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Wanstead Park Station – Upton Park – Canning Town

330		Mondays to Fridays																	
Wanstead Park Station	0455	0515	0535	0547	0558	0610	0622	0634	0644	0654	0704	0714	0726	0738	0750	0804	0818	0832	
Forest Gate Post Office	0457	0517	0537	0549	0600	0612	0624	0636	0646	0657	0708	0718	0730	0742	0754	0808	0822	0836	
Upton Park Station	0502	0522	0542	0554	0606	0618	0630	0642	0652	0703	0715	0726	0738	0750	0804	0819	0833	0848	
Upton Park The Boleyn (Green Street)	0503	0523	0543	0556	0608	0620	0632	0644	0655	0706	0718	0729	0741	0753	0807	0822	0837	0852	
Plaistow Greengate	0506	0526	0546	0559	0611	0623	0635	0647	0658	0709	0721	0733	0745	0757	0811	0826	0841	0856	
Canning Town Bus Station	0512	0532	0552	0605	0618	0630	0642	0654	0706	0718	0730	0742	0754	0806	0820	0835	0850	0905	
Wanstead Park Station	0846	0900	0914	0928	0942	0956	1010	1024	1038	1052	1106	1120	1134	1148	1202	1216	1230	1244	
Forest Gate Post Office	0850	0904	0918	0931	0945	0959	1013	1027	1041	1055	1109	1123	1137	1151	1205	1219	1233	1247	
Upton Park Station	0903	0917	0931	0944	0957	1011	1025	1039	1053	1107	1121	1135	1149	1205	1220	1234	1248	1302	
Upton Park The Boleyn (Green Street)	0907	0921	0935	0949	1002	1016	1030	1044	1058	1112	1126	1140	1154	1210	1225	1239	1253	1307	
Plaistow Greengate	0911	0925	0939	0953	1007	1021	1035	1049	1103	1117	1131	1145	1159	1215	1230	1244	1258	1312	
Canning Town Bus Station	0920	0935	0949	1003	1017	1031	1045	1059	1113	1127	1141	1155	1209	1225	1240	1254	1308	1322	
Wanstead Park Station	1258	1312	1326	1340	1354	1408	1422	1436	1450	1504	1518	1532	1546	1600	1614	1628	1642	1656	
Forest Gate Post Office	1301	1315	1329	1343	1357	1411	1425	1439	1453	1507	1521	1535	1549	1603	1617	1631	1645	1659	
Upton Park Station	1316	1330	1344	1358	1412	1426	1440	1454	1508	1522	1536	1550	1604	1618	1632	1646	1700	1714	
Upton Park The Boleyn (Green Street)	1321	1335	1349	1403	1417	1431	1445	1500	1514	1528	1542	1556	1610	1624	1638	1651	1705	1719	
Plaistow Greengate	1326	1340	1354	1408	1422	1436	1450	1505	1520	1534	1548	1602	1616	1630	1644	1657	1711	1725	
Canning Town Bus Station	1336	1350	1404	1418	1432	1446	1500	1515	1529	1543	1557	1611	1625	1639	1653	1707	1721	1735	
Wanstead Park Station	1710	1724	1738	1752	1806	1820	1834	1848	1904	1920	1935	1950	2005	2025	2045	2105	Then	0005	
Forest Gate Post Office	1713	1727	1741	1755	1809	1823	1837	1851	1907	1923	1938	1953	2008	2028	2048	2108	every	0008	
Upton Park Station	1728	1742	1756	1810	1824	1838	1852	1906	1919	1934	1947	2001	2016	2036	2056	2114	20	0014	
Upton Park The Boleyn (Green Street)	1733	1747	1801	1815	1829	1843	1857	1910	1923	1936	1949	2003	2018	2038	2058	2116	mins.	0016	
Plaistow Greengate	1739	1753	1807	1821	1835	1849	1903	1915	1928	1940	1953	2007	2022	2042	2101	2119	until	0019	
Canning Town Bus Station	1749	1803	1816	1830	1844	1858	1912	1924	1936	1948	2000	2014	2029	2049	2107	2125		0025	
330		Saturdays (also Good Friday)																	
Wanstead Park Station	0455	0515	0535	0555	0615	0635	0655	0715	0735	0755	0810	0825	0840	0852	0904	0916	0928	0940	
