1646	1658
Romford Road <i>Water Lane</i>	1334	1346	1358	1411	1425	1439	1451	1503	1515	1527	1539	1551	1603	1615	1627	1639	1650	1702
Wanstead Park <i>Station</i>	1342	1354	1406	1420	1434	1448	1500	1514	1527	1539	1551	1603	1614	1626	1638	1650	1701	1713
Dames Road <i>Wanstead Flats</i>	1345	1357	1410	1424	1438	1452	1504	1518	1531	1543	1555	1607	1618	1630	1642	1654	1705	1717
Wanstead <i>Woodbine Place</i>	1354	1406	1420	1434	1448	1502	1516	1530	1543	1555	1607	1619	1631	1643	1655	1707	1719	1731
Clapton <i>Lea Bridge Road</i>	1630	1642	1654	1706	1718	1730	1742	1754	1806	1818	1830	1845	1900	1920	1940	2000	2020	2040
Clapton Park <i>Millfields Road</i>	1634	1646	1658	1710	1722	1734	1746	1758	1810	1822	1834	1849	1903	1923	1943	2003	2023	2043
Homerton Hospital <i>Homerton Grove</i>	1641	1653	1705	1717	1729	1741	1753	1805	1815	1827	1839	1854	1908	1928	1948	2007	2027	2047
Olympic Park North <i>Homerton Road</i>	1650	1702	1714	1726	1738	1750	1802	1813	1823	1835	1847	1902	1915	1935	1955	2013	2033	2053
Ruckholt Road <i>Temple Mills Lane</i>	1655	1707	1719	1731	1743	1755	1806	1817	1827	1839	1851	1905	1918	1938	1958	2016	2036	2056
Stratford City <i>Bus Station</i>	1704	1716	1728	1740	1752	1804	1814	1825	1835	1847	1859	1913	1925	1945	2005	2023	2043	2103
Stratford <i>The Grove</i>	1711	1723	1735	1747	1759	1810	1820	1831	1841	1853	1905	1919	1931	1951	2010	2028	2048	2108
Romford Road <i>Water Lane</i>	1715	1727	1739	1751	1803	1814	1824	1835	1845	1857	1908	1922	1934	1954	2013	2031	2051	2111
Wanstead Park <i>Station</i>	1725	1738	1751	1803	1813	1824	1834	1845	1855	1907	1917	1930	1942	2002	2020	2038	2058	2116
Dames Road <i>Wanstead Flats</i>	1728	1741	1753	1807	1817	1828	1838	1849	1859	1911	1921	1934	1946	2006	2024	2042	2101	2119
Wanstead <i>Woodbine Place</i>	1743	1755	1807	1819	1829	1840	1850	1901	1910	1921	1931	1943	1955	2013	2031	2049	2107	2125
Clapton <i>Lea Bridge Road</i>	2100	2120	2140	2200	2220	2240	2300	2320										
Clapton Park <i>Millfields Road</i>	2102	2122	2142	2202	2222	2242	2302	2322										
Homerton Hospital <i>Homerton Grove</i>	2106	2126	2146	2205	2225	2245	2305	2325										
Olympic Park North <i>Homerton Road</i>	2111	2131	2151	2210	2230	2250	2309	2329										
Ruckholt Road <i>Temple Mills Lane</i>	2114	2134	2154	2213	2233	2253	2311	2331										
Stratford City <i>Bus Station</i>	2121	2140	2200	2219	2239	2259	2316	2336										
Stratford <i>The Grove</i>	2126	2145	2205	2224	2244	2304	2320	2340										
Romford Road <i>Water Lane</i>	2129	2148	2207	2226	2246	2306	2322	2342										
Wanstead Park <i>Station</i>	2134	2153	2212	2231	2251	2311	2327	2347										
Dames Road <i>Wanstead Flats</i>	2137	2156	2215	2234	2254	2313	2329	2349										
Wanstead <i>Woodbine Place</i>	2143	2202	2221	2240	2300	2319	2335	2355										

308	Saturdays (also Good Friday)																	
Clapton <i>Lea Bridge Road</i>	0520	0550	0620	0650	0720	0750	0810	0830	0850	0903	0918	0930	0941	0953	1005	1017	1029	1041
Clapton Park <i>Millfields Road</i>	0522	0552	0622	0652	0722	0752	0812	0832	0852	0906	0921	0933	0944	0956	1008	1020	1032	1044
