

325		Mondays to Fridays																			
Prince Regent Station Bus Station	0500	0520	0540	0600	0615	0630	0641	0651	0702	0713	0724	0735	0746	0757	0809	0820	0832	0843			
Plaiستow Abbey Arms	0506	0526	0546	0606	0621	0636	0647	0657	0709	0720	0731	0743	0754	0805	0817	0828	0840	0851			
Plaiستow Broadway Balaam Street	0508	0528	0548	0608	0623	0638	0649	0700	0712	0724	0735	0747	0758	0810	0822	0833	0845	0856			
Forest Gate Upton Lane	0515	0535	0555	0615	0630	0645	0657	0708	0720	0732	0743	0755	0807	0819	0831	0842	0854	0905			
Katherine Road Duke of Fife	0521	0541	0601	0621	0636	0651	0703	0714	0726	0738	0749	0801	0813	0825	0837	0848	0900	0911			
East Ham Station	0525	0545	0605	0625	0640	0655	0707	0718	0730	0742	0754	0806	0818	0830	0842	0853	0905	0916			
East Ham Newham Town Hall	0530	0550	0610	0630	0645	0700	0712	0724	0736	0748	0800	0812	0824	0836	0848	0900	0912	0924			
East Beckton Showcase Cinema	0535	0555	0615	0635	0651	0707	0719	0731	0744	0756	0808	0820	0832	0844	0856	0908	0920	0932			
East Beckton Sainsbury's	0539	0559	0619	0639	0656	0712	0724	0736	0749	0801	0813	0825	0837	0849	0901	0913	0925	0937			
Prince Regent Station Bus Station	0854	0906	0918	Then every 12 minutes until	1406	1417	1428	1438	1450	1501	Then every 12 minutes until	1813	1825	1837	1849	1902					
Plaiستow Abbey Arms	0902	0914	0926		1414	1425	1436	1446	1458	1509		1821	1833	1845	1857	1910					
Plaiستow Broadway Balaam Street	0907	0919	0930		1418	1429	1440	1450	1502	1514		1826	1838	1850	1902	1914					
Forest Gate Upton Lane	0916	0928	0939		1427	1438	1449	1459	1511	1523		1835	1847	1859	1910	1922					
Katherine Road Duke of Fife	0923	0935	0946		1434	1445	1456	1506	1518	1530		1842	1854	1906	1917	1929					
East Ham Station	0928	0940	0951		1439	1450	1501	1513	1525	1537		1849	1901	1912	1922	1934					
East Ham Newham Town Hall	0936	0948	0959		1447	1459	1511	1523	1535	1547		1859	1909	1920	1930	1942					
East Beckton Showcase Cinema	0944	0956	1007		1455	1507	1519	1531	1543	1555		1907	1917	1928	1938	1950					
East Beckton Sainsbury's	0949	1001	1012		1500	1512	1524	1536	1548	1600		1912	1922	1933	1943	1955					
325		Mondays to Fridays (cont.)																Saturdays (also Good Friday)			
Prince Regent Station Bus Station	1915	1928	1942	2000	2020	Then every 20 minutes until	0020	0500	0530	0600	0630	0650	0710	0730	0750	0805	0819				
Plaiستow Abbey Arms	1922	1935	1949	2006	2026		0026	0506	0536	0606	0636	0656	0716	0736	0756	0811	0825				
Plaiستow Broadway Balaam Street	1926	1939	1953	2009	2029		0029	0508	0538	0608	0638	0658	0718	0738	0758	0813	0828				
Forest Gate Upton Lane	1934	1947	2001	2016	2036		0036	0515	0545	0615	0645	0705	0725	0745	0805	0820	0835				
Katherine Road Duke of Fife	1941	1954	2007	2022	2042		0042	0521	0551	0621	0651	0711	0731	0751	0811	0826	0842				
East Ham Station	1946	1959	2012	2026	2046		0046	0525	0555	0625	0655	0715	0735	0755	0815	0830	0846				
East Ham Newham Town Hall	1954	2007	2019	2033	2052		0052	0530	0600	0630	0700	0720	0740	0800	0820	0836	0852				
East Beckton Showcase Cinema	2002	2014	2026	2040	2059		0059	0535	0605	0635	0705	0725	0745	0805	0825	0842	0859				
East Beckton Sainsbury's	2006	2018	2030	2044	2103		0103	0539	0609	0639	0709	0729	0749	0809	0829	0846	0903				
