

362	Mondays to Fridays																	
Grange Hill Station	0625	0655	0729	0804	0839	0916	0947	1017	1047	1117	1147	1217	1247	1316	1345	1414	1444	1514
Hainault <i>The Lowe/Manford Way</i>	0630	0700	0735	0810	0845	0921	0952	1022	1052	1122	1152	1222	1252	1321	1350	1419	1449	1519
Hainault Forest <i>New North Road</i>	0632	0702	0737	0812	0847	0923	0954	1024	1054	1124	1154	1224	1254	1323	1352	1421	1451	1521
Marks Gate <i>The City Pavilion</i>	0637	0707	0742	0817	0852	0928	0959	1029	1059	1129	1159	1229	1259	1328	1357	1426	1456	1526
Rose Lane shops	0641	0712	0747	0822	0857	0932	1003	1033	1103	1133	1203	1233	1303	1332	1401	1430	1500	1530
Chadwell Heath <i>Sainsbury's</i>	0648	0723	0758	0836	0912	0944	1013	1042	1112	1142	1212	1242	1312	1341	1411	1441	1511	1541
Little Heath <i>King George Hospital</i>	0657	0735	0810	0848	0923	0954	1023	1052	1122	1152	1222	1252	1323	1353	1423	1453	1523	1553
Grange Hill Station	1544	1614	1649	1724	1759	1830	1900	1930	2000	2030	2100	2130	2200	2230	2300	2330		
Hainault <i>The Lowe/Manford Way</i>	1549	1619	1654	1729	1804	1835	1905	1935	2005	2035	2105	2135	2205	2235	2305	2335		
Hainault Forest <i>New North Road</i>	1551	1621	1656	1731	1806	1837	1907	1937	2007	2037	2106	2136	2206	2236	2306	2336		
Marks Gate <i>The City Pavilion</i>	1556	1626	1702	1737	1812	1842	1912	1942	2012	2042	2111	2140	2210	2240	2310	2340		
Rose Lane shops	1600	1630	1706	1741	1816	1846	1916	1946	2016	2046	2115	2144	2214	2244	2314	2344		
Chadwell Heath <i>Sainsbury's</i>	1612	1642	1718	1753	1829	1858	1926	1954	2023	2053	2122	2151	2221	2251	2321	2351		
Little Heath <i>King George Hospital</i>	1624	1654	1730	1805	1840	1908	1936	2004	2033	2102	2131	2200	2230	2300	2330	2359		
362	Saturdays (also Good Friday)																	
Grange Hill Station	0625	0655	0725	0755	0825	0855	0925	0955	1025	1059	1134	1209	1244	1319	1354	1429	1505	1540
Hainault <i>The Lowe/Manford Way</i>	0629	0659	0729	0759	0829	0859	0929	0959	1029	1104	1139	1214	1249	1324	1359	1434	1510	1545
Hainault Forest <i>New North Road</i>	0631	0701	0731	0801	0831	0901	0931	1001	1031	1106	1141	1216	1251	1326	1401	1436	1512	1547
Marks Gate <i>The City Pavilion</i>	0635	0706	0736	0805	0835	0906	0936	1006	1036	1111	1146	1222	1257	1332	1407	1442	1517	1552
Rose Lane shops	0638	0709	0739	0809	0839	0910	0940	1010	1040	1115	1150	1226	1301	1336	1411	1446	1521	1556
Chadwell Heath <i>Sainsbury's</i>	0644	0715	0745	0816	0847	0918	0948	1019	1049	1125	1200	1236	1312	1347	1422	1457	1532	1607
Little Heath <i>King George Hospital</i>	0652	0723	0753	0824	0855	0926	0957	1028	1059	1135	1211	1247	1323	1358	1433	1508	1543	1618
Grange Hill Station	1615	1650	1725	1800	1830	1900	1930	2000	2030	2100	2130	2200	2230	2300	2330			
Hainault <i>The Lowe/Manford Way</i>	1620	1655	1730	1805	1835	1905	1935	2005	2034	2104	2134	2204	2234	2304	2334			
Hainault Forest <i>New North Road</i>	1622	1657	1732	1807	1837	1907	1937	2007	2036	2106	2136	2206	2236	2306	2336			
Marks Gate <i>The City Pavilion</i>	1628	1703	1738	1813	1843	1912	1942	2011	2040	2110	2140	2210	2240	2310	2340			
Rose Lane shops	1632	1707	1742	1817	1847	1916	1946	2015	2044	2114	2144	2214	2244	2314	2343			
Chadwell Heath <i>Sainsbury's</i>	1642	1717	1752	1826	1856	1925	1954	2022	2051	2121	2151	2221	2251	2321	2350			
