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Redbridge – Ilford – Beckton

| 366 | | Mondays to Fridays | | | | | | | | | | | | | | | | | |
|------------------------------------|------|--------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| Roding Lane South Falmouth Gardens | 0515 | 0535 | 0555 | 0615 | 0635 | 0652 | 0705 | 0718 | 0728 | 0739 | 0749 | 0800 | 0811 | 0824 | 0836 | 0848 | 0902 | 0915 | |
| Redbridge Station Eastern Avenue | 0518 | 0538 | 0558 | 0618 | 0638 | 0655 | 0710 | 0723 | 0733 | 0744 | 0755 | 0807 | 0818 | 0831 | 0843 | 0855 | 0908 | 0921 | |
| Ilford Station | 0526 | 0546 | 0606 | 0626 | 0646 | 0703 | 0721 | 0734 | 0745 | 0757 | 0809 | 0821 | 0833 | 0846 | 0858 | 0909 | 0920 | 0932 | |
| Ilford High Road Hainault Street | 0530 | 0550 | 0610 | 0630 | 0650 | 0707 | 0725 | 0738 | 0750 | 0802 | 0814 | 0826 | 0838 | 0851 | 0903 | 0914 | 0925 | 0937 | |
| Sunnyside Road Mortlake Road | 0535 | 0555 | 0615 | 0635 | 0655 | 0712 | 0730 | 0743 | 0755 | 0808 | 0820 | 0832 | 0844 | 0857 | 0909 | 0920 | 0931 | 0943 | |
| Loxford Lane South Park Drive | 0539 | 0559 | 0619 | 0639 | 0659 | 0717 | 0735 | 0748 | 0800 | 0813 | 0825 | 0837 | 0849 | 0902 | 0914 | 0925 | 0936 | 0948 | |
| Barking Station | 0546 | 0606 | 0626 | 0646 | 0706 | 0726 | 0744 | 0757 | 0810 | 0823 | 0835 | 0847 | 0859 | 0911 | 0923 | 0934 | 0945 | 0957 | |
| Barking London Road | 0548 | 0608 | 0628 | 0648 | 0708 | 0728 | 0746 | 0759 | 0813 | 0826 | 0838 | 0850 | 0902 | 0914 | 0926 | 0937 | 0948 | 1000 | |
| East Beckton Showcase Cinema | 0554 | 0614 | 0634 | 0654 | 0714 | 0734 | 0752 | 0806 | 0820 | 0833 | 0845 | 0857 | 0909 | 0921 | 0933 | 0944 | 0955 | 1007 | |
| East Beckton Sainsbury's | 0558 | 0618 | 0638 | 0658 | 0718 | 0738 | 0756 | 0810 | 0824 | 0837 | 0849 | 0901 | 0913 | 0925 | 0937 | 0948 | 0959 | 1011 | |
| Gallions Reach Shopping Park | 0604 | 0624 | 0644 | 0704 | 0724 | 0744 | 0802 | 0816 | 0830 | 0843 | 0855 | 0907 | 0919 | 0931 | 0943 | 0954 | 1006 | 1018 | |
| Cyprus Station Cyprus Place | 0610 | 0630 | 0650 | 0711 | 0731 | 0751 | 0809 | 0823 | 0837 | 0850 | 0902 | 0914 | 0926 | 0938 | 0950 | 1001 | 1013 | 1025 | |
| Beckton Bus Station | 0613 | 0633 | 0653 | 0714 | 0734 | 0754 | 0812 | 0826 | 0840 | 0853 | 0905 | 0917 | 0929 | 0941 | 0953 | 1004 | 1016 | 1028 | |
| Roding Lane South Falmouth Gardens | 0927 | 0940 | 0953 | 1006 | | | 1106 | 1118 | | | | 1342 | 1354 | 1406 | 1418 | 1429 | 1440 | 1450 | 1500 |