325		Saturdays (also Good Friday) (cont.)																			
Prince Regent Station Bus Station	0831	0841	0852	0904	0915	0926	0937	0949	0959	1009	Then every 12 minutes until	1109	1121	1132	Then every 12 minutes until	1720					
Plaiستow Abbey Arms	0837	0847	0858	0910	0921	0932	0943	0955	1005	1017		1117	1129	1140		1728					
Plaiستow Broadway Balaam Street	0840	0850	0901	0913	0924	0935	0946	0958	1009	1021		1121	1133	1144		1732					
Forest Gate Upton Lane	0847	0857	0909	0921	0932	0943	0954	1006	1018	1030		1130	1142	1153		1741					
Katherine Road Duke of Fife	0854	0904	0916	0928	0939	0950	1001	1013	1025	1037		1137	1149	1200		1748					
East Ham Station	0858	0908	0920	0932	0943	0955	1006	1018	1030	1042		1142	1155	1207		1755					
East Ham Newham Town Hall	0904	0916	0928	0940	0952	1004	1016	1028	1040	1052		1152	1205	1217		1805					
East Beckton Showcase Cinema	0912	0924	0936	0948	1000	1012	1024	1036	1048	1100		1200	1213	1225		1813					
East Beckton Sainsbury's	0917	0929	0941	0953	1005	1017	1029	1041	1053	1105		1205	1218	1230		1818					
Prince Regent Station Bus Station	1732	1744	1756	1808	1820	1832	1844	1857	1910	1925		1940	Then every 20 minutes until	0020		Then every 20 minutes until	1605				
Plaiستow Abbey Arms	1740	1752	1804	1815	1827	1839	1851	1904	1917	1932	1946	0026		1612							
Plaiستow Broadway Balaam Street	1744	1756	1808	1819	1831	1843	1855	1908	1921	1935	1949	0029		1616							
Forest Gate Upton Lane	1753	1805	1816	1827	1839	1851	1903	1915	1928	1942	1956	0036		1624							
Katherine Road Duke of Fife	1800	1812	1823	1834	1846	1858	1910	1922	1935	1948	2002	0042		1631							
East Ham Station	1806	1817	1828	1839	1850	1902	1914	1926	1939	1952	2006	0046		1637							
East Ham Newham Town Hall	1815	1825	1836	1847	1858	1910	1922	1933	1945	1958	2012	0052		1646							
East Beckton Showcase Cinema	1823	1833	1844	1855	1906	1917	1929	1940	1952	2005	2019	0059		1655							
East Beckton Sainsbury's	1828	1838	1849	1900	1911	1922	1933	1944	1956	2009	2023	0103		1700							
325		Sundays and other Public Holidays (except Christmas Day)																			
Prince Regent Station Bus Station	0615	0645	0715	0745	0815	0835	0855	0913	0931	0948	1005	Then every 20 minutes until	1125	1145	Then every 20 minutes until	1605					
Plaiستow Abbey Arms	0621	0651	0721	0751	0821	0841	0901	0919	0937	0954	1012		1132	1152		1612					
Plaiستow Broadway Balaam Street	0623	0653	0723	0753	0823	0843	0904	0922	0940	0957	1016		1136	1156		1616					
Forest Gate Upton Lane	0630	0700	0730	0800	0830	0850	0911	0929	0947	1004	1024		1144	1204		1624					
Katherine Road Duke of Fife	0636	0706	0736	0806	0836	0856	0917	0935	0953	1011	1031		1151	1211		1631					
East Ham Station	0640	0710	0740	0810	0840	0900	0921	0939	0957	1016	1036		1156	1217		1637					
East Ham Newham Town Hall	0645	0715	0745	0815	0845	0907	0928	0946	1004	1024	1044		1204	1226		1646					
East Beckton Showcase Cinema	0650	0720	0750	0820	0850	0913	0934	0954	1013	1033	1053		1213	1235		1655					
East Beckton Sainsbury's	0654	0724	0754	0824	0854	0917	0938	0958	1018	1038	1058		1218	1240		1700					
Prince Regent Station Bus Station	1625	1645	1705	1725	1745	1805	1825	1845	1905	1925	1940		Then every 20 minutes until	0020		Then every 20 minutes until	1605				
Plaiستow Abbey Arms	1632	1652	1712	1732	1752	1811	1831	1851	1911	1931	1946	0026		1612							
Plaiستow Broadway Balaam Street	1636	1656	1715	1735	1755	1814	1834	1854	1914	1934	1949	0029		1616							
Forest Gate Upton Lane	1644	1704	1723	1743	1803	1821	1841	1901	1921	1941	1956	0036		1624							