Little Heath <i>King George Hospital</i>	1653	1728	1803	1837	1907	1936	2005	2033	2102	2131	2200	2229	2259	2329	2358			
362	Sundays and other Public Holidays (except Christmas Day)																	
Grange Hill Station	0730	0800	0830	0900	0930	1000	1030	1100	1130	1200	1230	1300	1330	1400	1430	1500	1530	1600
Hainault <i>The Lowe/Manford Way</i>	0734	0805	0835	0905	0935	1005	1035	1105	1135	1205	1235	1305	1335	1405	1435	1505	1535	1605
Hainault Forest <i>New North Road</i>	0736	0806	0836	0906	0936	1007	1037	1107	1137	1207	1237	1307	1337	1407	1437	1507	1537	1607
Marks Gate <i>The City Pavilion</i>	0741	0811	0841	0912	0942	1013	1043	1113	1143	1213	1243	1313	1343	1413	1443	1512	1542	1612
Rose Lane shops	0745	0815	0845	0916	0946	1017	1047	1117	1147	1217	1247	1317	1347	1417	1447	1516	1546	1616
Chadwell Heath <i>Sainsbury's</i>	0751	0822	0852	0923	0954	1025	1055	1126	1156	1226	1256	1327	1357	1427	1456	1525	1555	1624
Little Heath <i>King George Hospital</i>	0759	0830	0901	0932	1003	1034	1105	1136	1206	1237	1307	1338	1408	1438	1507	1536	1605	1634
Grange Hill Station	1630	1700	1730	1800	1830	1900	1930	2000	2030	2100	2130	2200	2230	2300	2330			
Hainault <i>The Lowe/Manford Way</i>	1635	1705	1735	1805	1835	1905	1935	2004	2034	2104	2134	2204	2234	2304	2334			
Hainault Forest <i>New North Road</i>	1637	1707	1737	1807	1837	1907	1937	2006	2036	2106	2136	2205	2235	2305	2335			
Marks Gate <i>The City Pavilion</i>	1642	1712	1742	1812	1842	1912	1942	2011	2040	2110	2140	2209	2239	2309	2339			
Rose Lane shops	1646	1716	1746	1816	1846	1916	1946	2015	2044	2113	2143	2212	2242	2312	2342			
Chadwell Heath <i>Sainsbury's</i>	1654	1724	1754	1823	1853	1923	1953	2022	2051	2120	2149	2217	2247	2317	2347			
Little Heath <i>King George Hospital</i>	1704	1733	1803	1832	1902	1932	2002	2031	2100	2128	2157	2225	2255	2325	2355			

362		Mondays to Fridays																
Little Heath King George Hospital	0640	0708	0741	0817	0853	0929	1000	1031	1101	1131	1201	1231	1301	1331	1400	1429	1458	1528
Chadwell Heath Sainsbury's	0652	0721	0755	0831	0906	0941	1011	1042	1113	1143	1213	1243	1313	1343	1413	1443	1512	1542
Rose Lane shops	0659	0729	0804	0839	0914	0949	1019	1049	1120	1150	1220	1250	1320	1350	1421	1451	1520	1550
Marks Gate The City Pavilion	0704	0734	0809	0844	0918	0953	1023	1053	1124	1154	1224	1254	1324	1354	1425	1455	1525	1555
Hainault Forest New North Road	0713	0743	0818	0851	0924	0959	1029	1059	1129	1159	1229	1259	1329	1400	1431	1501	1531	1601
Hainault The Lowe/Manford Way	0716	0746	0821	0854	0927	1002	1032	1102	1132	1202	1232	1302	1332	1403	1434	1504	1534	1604
Grange Hill Station	0721	0751	0826	0858	0931	1006	1036	1106	1136	1207	1237	1307	1337	1408	1439	1509	1539	1609
Little Heath King George Hospital	1559	1634	1709	1744	1816	1848	1920	1952	2024	2055	2126	2157	2228	2259	2330	0000		
Chadwell Heath Sainsbury's	1615	1650	1725	1800	1832	1903	1933	2004	2034	2105	2135	2205	2236	2307	2337	0007		
Rose Lane shops	1625	1700	1735	1809	1840	1910	1940	2010	2040	2111	2141	2211	2242	2312	2342	0012		
Marks Gate The City Pavilion	1630	1705	1739	1813	1844	1914	1944	2014	2044	2115	2145	2215	2245	2315	2345	0015		
Hainault Forest New North Road	1636	1710	1744	1818	1849	1919	1949	2019	2049	2119	2149	2219	2249	2319	2349	0019		
Hainault The Lowe/Manford Way	1639	1713	1747	1821	1851	1921	1951	2021	2051	2121	2151	2221	2251	2321	2351	0021		