Homerton Hospital <i>Homerton Grove</i>	0525	0555	0625	0655	0725	0754	0816	0836	0856	0910	0925	0937	0948	1000	1012	1024	1036	1048
Olympic Park North <i>Homerton Road</i>	0530	0600	0630	0700	0730	0759	0821	0841	0901	0916	0931	0943	0954	1007	1019	1031	1043	1055
Ruckholt Road <i>Temple Mills Lane</i>	0532	0603	0633	0703	0733	0803	0825	0845	0905	0920	0935	0947	0958	1010	1022	1034	1046	1058
Stratford City <i>Bus Station</i>	0538	0609	0639	0709	0739	0810	0832	0852	0912	0927	0942	0954	1005	1017	1029	1041	1053	1105
Stratford <i>The Grove</i>	0542	0614	0644	0714	0744	0815	0837	0857	0917	0932	0947	0959	1011	1023	1035	1047	1059	1111
Romford Road <i>Water Lane</i>	0544	0616	0646	0716	0746	0818	0840	0900	0920	0935	0950	1002	1014	1026	1038	1050	1102	1114
Wanstead Park <i>Station</i>	0549	0621	0651	0722	0752	0823	0845	0906	0926	0941	0956	1008	1020	1032	1044	1056	1110	1122
Dames Road <i>Wanstead Flats</i>	0551	0624	0654	0725	0755	0826	0848	0909	0929	0944	0959	1011	1023	1035	1047	1059	1114	1126
Wanstead <i>Woodbine Place</i>	0557	0630	0700	0732	0802	0833	0855	0917	0937	0952	1007	1020	1032	1044	1056	1108	1124	1136
Clapton <i>Lea Bridge Road</i>	1053	1105	1117	1129	1141	1153	1205	1217	1229	1241	1253	1305	1317	1329	1341	1353	1405	1417
Clapton Park <i>Millfields Road</i>	1056	1109	1121	1133	1145	1157	1209	1221	1233	1245	1257	1310	1322	1334	1346	1358	1410	1422
Homerton Hospital <i>Homerton Grove</i>	1100	1114	1126	1138	1150	1202	1214	1226	1238	1250	1302	1315	1327	1339	1351	1403	1415	1427
Olympic Park North <i>Homerton Road</i>	1107	1121	1133	1145	1157	1210	1222	1234	1246	1258	1310	1323	1335	1347	1359	1411	1423	1435
Ruckholt Road <i>Temple Mills Lane</i>	1110	1124	1136	1148	1200	1214	1227	1239	1251	1303	1315	1328	1340	1352	1404	1416	1428	1439
Stratford City <i>Bus Station</i>	1117	1131	1143	1155	1208	1222	1235	1247	1259	1311	1323	1336	1348	1400	1412	1424	1436	1447
Stratford <i>The Grove</i>	1123	1137	1149	1201	1214	1228	1241	1253	1305	1317	1329	1342	1354	1406	1418	1430	1442	1453
Romford Road <i>Water Lane</i>	1126	1140	1152	1205	1218	1232	1245	1257	1309	1321	1333	1346	1358	1410	1422	1434	1446	1457
Wanstead Park <i>Station</i>	1134	1148	1200	1213	1227	1242	1255	1308	1319	1331	1343	1356	1408	1419	1431	1443	1455	1506
Dames Road <i>Wanstead Flats</i>	1138	1152	1204	1217	1229	1245	1258	1311	1323	1335	1347	1400	1412	1423	1435	1447	1459	1510
Wanstead <i>Woodbine Place</i>	1148	1202	1214	1227	1240	1255	1308	1321	1333	1345	1357	1410	1422	1433	1445	1457	1509	1521
Clapton <i>Lea Bridge Road</i>	1428	1439	1451	1502	1514	1526	1538	1550	1602	1614	1626	1638	1650	1702	1714	1726	1738	1750
Clapton Park <i>Millfields Road</i>	1432	1443	1455	1507	1519	1531	1543	1555	1606	1618	1630	1642	1654	1706	1718	1730	1742	1754
Homerton Hospital <i>Homerton Grove</i>	1437	1448	1500	1512	1524	1537	1549	1601	1611	1623	1635	1647	1659	1711	1723	1735	1747	1759
Olympic Park North <i>Homerton Road</i>	1445	1456	1508	1519	1532	1545	1557	1609	1619	1631	1642	1654	1706	1718	1730	1742	1754	1806