Katherine Road Duke of Fife	1651	1711	1730	1750	1809	1827	1847	1907	1927	1947	2002	0042		1631							
East Ham Station	1657	1716	1735	1755	1813	1831	1851	1911	1931	1951	2006	0046		1637							
East Ham Newham Town Hall	1706	1724	1743	1803	1820	1838	1858	1917	1937	1957	2012	0052		1646							
East Beckton Showcase Cinema	1714	1732	1751	1810	1827	1845	1905	1924	1944	2004	2019	0059		1655							
East Beckton Sainsbury's	1719	1737	1756	1815	1832	1850	1909	1928	1948	2008	2023	0103		1700							

325		Mondays to Fridays																	
East Beckton Sainsbury's	0450	0515	0535	0555	0615	0630	0645	0655	0705	0715	0725	0736	0748	0800	0812	0824	0836	0848	
East Beckton Showcase Cinema	0453	0518	0538	0558	0618	0633	0648	0658	0708	0718	0728	0739	0751	0803	0815	0827	0839	0851	
East Ham Newham Town Hall	0458	0523	0543	0603	0623	0638	0653	0704	0714	0724	0734	0746	0758	0810	0822	0834	0846	0858	
East Ham Station	0503	0528	0548	0608	0628	0643	0659	0710	0720	0731	0743	0755	0807	0819	0831	0843	0855	0907	
Katherine Road Duke of Fife	0508	0533	0553	0613	0633	0648	0704	0715	0726	0737	0749	0801	0813	0825	0837	0849	0901	0913	
Forest Gate Upton Lane	0513	0538	0558	0618	0638	0653	0709	0721	0733	0745	0757	0809	0821	0833	0845	0857	0909	0921	
Plaistow Broadway Balaam Street	0518	0543	0603	0623	0643	0659	0716	0728	0741	0753	0805	0817	0829	0841	0853	0905	0917	0929	
Plaistow Abbey Arms	0520	0545	0605	0625	0645	0702	0719	0732	0745	0757	0809	0821	0833	0845	0857	0909	0921	0933	
Prince Regent Station Bus Station	0526	0551	0611	0631	0652	0709	0726	0739	0752	0804	0816	0828	0840	0852	0904	0916	0929	0941	
East Beckton Sainsbury's	0900	0912	0924	Then every 12 minutes until	1436	1447	1458	1509	Then every 12 minutes until	1809	1821	1833	1846	1859	1914	1930			
East Beckton Showcase Cinema	0903	0915	0928		1440	1451	1502	1513		1813	1825	1837	1850	1903	1918	1934			
East Ham Newham Town Hall	0910	0923	0936		1448	1459	1510	1521		1821	1833	1845	1858	1911	1926	1942			
East Ham Station	0919	0932	0945		1457	1508	1520	1531		1831	1843	1855	1908	1920	1934	1950			
Katherine Road Duke of Fife	0925	0938	0951		1503	1515	1527	1538		1838	1850	1902	1914	1926	1940	1956			
Forest Gate Upton Lane	0933	0946	0959		1511	1523	1535	1546		1846	1858	1909	1921	1933	1947	2003			
Plaistow Broadway Balaam Street	0941	0954	1007		1519	1531	1543	1554		1854	1906	1917	1929	1941	1955	2010			
Plaistow Abbey Arms	0945	0958	1011		1523	1535	1547	1558		1858	1910	1921	1933	1945	1959	2013			
Prince Regent Station Bus Station	0953	1006	1019	1531	1543	1555	1606	1906	1917	1928	1940	1952	2006	2020					
East Beckton Sainsbury's	1950	2010	Then every 20 minutes until	0030															
East Beckton Showcase Cinema	1954	2013		0033															
East Ham Newham Town Hall	2002	2020		0040															
East Ham Station	2008	2026		0046															
Katherine Road Duke of Fife	2014	2032		0052															
Forest Gate Upton Lane	2020	2038		0058															
Plaistow Broadway Balaam Street	2027	2044		0104															
Plaistow Abbey Arms	2030	2047		0107															
Prince Regent Station Bus Station	2037	2054	0114																
325		Saturdays (also Good Friday)																	
East Beckton Sainsbury's	0450	Then every 30 mins. until	0650	Then every 20 mins. until	0750	0808	0823	0838	0849	0859	0911	0922	0933	0943	0953	1004	Then every 12 mins. until	1704	
East Beckton Showcase Cinema	0453		0653		0753	0811	0826	0841	0852	0902	0914	0925	0936	0946	0957	1008		1708	