Grange Hill Station	1644	1718	1752	1825	1855	1925	1955	2025	2055	2125	2155	2225	2255	2325	2355	0024		
362		Saturdays (also Good Friday)																
Little Heath King George Hospital	0640	0710	0740	0810	0840	0910	0940	1010	1045	1119	1154	1229	1304	1339	1414	1449	1525	1601
Chadwell Heath Sainsbury's	0648	0718	0748	0819	0849	0920	0950	1021	1056	1131	1206	1242	1318	1353	1428	1503	1538	1613
Rose Lane shops	0653	0724	0754	0825	0855	0926	0956	1028	1103	1138	1214	1250	1326	1401	1436	1511	1546	1620
Marks Gate The City Pavilion	0657	0728	0758	0829	0859	0930	1000	1032	1107	1142	1218	1254	1330	1405	1440	1515	1550	1624
Hainault Forest New North Road	0702	0733	0803	0834	0905	0936	1006	1038	1113	1149	1225	1301	1337	1412	1447	1521	1556	1630
Hainault The Lowe/Manford Way	0704	0735	0805	0836	0907	0938	1009	1041	1116	1152	1228	1304	1339	1414	1449	1524	1559	1633
Grange Hill Station	0708	0739	0809	0840	0911	0942	1013	1045	1121	1157	1233	1309	1344	1419	1454	1529	1604	1638
Little Heath King George Hospital	1636	1711	1746	1819	1851	1922	1953	2024	2055	2126	2157	2227	2258	2329	0000			
Chadwell Heath Sainsbury's	1648	1723	1758	1831	1902	1933	2004	2034	2105	2135	2206	2236	2307	2337	0007			
Rose Lane shops	1655	1730	1805	1838	1909	1940	2010	2040	2111	2141	2212	2242	2312	2342	0012			
Marks Gate The City Pavilion	1659	1734	1809	1842	1913	1944	2014	2044	2115	2145	2215	2245	2315	2345	0015			
Hainault Forest New North Road	1705	1740	1815	1848	1918	1949	2019	2049	2119	2149	2219	2249	2319	2349	0019			
Hainault The Lowe/Manford Way	1707	1742	1817	1850	1920	1951	2021	2051	2121	2151	2221	2251	2321	2351	0021			
Grange Hill Station	1712	1747	1822	1855	1925	1955	2025	2055	2125	2155	2225	2255	2325	2355	0025			
362		Sundays and other Public Holidays (except Christmas Day)																
Little Heath King George Hospital	0720	0750	0820	0850	0920	0950	1020	1049	1119	1149	1219	1248	Then every 30 minutes until	1548	1619	1650	1721	
Chadwell Heath Sainsbury's	0728	0758	0829	0859	0929	1000	1030	1100	1130	1200	1231	1301		1601	1631	1701	1731	
Rose Lane shops	0734	0804	0835	0905	0936	1007	1037	1107	1137	1207	1238	1308		1608	1638	1708	1738	
Marks Gate The City Pavilion	0738	0808	0839	0909	0940	1011	1041	1111	1141	1211	1242	1312		1612	1642	1712	1742	
Hainault Forest New North Road	0743	0813	0844	0915	0946	1017	1047	1117	1147	1217	1248	1318		1618	1648	1718	1748	
Hainault The Lowe/Manford Way	0745	0815	0846	0917	0948	1019	1050	1120	1150	1220	1251	1321		1621	1651	1721	1751	
Grange Hill Station	0749	0819	0850	0921	0952	1023	1054	1124	1154	1224	1255	1325	1625	1655	1725	1755		
Little Heath King George Hospital	1752	1823	1853	1924	1955	2026	2057	2128	2159	2230	2300	2330	0000					
Chadwell Heath Sainsbury's	1802	1833	1903	1933	2004	2035	2106	2136	2207	2237	2307	2337	0007					
Rose Lane shops	1808	1839	1909	1939	2010	2041	2112	2142	2212	2242	2312	2342	0012					
Marks Gate The City Pavilion	1812	1843	1913	1943	2013	2044	2115	2145	2215	2245	2315	2345	0015					
Hainault Forest New North Road	1818	1848	1918	1948	2018	2049	2119	2149	2219	2249	2319	2349	0019					
Hainault The Lowe/Manford Way	1821	1851	1921	1951	2021	2051	2121	2151	2221	2251	2321	2351	0021					
Grange Hill Station	1825	1855	1925	1955	2025	2055	2125	2155	2225	2255	2324	2354	0024					