Ruckholt Road <i>Temple Mills Lane</i>	1449	1500	1513	1524	1537	1550	1602	1613	1623	1635	1646	1658	1710	1722	1734	1746	1758	1809
Stratford City <i>Bus Station</i>	1457	1508	1521	1532	1545	1558	1610	1621	1631	1643	1654	1706	1718	1730	1742	1754	1806	1816
Stratford <i>The Grove</i>	1503	1515	1528	1539	1552	1605	1617	1628	1638	1650	1701	1712	1724	1736	1748	1800	1812	1822
Romford Road <i>Water Lane</i>	1506	1518	1531	1542	1555	1609	1621	1632	1642	1654	1705	1716	1727	1739	1751	1803	1815	1825
Wanstead Park <i>Station</i>	1517	1529	1542	1553	1606	1618	1630	1641	1651	1703	1715	1726	1737	1749	1801	1812	1824	1834
Dames Road <i>Wanstead Flats</i>	1521	1533	1546	1557	1610	1622	1634	1645	1655	1707	1719	1730	1741	1753	1805	1816	1828	1838
Wanstead <i>Woodbine Place</i>	1532	1544	1557	1608	1620	1632	1644	1655	1705	1717	1729	1740	1751	1803	1814	1825	1837	1847
Clapton <i>Lea Bridge Road</i>	1802	1814	1829	1844	1900	1920	1940	2000	2020	2040	2100	2120	2140	2200	2220	2240	2300	2320
Clapton Park <i>Millfields Road</i>	1805	1817	1832	1847	1903	1923	1943	2003	2023	2043	2103	2123	2143	2202	2222	2242	2302	2322
Homerton Hospital <i>Homerton Grove</i>	1810	1822	1837	1852	1907	1927	1947	2007	2027	2047	2107	2127	2147	2205	2225	2245	2305	2325
Olympic Park North <i>Homerton Road</i>	1817	1829	1844	1859	1914	1934	1954	2013	2033	2053	2113	2133	2153	2210	2230	2250	2310	2330
Ruckholt Road <i>Temple Mills Lane</i>	1820	1832	1847	1902	1917	1937	1957	2017	2037	2057	2117	2137	2157	2213	2233	2253	2312	2332
Stratford City <i>Bus Station</i>	1827	1839	1854	1909	1924	1944	2004	2024	2044	2104	2124	2144	2204	2219	2239	2259	2318	2338
Stratford <i>The Grove</i>	1833	1845	1900	1915	1930	1950	2010	2030	2050	2109	2129	2149	2209	2224	2244	2304	2323	2343
Romford Road <i>Water Lane</i>	1836	1848	1903	1919	1934	1954	2013	2033	2053	2112	2132	2152	2211	2226	2246	2306	2325	2345
Wanstead Park <i>Station</i>	1845	1857	1911	1927	1942	2002	2019	2039	2059	2118	2138	2158	2216	2231	2251	2311	2330	2350
Dames Road <i>Wanstead Flats</i>	1849	1901	1915	1930	1945	2005	2022	2042	2102	2121	2141	2201	2219	2234	2254	2313	2332	2352
Wanstead <i>Woodbine Place</i>	1858	1910	1923	1938	1953	2012	2029	2049	2108	2127	2147	2207	2225	2240	2300	2319	2338	2358

308	Sundays and other Public Holidays (except Christmas Day)																	
Clapton <i>Lea Bridge Road</i>	0610	0640	0710	0740	0810	0840	0910	0940	1000	1020	1038	1058	1118	1138	1158	1218	1238	1258
Clapton Park <i>Millfields Road</i>	0612	0642	0712	0742	0812	0842	0912	0942	1003	1023	1041	1101	1121	1141	1201	1221	1241	1301
Homerton Hospital <i>Homerton Grove</i>	0615	0645	0715	0745	0816	0846	0916	0946	1007	1027	1045	1105	1125	1145	1206	1226	1246	1306
Olympic Park North <i>Homerton Road</i>	0620	0650	0720	0750	0821	0851	0922	0952	1013	1033	1051	1111	1131	1152	1214	1234	1254	1314
Ruckholt Road <i>Temple Mills Lane</i>	0622	0652	0722	0752	0823	0853	0926	0956	1016	1036	1054	1114	1135	1156	1217	1237	1257	1317
Stratford City <i>Bus Station</i>	0628	0658	0728	0758	0829	0859	0932	1003	1023	1043	1101	1121	1142	1203	1225	1245	1305	1325