| Redbridge Station Eastern Avenue | 0933 | 0946 | 0958 | 1010 | | | 1110 | 1122 | | | | 1346 | 1358 | 1410 | 1422 | 1433 | 1444 | 1454 | 1504 |
| Ilford Station | 0944 | 0957 | 1009 | 1021 | | | 1121 | 1133 | | | | 1357 | 1409 | 1421 | 1433 | 1444 | 1455 | 1505 | 1518 |
| Ilford High Road Hainault Street | 0949 | 1002 | 1014 | 1026 | | | 1126 | 1138 | | | | 1402 | 1414 | 1426 | 1438 | 1449 | 1500 | 1510 | 1523 |
| Sunnyside Road Mortlake Road | 0955 | 1008 | 1020 | 1032 | | | 1132 | 1144 | | | | 1408 | 1420 | 1432 | 1444 | 1455 | 1506 | 1517 | 1530 |
| Loxford Lane South Park Drive | 1000 | 1012 | 1024 | 1036 | | | 1136 | 1148 | | | | 1412 | 1424 | 1436 | 1448 | 1459 | 1511 | 1522 | 1535 |
| Barking Station | 1009 | 1021 | 1033 | 1045 | | | 1145 | 1157 | | | | 1421 | 1433 | 1445 | 1457 | 1509 | 1521 | 1532 | 1545 |
| Barking London Road | 1012 | 1024 | 1036 | 1048 | | | 1148 | 1200 | | | | 1424 | 1436 | 1448 | 1500 | 1512 | 1524 | 1535 | 1548 |
| East Beckton Showcase Cinema | 1019 | 1031 | 1043 | 1055 | | | 1155 | 1207 | | | | 1431 | 1443 | 1455 | 1507 | 1519 | 1531 | 1542 | 1555 |
| East Beckton Sainsbury's | 1023 | 1035 | 1047 | 1059 | | | 1159 | 1211 | | | | 1435 | 1447 | 1459 | 1511 | 1523 | 1535 | 1546 | 1559 |
| Gallions Reach Shopping Park | 1030 | 1042 | 1054 | 1106 | | | 1206 | 1219 | | | | 1443 | 1455 | 1506 | 1518 | 1530 | 1542 | 1553 | 1606 |
| Cyprus Station Cyprus Place | 1037 | 1049 | 1101 | 1113 | | | 1213 | 1226 | | | | 1450 | 1502 | 1514 | 1526 | 1538 | 1550 | 1601 | 1614 |
| Beckton Bus Station | 1040 | 1052 | 1104 | 1116 | | | 1216 | 1229 | | | | 1453 | 1506 | 1518 | 1530 | 1542 | 1554 | 1605 | 1618 |
| Roding Lane South Falmouth Gardens | 1511 | 1523 | 1536 | | | | 1636 | 1647 | 1659 | 1712 | 1724 | 1736 | 1748 | 1800 | 1812 | 1824 | 1836 | 1848 | 1901 |
| Redbridge Station Eastern Avenue | 1516 | 1528 | 1541 | | | | 1641 | 1653 | 1705 | 1718 | 1730 | 1742 | 1754 | 1806 | 1818 | 1830 | 1842 | 1854 | 1906 |
| Ilford Station | 1530 | 1542 | 1555 | | | | 1655 | 1707 | 1719 | 1732 | 1744 | 1756 | 1808 | 1819 | 1831 | 1843 | 1855 | 1906 | 1918 |
| Ilford High Road Hainault Street | 1535 | 1547 | 1600 | | | | 1700 | 1712 | 1724 | 1737 | 1749 | 1801 | 1813 | 1824 | 1836 | 1848 | 1900 | 1911 | 1923 |
| Sunnyside Road Mortlake Road | 1542 | 1554 | 1607 | | | | 1707 | 1719 | 1731 | 1744 | 1756 | 1808 | 1820 | 1831 | 1843 | 1855 | 1907 | 1918 | 1930 |
| Loxford Lane South Park Drive | 1547 | 1559 | 1612 | | | | 1712 | 1724 | 1736 | 1749 | 1801 | 1813 | 1825 | 1836 | 1848 | 1900 | 1911 | 1922 | 1934 |