Forest Gate Post Office	0457	0517	0537	0557	0617	0637	0657	0717	0737	0757	0812	0827	0842	0855	0907	0919	0931	0943	
Upton Park Station	0502	0522	0542	0602	0622	0643	0703	0723	0743	0803	0820	0835	0850	0903	0916	0928	0940	0953	
Upton Park The Boleyn (Green Street)	0503	0523	0543	0603	0624	0645	0705	0725	0745	0805	0823	0838	0853	0906	0919	0931	0943	0956	
Plaistow Greengate	0506	0526	0546	0606	0627	0648	0708	0728	0748	0808	0826	0841	0856	0910	0923	0936	0948	1001	
Canning Town Bus Station	0512	0532	0552	0613	0634	0655	0715	0735	0755	0815	0833	0848	0903	0918	0931	0944	0957	1010	
Wanstead Park Station	0952	1002	1016	1030	1044	1058	1112	1126	1140	1154	1208	1222	1236	1250	1304	1318	1332	1346	
Forest Gate Post Office	0955	1005	1019	1034	1048	1102	1116	1130	1144	1158	1212	1226	1240	1254	1308	1322	1336	1350	
Upton Park Station	1006	1019	1035	1051	1105	1119	1133	1147	1201	1215	1230	1244	1258	1312	1326	1340	1354	1408	
Upton Park The Boleyn (Green Street)	1010	1026	1042	1058	1112	1126	1140	1154	1208	1222	1237	1251	1305	1319	1333	1347	1401	1415	
Plaistow Greengate	1015	1031	1047	1103	1117	1131	1145	1159	1213	1227	1242	1256	1310	1324	1338	1352	1406	1420	
Canning Town Bus Station	1024	1040	1056	1112	1126	1140	1154	1208	1222	1236	1251	1305	1319	1333	1347	1401	1415	1429	
Wanstead Park Station	1400	1414	1428	1442	1456	1510	1524	1538	1552	1606	1620	1634	1648	1702	1716	1730	1744	1758	
Forest Gate Post Office	1404	1418	1432	1446	1500	1514	1528	1542	1556	1610	1624	1638	1652	1706	1720	1734	1748	1802	
Upton Park Station	1422	1436	1450	1504	1518	1532	1546	1600	1614	1628	1642	1656	1710	1724	1738	1750	1802	1814	
Upton Park The Boleyn (Green Street)	1429	1443	1457	1511	1525	1539	1553	1607	1621	1635	1649	1703	1717	1731	1745	1757	1809	1820	
Plaistow Greengate	1434	1448	1502	1516	1530	1544	1558	1612	1626	1640	1654	1708	1722	1736	1750	1802	1814	1825	
Canning Town Bus Station	1443	1457	1511	1525	1539	1553	1607	1621	1635	1649	1703	1717	1731	1745	1759	1811	1823	1833	
Wanstead Park Station	1811	1823	1835	1850	1905	1925	1945	2005	2025	2045	2105							0005	
Forest Gate Post Office	1814	1826	1838	1853	1908	1928	1948	2008	2028	2048	2108							0008	
Upton Park Station	1826	1838	1850	1905	1920	1938	1956	2016	2036	2056	2114							0014	
Upton Park The Boleyn (Green Street)	1831	1841	1853	1908	1923	1941	1958	2018	2038	2058	2116							0016	
Plaistow Greengate	1835	1845	1857	1912	1927	1945	2002	2022	2042	2102	2119							0019	
Canning Town Bus Station	1843	1853	1905	1920	1935	1952	2009	2029	2049	2108	2125							0025	
330		Sundays and other Public Holidays (except Christmas Day and Boxing Day)																	
Wanstead Park Station	0600	0630	0700	0730	0800	0830	0900	0929	0948	1007	1025	1043	1102	1123	1144	1206	1228	1250	
Forest Gate Post Office	0602	0632	0702	0732	0802	0832	0902	0931	0950	1009	1028	1046	1105	1126	1147	1209	1231	1253	
Upton Park Station	0607	0637	0707	0737	0807	0837	0908	0938	0958	1018	1037	1058	1118	1139	1200	1222	1244	1306	