Stratford <i>The Grove</i>	0632	0702	0733	0803	0834	0904	0937	1008	1028	1048	1107	1127	1148	1209	1231	1251	1311	1331
Romford Road <i>Water Lane</i>	0634	0704	0735	0805	0836	0906	0939	1010	1030	1050	1110	1130	1151	1212	1234	1254	1315	1335
Wanstead Park <i>Station</i>	0639	0709	0740	0810	0841	0912	0945	1016	1036	1056	1116	1136	1157	1220	1242	1302	1324	1344
Dames Road <i>Wanstead Flats</i>	0641	0711	0742	0813	0844	0915	0948	1019	1039	1059	1119	1139	1200	1223	1245	1306	1328	1348
Wanstead <i>Woodbine Place</i>	0647	0717	0748	0819	0850	0922	0955	1027	1047	1107	1128	1148	1209	1232	1254	1316	1338	1358
Clapton <i>Lea Bridge Road</i>	1318	1338	1358	1418	1438	1458	1518	1538	1558	1618	1638	1658	1718	1738	1758	1818	1838	1859
Clapton Park <i>Millfields Road</i>	1321	1341	1401	1422	1442	1502	1521	1541	1601	1621	1641	1701	1721	1741	1801	1821	1841	1902
Homerton Hospital <i>Homerton Grove</i>	1326	1346	1406	1427	1447	1507	1526	1546	1606	1626	1646	1706	1726	1746	1805	1825	1845	1906
Olympic Park North <i>Homerton Road</i>	1334	1354	1414	1435	1455	1514	1533	1553	1613	1633	1653	1713	1733	1753	1812	1832	1852	1912
Ruckholt Road <i>Temple Mills Lane</i>	1337	1357	1417	1438	1458	1519	1538	1558	1618	1638	1658	1716	1736	1756	1815	1835	1855	1914
Stratford City <i>Bus Station</i>	1345	1405	1425	1446	1506	1527	1546	1606	1626	1646	1706	1723	1743	1803	1823	1843	1903	1921
Stratford <i>The Grove</i>	1351	1411	1431	1452	1512	1533	1552	1613	1633	1653	1712	1729	1749	1809	1829	1849	1909	1927
Romford Road <i>Water Lane</i>	1355	1415	1435	1456	1515	1536	1555	1616	1636	1656	1715	1732	1752	1812	1832	1852	1912	1930
Wanstead Park <i>Station</i>	1404	1424	1444	1505	1524	1544	1603	1623	1643	1703	1723	1740	1800	1820	1840	1900	1918	1936
Dames Road <i>Wanstead Flats</i>	1408	1428	1448	1509	1528	1548	1607	1627	1647	1707	1727	1744	1804	1824	1844	1904	1922	1940
Wanstead <i>Woodbine Place</i>	1418	1438	1458	1518	1537	1557	1616	1636	1656	1715	1735	1752	1812	1832	1852	1912	1930	1948
Clapton <i>Lea Bridge Road</i>	1919	1940	2000	2020	2040	2100	2120	2140	2200	2220	2240	2300	2320					
Clapton Park <i>Millfields Road</i>	1922	1943	2003	2023	2043	2102	2122	2142	2202	2222	2242	2302	2322					
Homerton Hospital <i>Homerton Grove</i>	1926	1947	2007	2027	2047	2106	2126	2146	2205	2225	2245	2305	2325					
Olympic Park North <i>Homerton Road</i>	1932	1953	2015	2035	2055	2111	2131	2151	2210	2230	2250	2309	2329					
Ruckholt Road <i>Temple Mills Lane</i>	1934	1955	2017	2037	2057	2113	2133	2153	2212	2232	2252	2311	2331					
Stratford City <i>Bus Station</i>	1941	2002	2024	2044	2104	2119	2139	2159	2218	2238	2258	2317	2337					
Stratford <i>The Grove</i>	1947	2007	2029	2049	2109	2124	2144	2204	2223	2243	2303	2322	2342					
Romford Road <i>Water Lane</i>	1950	2010	2032	2052	2112	2127	2147	2206	2225	2245	2305	2324	2344					
Wanstead Park <i>Station</i>	1956	2016	2038	2058	2117	2132	2152	2211	2230	2250	2310	2329	2349					
Dames Road <i>Wanstead Flats</i>	2000	2019	2041	2101	2120	2135	2155	2214	2233	2253	2313	2332	2352					
Wanstead <i>Woodbine Place</i>	2006	2025	2047	2107	2126	2141	2201	2220	2239	2259	2318	2337	2357					