| Barking Station | 1557 | 1609 | 1621 | | | | 1721 | 1733 | 1745 | 1758 | 1810 | 1822 | 1834 | 1845 | 1856 | 1908 | 1919 | 1930 | 1942 |
| Barking London Road | 1600 | 1612 | 1624 | | | | 1724 | 1736 | 1748 | 1801 | 1813 | 1825 | 1837 | 1848 | 1859 | 1910 | 1921 | 1932 | 1944 |
| East Beckton Showcase Cinema | 1607 | 1619 | 1631 | | | | 1731 | 1743 | 1755 | 1807 | 1819 | 1831 | 1843 | 1854 | 1905 | 1916 | 1927 | 1938 | 1950 |
| East Beckton Sainsbury's | 1611 | 1623 | 1635 | | | | 1735 | 1747 | 1759 | 1811 | 1823 | 1835 | 1847 | 1858 | 1909 | 1920 | 1931 | 1942 | 1954 |
| Gallions Reach Shopping Park | 1618 | 1630 | 1642 | | | | 1742 | 1754 | 1806 | 1818 | 1830 | 1842 | 1854 | 1905 | 1916 | 1927 | 1938 | 1949 | 2001 |
| Cyprus Station Cyprus Place | 1626 | 1638 | 1650 | | | | 1750 | 1802 | 1813 | 1825 | 1837 | 1849 | 1901 | 1912 | 1923 | 1934 | 1945 | 1956 | 2008 |
| Beckton Bus Station | 1630 | 1642 | 1654 | | | | 1754 | 1806 | 1817 | 1829 | 1841 | 1853 | 1904 | 1915 | 1926 | 1937 | 1948 | 1959 | 2011 |
| Roding Lane South Falmouth Gardens | 1915 | 1928 | 1942 | 1957 | 2012 | 2027 | 2046 | 2105 | 2125 | 2145 | 2205 | 2225 | 2245 | 2305 | 2325 | 2345 | 0005 | 0025 | |
| Redbridge Station Eastern Avenue | 1920 | 1933 | 1947 | 2002 | 2016 | 2031 | 2050 | 2109 | 2129 | 2149 | 2208 | 2228 | 2248 | 2308 | 2328 | 2348 | 0008 | 0028 | |
| Ilford Station | 1930 | 1943 | 1957 | 2011 | 2025 | 2040 | 2059 | 2118 | 2138 | 2158 | 2216 | 2236 | 2256 | 2315 | 2335 | 2355 | 0015 | 0035 | |
| Ilford High Road Hainault Street | 1935 | 1948 | 2002 | 2015 | 2029 | 2044 | 2103 | 2122 | 2142 | 2202 | 2220 | 2240 | 2300 | 2319 | 2339 | 2359 | 0019 | 0039 | |
| Sunnyside Road Mortlake Road | 1942 | 1955 | 2007 | 2020 | 2034 | 2049 | 2108 | 2127 | 2147 | 2207 | 2225 | 2245 | 2305 | 2324 | 2344 | 0004 | 0024 | 0044 | |
| Loxford Lane South Park Drive | 1946 | 1959 | 2011 | 2024 | 2038 | 2053 | 2112 | 2131 | 2151 | 2210 | 2228 | 2248 | 2308 | 2327 | 2347 | 0007 | 0027 | 0047 | |
| Barking Station | 1954 | 2006 | 2018 | 2031 | 2045 | 2100 | 2119 | 2138 | 2158 | 2216 | 2234 | 2254 | 2314 | 2333 | 2353 | 0013 | 0033 | 0053 | |
| Barking London Road | 1956 | 2008 | 2020 | 2033 | 2047 | 2102 | 2121 | 2140 | 2200 | 2218 | 2236 | 2256 | 2316 | 2335 | 2355 | 0015 | 0035 | 0055 | |
| East Beckton Showcase Cinema | 2002 | 2014 | 2026 | 2039 | 2053 | 2108 | 2127 | 2146 | 2205 | 2223 | 2241 | 2301 | 2321 | 2340 | 0000 | 0020 | 0040 | 0100 | |