Upton Park The Boleyn (Green Street)	0608	0638	0708	0739	0809	0839	0910	0940	1000	1020	1039	1100	1122	1144	1205	1227	1249	1311	
Plaistow Greengate	0611	0641	0711	0742	0812	0842	0913	0943	1003	1023	1042	1104	1126	1148	1209	1231	1253	1315	
Canning Town Bus Station	0617	0647	0717	0748	0818	0848	0920	0950	1010	1030	1050	1112	1134	1156	1217	1239	1301	1323	
Wanstead Park Station	1312	1334	1356	1418	1440	1502	1524	1546	1608	1630	1652	1714	1736	1758	1820	1842	1903	1924	
Forest Gate Post Office	1315	1337	1359	1421	1443	1505	1527	1549	1611	1633	1655	1717	1739	1801	1823	1845	1906	1927	
Upton Park Station	1328	1350	1412	1434	1456	1518	1540	1602	1624	1646	1708	1730	1751	1812	1834	1855	1915	1936	
Upton Park The Boleyn (Green Street)	1333	1355	1417	1439	1501	1523	1545	1607	1629	1651	1713	1735	1756	1816	1837	1858	1918	1938	
Plaistow Greengate	1337	1359	1421	1443	1505	1527	1549	1611	1633	1655	1717	1739	1800	1820	1841	1902	1922	1942	
Canning Town Bus Station	1345	1407	1429	1451	1513	1535	1557	1619	1641	1703	1725	1746	1807	1827	1848	1909	1929	1949	
Wanstead Park Station	1945	2005	2025	2045	2105	2125	2145	2205	2225	2245	2305	2325	2345	0005					
Forest Gate Post Office	1948	2008	2028	2048	2108	2128	2148	2208	2228	2248	2308	2328	2348	0008					
Upton Park Station	1956	2016	2036	2056	2115	2134	2154	2214	2234	2254	2314	2334	2354	0014					
Upton Park The Boleyn (Green Street)	1958	2018	2038	2058	2117	2136	2156	2216	2236	2256	2316	2336	2356	0016					
Plaistow Greengate	2002	2022	2042	2102	2120	2139	2159	2219	2239	2259	2319	2339	2359	0019					
Canning Town Bus Station	2009	2029	2049	2108	2126	2145	2205	2225	2245	2305	2325	2345	0005	0025					

330		Mondays to Fridays																
Canning Town Bus Station	0530	0545	0600	0615	0630	0642	0653	0704	0715	0726	0736	0748	0800	0814	0828	0841	0854	0907
Plaistow Greengate	0536	0551	0606	0621	0636	0648	0659	0711	0722	0733	0745	0757	0809	0823	0837	0851	0904	0918
Upton Park The Boleyn (Green Street)	0538	0553	0608	0623	0638	0650	0702	0714	0725	0736	0748	0800	0813	0827	0841	0855	0908	0922
Upton Park Station	0539	0554	0609	0624	0639	0652	0704	0716	0727	0738	0750	0802	0817	0832	0846	0900	0913	0927
Forest Gate Post Office	0545	0600	0615	0630	0645	0659	0711	0723	0735	0747	0759	0812	0827	0842	0857	0911	0925	0939
Wanstead Park Station	0548	0604	0619	0634	0650	0704	0716	0728	0740	0752	0804	0817	0832	0847	0902	0916	0930	0944
Canning Town Bus Station	0920	0933	0947	1001	1015	1029	1043	1057	1111	1125	1139	1153	1207	1221	1235	1249	1303	1317
Plaistow Greengate	0931	0944	0958	1012	1026	1040	1054	1108	1122	1136	1150	1204	1218	1232	1246	1300	1314	1328
Upton Park The Boleyn (Green Street)	0935	0948	1002	1016	1030	1044	1058	1112	1126	1140	1154	1208	1222	1236	1250	1304	1318	1332
Upton Park Station	0940	0953	1007	1021	1035	1049	1103	1117	1131	1145	1159	1213	1227	1241	1255	1309	1323	1337
Forest Gate Post Office	0953	1007	1021	1035	1049	1103	1117	1131	1145	1159	1214	1228	1242	1256	1310	1324	1338	1352
Wanstead Park Station	0958	1012	1026	1040	1054	1108	1122	1136	1150	1204	1219	1233	1247	1301	1315	1329	1343	1357