East Ham Newham Town Hall	0458		0658		0758	0816	0831	0847	0858	0908	0920	0931	0942	0953	1004	1016		1716	
East Ham Station	0503		0703		0803	0821	0837	0853	0905	0917	0929	0940	0951	1002	1014	1026		1726	
Katherine Road Duke of Fife	0508		0708		0808	0826	0843	0900	0912	0924	0936	0947	0959	1010	1022	1034		1734	
Forest Gate Upton Lane	0513		0713		0813	0831	0848	0906	0918	0930	0942	0954	1006	1018	1030	1042		1742	
Plaistow Broadway Balaam Street	0518		0718		0818	0837	0854	0913	0925	0937	0949	1001	1014	1026	1038	1050		1750	
Plaistow Abbey Arms	0520		0720		0820	0839	0857	0916	0928	0940	0952	1005	1018	1030	1042	1054		1754	
Prince Regent Station Bus Station	0526	0726	0826	0846	0905	0924	0936	0948	1000	1013	1026	1038	1050	1102	1802				
East Beckton Sainsbury's	1716	1728	1740	1752	1804	1816	1828	1840	1852	1905	1918	1933	1950	Then every 20 minutes until	0030				
East Beckton Showcase Cinema	1720	1732	1744	1756	1808	1820	1832	1844	1856	1908	1921	1936	1953		0033				
East Ham Newham Town Hall	1728	1740	1752	1804	1816	1828	1840	1852	1904	1915	1928	1943	2000		0040				
East Ham Station	1738	1750	1802	1813	1824	1835	1847	1859	1910	1921	1934	1949	2006		0046				
Katherine Road Duke of Fife	1746	1758	1810	1820	1831	1842	1854	1906	1916	1927	1940	1955	2012		0052				
Forest Gate Upton Lane	1754	1806	1817	1827	1838	1849	1901	1912	1922	1933	1946	2001	2018		0058				
Plaistow Broadway Balaam Street	1802	1814	1825	1835	1846	1857	1908	1918	1928	1939	1952	2007	2024		0104				
Plaistow Abbey Arms	1805	1817	1828	1838	1849	1900	1911	1921	1931	1942	1955	2010	2027		0107				
Prince Regent Station Bus Station	1813	1825	1836	1846	1857	1907	1918	1928	1938	1949	2002	2017	2034	0114					
325		Sundays and other Public Holidays (except Christmas Day)																	
East Beckton Sainsbury's	0530	Then every 30 minutes until	0800	0830	0850	0910	0930	0948	1005	Then every 20 minutes until	1125	1145	1205	Then every 20 minutes until	1605				
East Beckton Showcase Cinema	0533		0803	0833	0853	0913	0933	0951	1009		1129	1149	1209		1609				
East Ham Newham Town Hall	0538		0808	0838	0858	0919	0939	0958	1017		1137	1157	1217		1617				
East Ham Station	0543		0813	0843	0903	0925	0945	1005	1025		1145	1205	1226		1626				
Katherine Road Duke of Fife	0548		0818	0848	0909	0931	0951	1011	1031		1151	1211	1232		1632				
Forest Gate Upton Lane	0553		0823	0853	0915	0937	0957	1019	1039		1159	1219	1240		1640				
Plaistow Broadway Balaam Street	0558		0828	0858	0921	0943	1003	1026	1046		1206	1227	1248		1648				
Plaistow Abbey Arms	0600		0830	0900	0924	0946	1007	1030	1050		1210	1231	1252		1652				
Prince Regent Station Bus Station	0606	0836	0907	0931	0953	1015	1038	1058	1218	1239	1300	1700							
East Beckton Sainsbury's	1625	1645	1707	1729	1750	1810	1830	1850	1910	Then every 20 minutes until	0030								
East Beckton Showcase Cinema	1629	1649	1711	1733	1754	1814	1834	1854	1913		0033								
East Ham Newham Town Hall	1637	1657	1718	1740	1801	1821	1841	1901	1920		0040								
East Ham Station	1646	1706	1726	1748	1808	1828	1848	1907	1926		0046								
Katherine Road Duke of Fife	1652	1712	1732	1754	1814	1834	1854	1913	1932		0052								
Forest Gate Upton Lane	1700	1719	1739	1801	1821	1841	1901	1919	1938		0058								
Plaistow Broadway Balaam Street	1707	1726	1746	1807	1827	1847	1907	1925	1944		0104								
Plaistow Abbey Arms	1711	1730	1750	1810	1830	1850	1910	1928	1947		0107								
Prince Regent Station Bus Station	1719	1738	1758	1818	1838	1858	1917	1935	1954	0114									