| East Beckton Sainsbury's | 2006 | 2018 | 2030 | 2043 | 2057 | 2111 | 2130 | 2149 | 2208 | 2226 | 2244 | 2304 | 2324 | 2343 | 0003 | 0023 | 0043 | 0103 | |
| Gallions Reach Shopping Park | 2012 | 2024 | 2036 | 2049 | 2103 | 2117 | 2136 | 2155 | 2213 | 2231 | 2249 | 2309 | 2329 | 2348 | 0008 | 0028 | 0048 | 0108 | |
| Cyprus Station Cyprus Place | 2019 | 2031 | 2043 | 2056 | 2110 | 2124 | 2143 | 2202 | 2219 | 2237 | 2255 | 2315 | 2335 | 2354 | 0014 | 0034 | 0054 | 0114 | |
| Beckton Bus Station | 2022 | 2034 | 2046 | 2059 | 2112 | 2126 | 2145 | 2204 | 2222 | 2240 | 2258 | 2318 | 2338 | 2357 | 0017 | 0037 | 0057 | 0117 | |

| 366 | Sundays and other Public Holidays (except Christmas Day) | | | | | | | | | | | | | | | | | |
|---|--|------|------|------|------|------|------|------|------|------|--------------------------------------|------|------|------|------|------|------|------|
| Roding Lane South <i>Falmouth Gardens</i> | 0553 | 0623 | 0653 | 0723 | 0752 | 0821 | 0850 | 0918 | 0939 | 0959 | 1020 | 1040 | 1100 | 1120 | 1140 | 1200 | 1220 | 1240 |
| Redbridge Station <i>Eastern Avenue</i> | 0556 | 0626 | 0656 | 0726 | 0755 | 0824 | 0853 | 0921 | 0942 | 1002 | 1023 | 1043 | 1103 | 1124 | 1144 | 1204 | 1224 | 1244 |
| Ilford Station | 0603 | 0633 | 0703 | 0733 | 0802 | 0831 | 0900 | 0930 | 0951 | 1011 | 1032 | 1052 | 1113 | 1134 | 1154 | 1214 | 1234 | 1255 |
| Ilford High Road <i>Hainault Street</i> | 0607 | 0637 | 0707 | 0737 | 0806 | 0835 | 0904 | 0934 | 0955 | 1015 | 1036 | 1057 | 1118 | 1139 | 1159 | 1219 | 1239 | 1300 |
| Sunnyside Road <i>Mortlake Road</i> | 0611 | 0641 | 0711 | 0741 | 0810 | 0839 | 0909 | 0939 | 1000 | 1020 | 1041 | 1102 | 1124 | 1145 | 1205 | 1225 | 1245 | 1306 |
| Loxford Lane <i>South Park Drive</i> | 0614 | 0644 | 0714 | 0744 | 0813 | 0843 | 0913 | 0943 | 1004 | 1024 | 1045 | 1106 | 1128 | 1149 | 1209 | 1229 | 1249 | 1310 |
| Barking Station | 0620 | 0650 | 0720 | 0750 | 0820 | 0850 | 0920 | 0950 | 1012 | 1032 | 1053 | 1114 | 1136 | 1157 | 1217 | 1238 | 1258 | 1319 |
| Barking <i>London Road</i> | 0622 | 0652 | 0722 | 0752 | 0822 | 0852 | 0922 | 0952 | 1014 | 1034 | 1055 | 1116 | 1138 | 1159 | 1219 | 1240 | 1300 | 1321 |
| East Beckton <i>Showcase Cinema</i> | 0627 | 0657 | 0727 | 0757 | 0827 | 0857 | 0928 | 0958 | 1021 | 1041 | 1102 | 1123 | 1145 | 1206 | 1226 | 1247 | 1307 | 1328 |
| East Beckton <i>Sainsbury's</i> | 0630 | 0700 | 0730 | 0800 | 0830 | 0901 | 0932 | 1002 | 1025 | 1045 | 1106 | 1127 | 1149 | 1210 | 1230 | 1251 | 1312 | 1333 |