Canning Town Bus Station	1331	1345	1359	1413	1427	1441	1455	1508	1521	1534	1548	1602	1616	1630	1644	1658	1712	1726
Plaistow Greengate	1342	1356	1410	1424	1438	1452	1506	1520	1533	1546	1600	1614	1628	1642	1656	1710	1724	1738
Upton Park The Boleyn (Green Street)	1346	1400	1414	1428	1442	1456	1510	1524	1537	1550	1604	1618	1632	1646	1700	1714	1728	1742
Upton Park Station	1351	1405	1419	1433	1447	1501	1515	1529	1542	1555	1609	1623	1637	1651	1705	1719	1733	1747
Forest Gate Post Office	1406	1420	1434	1449	1503	1518	1532	1546	1559	1612	1626	1640	1654	1708	1722	1736	1750	1804
Wanstead Park Station	1411	1425	1439	1454	1509	1524	1538	1552	1605	1618	1632	1646	1700	1714	1728	1742	1756	1810
Canning Town Bus Station	1740	1754	1808	1822	1837	1852	1907	1922	1938	1955	2015	2035	2055	2115	Then every 20 minutes until	0035		
Plaistow Greengate	1752	1806	1820	1834	1845	1900	1915	1930	1946	2003	2023	2043	2103	2121		0041		
Upton Park The Boleyn (Green Street)	1756	1810	1824	1838	1849	1904	1918	1933	1948	2005	2025	2045	2105	2123		0043		
Upton Park Station	1801	1815	1829	1842	1853	1908	1920	1935	1950	2007	2027	2047	2106	2124		0044		
Forest Gate Post Office	1818	1832	1846	1859	1908	1919	1931	1944	1959	2016	2036	2056	2113	2131		0051		
Wanstead Park Station	1824	1838	1851	1903	1913	1923	1935	1948	2003	2020	2040	2100	2117	2134	0054			
330		Saturdays (also Good Friday)																
Canning Town Bus Station	0530	0550	0610	0630	0650	0710	0730	0750	0810	0825	0840	0853	0905	0917	0929	0941	0951	1003
Plaistow Greengate	0535	0555	0615	0635	0656	0716	0736	0756	0816	0831	0846	0900	0913	0925	0937	0949	0959	1012
Upton Park The Boleyn (Green Street)	0537	0557	0617	0637	0658	0718	0738	0758	0818	0833	0848	0903	0916	0928	0940	0953	1003	1016
Upton Park Station	0538	0558	0618	0638	0659	0719	0739	0759	0819	0835	0850	0905	0918	0931	0943	0956	1007	1021
Forest Gate Post Office	0544	0604	0625	0645	0706	0726	0746	0806	0826	0843	0859	0914	0929	0942	0956	1010	1024	1038
Wanstead Park Station	0547	0607	0628	0649	0710	0730	0750	0810	0830	0847	0903	0918	0933	0947	1001	1015	1029	1043
Canning Town Bus Station	1017	1031	1045	1059	1113	1127	1141	1155	1209	1223	1237	1251	1305	1319	1333	1347	1401	1415
Plaistow Greengate	1026	1041	1055	1109	1123	1137	1151	1205	1219	1233	1247	1301	1315	1329	1343	1357	1411	1425
Upton Park The Boleyn (Green Street)	1030	1045	1059	1113	1127	1141	1155	1209	1223	1237	1251	1305	1319	1333	1347	1401	1415	1429
Upton Park Station	1036	1051	1105	1119	1133	1147	1201	1215	1229	1243	1257	1311	1325	1339	1353	1407	1421	1435
Forest Gate Post Office	1053	1108	1122	1136	1150	1204	1219	1234	1248	1302	1316	1330	1344	1358	1412	1426	1440	1454
Wanstead Park Station	1058	1113	1127	1141	1155	1209	1224	1239	1253	1307	1321	1335	1349	1403	1417	1431	1445	1459
Canning Town Bus Station	1429	1443	1457	1511	1525	1539	1553	1607	1621	1635	1649	1703	1717	1731	1745	1759	1813	1826
Plaistow Greengate	1439	1453	1507	1521	1535	1549	1603	1617	1631	1645	1659	1713	1727	1741	1755	1809	1823	1835