| Gallions Reach <i>Shopping Park</i> | 0636 | 0706 | 0736 | 0806 | 0836 | 0907 | 0938 | 1009 | 1032 | 1052 | 1113 | 1135 | 1157 | 1218 | 1238 | 1259 | 1320 | 1341 |
| Cyprus Station <i>Cyprus Place</i> | 0642 | 0712 | 0742 | 0812 | 0842 | 0913 | 0944 | 1015 | 1038 | 1058 | 1120 | 1142 | 1204 | 1225 | 1245 | 1306 | 1327 | 1348 |
| Beckton <i>Bus Station</i> | 0645 | 0715 | 0745 | 0815 | 0845 | 0916 | 0947 | 1018 | 1041 | 1101 | 1123 | 1145 | 1207 | 1228 | 1248 | 1309 | 1330 | 1351 |
| Roding Lane South <i>Falmouth Gardens</i> | 1300 | 1320 | 1340 | 1400 | 1420 | 1440 | 1500 | 1520 | 1540 | 1600 | 1620 | 1640 | 1700 | 1720 | 1740 | 1800 | 1820 | 1840 |
| Redbridge Station <i>Eastern Avenue</i> | 1304 | 1325 | 1345 | 1405 | 1425 | 1445 | 1505 | 1525 | 1545 | 1605 | 1625 | 1645 | 1704 | 1724 | 1744 | 1804 | 1824 | 1844 |
| Ilford Station | 1315 | 1336 | 1356 | 1417 | 1437 | 1457 | 1517 | 1537 | 1557 | 1616 | 1636 | 1656 | 1715 | 1735 | 1755 | 1814 | 1834 | 1854 |
| Ilford High Road <i>Hainault Street</i> | 1320 | 1341 | 1401 | 1422 | 1442 | 1502 | 1522 | 1542 | 1602 | 1621 | 1641 | 1701 | 1720 | 1740 | 1759 | 1818 | 1838 | 1858 |
| Sunnyside Road <i>Mortlake Road</i> | 1326 | 1347 | 1407 | 1428 | 1448 | 1508 | 1528 | 1548 | 1608 | 1627 | 1647 | 1707 | 1726 | 1746 | 1805 | 1824 | 1844 | 1904 |
| Loxford Lane <i>South Park Drive</i> | 1330 | 1351 | 1411 | 1432 | 1452 | 1512 | 1532 | 1552 | 1612 | 1631 | 1651 | 1711 | 1730 | 1750 | 1809 | 1828 | 1848 | 1908 |
| Barking Station | 1339 | 1400 | 1420 | 1441 | 1501 | 1521 | 1540 | 1600 | 1620 | 1639 | 1659 | 1719 | 1738 | 1758 | 1817 | 1836 | 1856 | 1916 |
| Barking <i>London Road</i> | 1341 | 1402 | 1422 | 1443 | 1503 | 1523 | 1542 | 1602 | 1622 | 1641 | 1701 | 1721 | 1740 | 1800 | 1819 | 1838 | 1858 | 1918 |
| East Beckton <i>Showcase Cinema</i> | 1348 | 1409 | 1429 | 1450 | 1510 | 1530 | 1549 | 1609 | 1628 | 1647 | 1707 | 1727 | 1746 | 1806 | 1824 | 1843 | 1903 | 1923 |
| East Beckton <i>Sainsbury's</i> | 1353 | 1414 | 1434 | 1455 | 1515 | 1535 | 1554 | 1613 | 1632 | 1651 | 1711 | 1731 | 1750 | 1810 | 1828 | 1847 | 1907 | 1927 |
| Gallions Reach <i>Shopping Park</i> | 1401 | 1422 | 1442 | 1503 | 1523 | 1543 | 1602 | 1621 | 1639 | 1658 | 1717 | 1737 | 1756 | 1816 | 1834 | 1853 | 1913 | 1933 |
| Cyprus Station <i>Cyprus Place</i> | 1408 | 1429 | 1449 | 1510 | 1530 | 1550 | 1609 | 1628 | 1646 | 1705 | 1724 | 1744 | 1803 | 1822 | 1840 | 1859 | 1919 | 1939 |