Upton Park The Boleyn (Green Street)	1443	1457	1511	1525	1539	1553	1607	1621	1635	1649	1703	1717	1731	1745	1759	1813	1827	1839
Upton Park Station	1449	1503	1517	1531	1545	1559	1613	1627	1641	1655	1709	1723	1737	1750	1803	1817	1831	1842
Forest Gate Post Office	1508	1522	1536	1550	1604	1618	1632	1646	1700	1714	1728	1742	1756	1808	1820	1831	1843	1854
Wanstead Park Station	1513	1527	1541	1555	1609	1623	1637	1651	1705	1719	1733	1747	1801	1813	1825	1836	1847	1858
Canning Town Bus Station	1841	1856	1915	1935	1955	2015	2035	2055	2115	2135	Then every 20 minutes until	0035						
Plaistow Greengate	1850	1905	1924	1943	2003	2023	2043	2103	2122	2141		0041						
Upton Park The Boleyn (Green Street)	1854	1909	1928	1946	2005	2025	2045	2105	2124	2143		0043						
Upton Park Station	1857	1912	1931	1948	2007	2027	2047	2106	2125	2144		0044						
Forest Gate Post Office	1909	1924	1942	1959	2016	2036	2056	2114	2132	2151		0051						
Wanstead Park Station	1913	1928	1946	2003	2020	2040	2100	2117	2135	2154	0054							
330		Sundays and other Public Holidays (except Christmas Day and Boxing Day)																
Canning Town Bus Station	0625	0655	0725	0753	0823	0853	0918	0938	0958	1018	1038	1058	1120	1142	1204	1226	1248	1310
Plaistow Greengate	0630	0700	0730	0759	0829	0859	0924	0944	1005	1026	1046	1106	1128	1150	1212	1234	1256	1318
Upton Park The Boleyn (Green Street)	0632	0702	0732	0801	0831	0901	0926	0946	1008	1030	1050	1110	1132	1154	1216	1238	1300	1322
Upton Park Station	0633	0703	0733	0802	0832	0902	0927	0949	1011	1033	1055	1115	1137	1159	1221	1243	1305	1327
Forest Gate Post Office	0639	0709	0739	0809	0839	0909	0934	0958	1021	1043	1106	1128	1150	1212	1234	1256	1318	1340
Wanstead Park Station	0642	0712	0743	0813	0843	0913	0938	1003	1026	1048	1111	1133	1155	1217	1239	1301	1323	1345
Canning Town Bus Station	1332	1354	1416	1438	1500	1522	1544	1606	1628	1650	1712	1734	1755	1815	1835	1855	1915	1935
Plaistow Greengate	1340	1402	1424	1446	1508	1530	1552	1614	1636	1658	1720	1742	1803	1823	1843	1903	1922	1942
Upton Park The Boleyn (Green Street)	1344	1406	1428	1450	1512	1534	1556	1618	1640	1702	1724	1746	1807	1826	1846	1906	1924	1944
Upton Park Station	1349	1411	1433	1455	1517	1539	1601	1623	1645	1707	1729	1750	1810	1829	1849	1908	1926	1946
Forest Gate Post Office	1402	1424	1446	1508	1530	1552	1614	1636	1658	1720	1742	1802	1820	1839	1858	1917	1935	1955
Wanstead Park Station	1407	1429	1451	1513	1535	1557	1619	1641	1703	1725	1747	1807	1825	1843	1902	1921	1939	1959
Canning Town Bus Station	1955	2015	2035	2055	2115	2135	2155	2215	2235	2255	2315	2335	2355	0015	0035			
Plaistow Greengate	2002	2022	2042	2102	2121	2141	2201	2221	2241	2301	2321	2341	0001	0021	0041			
Upton Park The Boleyn (Green Street)	2004	2024	2044	2104	2123	2143	2203	2223	2243	2303	2323	2343	0003	0023	0043			
Upton Park Station	2006	2026	2046	2105	2124	2144	2204	2224	2244	2304	2324	2344	0004	0024	0044			
Forest Gate Post Office	2015	2035	2055	2113	2131	2151	2211	2231	2251	2311	2331	2351	0011	0031	0051			
Wanstead Park Station	2019	2039	2059	2116	2134	2154	2214	2234	2254	2314	2334	2354	0014	0034	0054			