| Beckton <i>Bus Station</i> | 1411 | 1432 | 1452 | 1513 | 1533 | 1553 | 1612 | 1631 | 1649 | 1708 | 1727 | 1747 | 1806 | 1825 | 1843 | 1902 | 1922 | 1942 |
| Roding Lane South <i>Falmouth Gardens</i> | 1900 | 1920 | 1940 | 2000 | 2020 | 2040 | 2100 | 2122 | 2143 | 2205 | Then every 20 minutes until | 0025 | | | | | | |
| Redbridge Station <i>Eastern Avenue</i> | 1904 | 1924 | 1943 | 2003 | 2023 | 2043 | 2103 | 2125 | 2146 | 2208 | | 0028 | | | | | | |
| Ilford Station | 1914 | 1933 | 1952 | 2012 | 2032 | 2052 | 2112 | 2133 | 2154 | 2215 | | 0035 | | | | | | |
| Ilford High Road <i>Hainault Street</i> | 1918 | 1937 | 1956 | 2016 | 2036 | 2056 | 2116 | 2137 | 2158 | 2219 | | 0039 | | | | | | |
| Sunnyside Road <i>Mortlake Road</i> | 1924 | 1943 | 2001 | 2021 | 2041 | 2101 | 2121 | 2142 | 2203 | 2224 | | 0044 | | | | | | |
| Loxford Lane <i>South Park Drive</i> | 1928 | 1947 | 2005 | 2025 | 2045 | 2105 | 2125 | 2146 | 2206 | 2227 | | 0047 | | | | | | |
| Barking Station | 1936 | 1955 | 2012 | 2032 | 2052 | 2112 | 2132 | 2153 | 2213 | 2233 | | 0053 | | | | | | |
| Barking <i>London Road</i> | 1938 | 1957 | 2014 | 2034 | 2054 | 2114 | 2134 | 2155 | 2215 | 2235 | | 0055 | | | | | | |
| East Beckton <i>Showcase Cinema</i> | 1943 | 2002 | 2019 | 2039 | 2059 | 2119 | 2139 | 2200 | 2220 | 2240 | | 0100 | | | | | | |
| East Beckton <i>Sainsbury's</i> | 1947 | 2005 | 2022 | 2042 | 2102 | 2122 | 2142 | 2203 | 2223 | 2243 | | 0103 | | | | | | |
| Gallions Reach <i>Shopping Park</i> | 1953 | 2011 | 2028 | 2048 | 2108 | 2128 | 2148 | 2208 | 2228 | 2248 | | 0108 | | | | | | |
| Cyprus Station <i>Cyprus Place</i> | 1959 | 2017 | 2034 | 2054 | 2114 | 2134 | 2154 | 2214 | 2234 | 2254 | | 0114 | | | | | | |
| Beckton <i>Bus Station</i> | 2002 | 2020 | 2037 | 2057 | 2117 | 2137 | 2157 | 2217 | 2237 | 2257 | | 0117 | | | | | | |

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Beckton – Ilford – Redbridge

| 366 | Mondays to Fridays | | | | | | | | | | | | | | | | | |
|------------------------------------|--------------------|------|------|------|------|------|------|--------------------------------------|------|------|--------------------------------------|------|------|------|------|------|------|------|
| Beckton Bus Station | 0418 | 0438 | 0458 | 0518 | 0532 | 0545 | 0558 | 0610 | 0620 | 0631 | 0642 | 0653 | 0704 | 0715 | 0726 | 0736 | 0748 | 0800 |
| Cyprus Station Cyprus Place | 0421 | 0441 | 0501 | 0521 | 0535 | 0548 | 0601 | 0613 | 0623 | 0634 | 0645 | 0656 | 0707 | 0718 | 0729 | 0739 | 0751 | 0803 |
| Gallions Reach Shopping Park | 0426 | 0446 | 0506 | 0526 | 0540 | 0554 | 0607 | 0619 | 0629 | 0640 | 0651 | 0702 | 0713 | 0724 | 0735 | 0745 | 0757 | 0809 |
| East Beckton Sainsbury's | 0431 | 0451 | 0511 | 0531 | 0545 | 0559 | 0612 | 0624 | 0634 | 0645 | 0656 | 0707 | 0719 | 0730 | 0741 | 0751 | 0803 | 0815 |
| East Beckton Showcase Cinema | 0435 | 0455 | 0515 | 0535 | 0549 | 0603 | 0616 | 0628 | 0638 | 0649 | 0700 | 0711 | 0723 | 0734 | 0745 | 0755 | 0807 | 0819 |
| Barking London Road | 0440 | 0500 | 0520 | 0540 | 0554 | 0608 | 0622 | 0634 | 0644 | 0655 | 0706 | 0718 | 0730 | 0741 | 0752 | 0802 | 0814 | 0826 |
| Barking Station | 0442 | 0502 | 0522 | 0542 | 0556 | 0610 | 0624 | 0636 | 0646 | 0657 | 0708 | 0720 | 0732 | 0743 | 0754 | 0805 | 0817 | 0829 |
| South Park Drive Loxford Lane | 0446 | 0506 | 0526 | 0546 | 0600 | 0614 | 0628 | 0640 | 0651 | 0702 | 0714 | 0726 | 0738 | 0749 | 0800 | 0811 | 0823 | 0835 |
| Sunnyside Road Mortlake Road | 0449 | 0509 | 0529 | 0549 | 0603 | 0618 | 0632 | 0645 | 0656 | 0707 | 0719 | 0731 | 0743 | 0754 | 0805 | 0817 | 0829 | 0841 |
| Ilford High Road Hainault Street | 0453 | 0513 | 0533 | 0553 | 0608 | 0623 | 0637 | 0651 | 0702 | 0714 | 0726 | 0738 | 0750 | 0801 | 0813 | 0825 | 0837 | 0849 |
| Ilford Station | 0457 | 0517 | 0537 | 0557 | 0612 | 0627 | 0641 | 0655 | 0707 | 0719 | 0731 | 0743 | 0755 | 0806 | 0818 | 0830 | 0842 | 0854 |
| Redbridge Station Forecourt | 0506 | 0526 | 0546 | 0606 | 0621 | 0636 | 0651 | 0705 | 0720 | 0733 | 0745 | 0757 | 0810 | 0822 | 0834 | 0846 | 0858 | 0910 |
| Roding Lane South Falmouth Gardens | 0510 | 0530 | 0550 | 0610 | 0625 | 0640 | 0655 | 0710 | 0725 | 0739 | 0751 | 0803 | 0816 | 0828 | 0840 | 0852 | 0904 | 0916 |
| Beckton Bus Station | 0812 | 0824 | 0835 | 0847 | 0858 | 0910 | 0922 | Then every 12 minutes until | 1134 | 1145 | Then every 12 minutes until | 1345 | 1357 | 1408 | 1420 | 1431 | | |
| Cyprus Station Cyprus Place | 0815 | 0827 | 0838 | 0850 | 0901 | 0913 | 0925 | | 1137 | 1148 | | 1348 | 1400 | 1411 | 1423 | 1434 | | |
| Gallions Reach Shopping Park | 0821 | 0833 | 0844 | 0856 | 0908 | 0920 | 0932 | | 1144 | 1155 | | 1355 | 1407 | 1418 | 1430 | 1441 | | |
| East Beckton Sainsbury's | 0827 | 0839 | 0850 | 0902 | 0914 | 0926 | 0938 | | 1150 | 1201 | | 1401 | 1413 | 1424 | 1436 | 1447 | | |
| East Beckton Showcase Cinema | 0831 | 0843 | 0854 | 0906 | 0918 | 0930 | 0942 | | 1154 | 1205 | | 1405 | 1417 | 1428 | 1440 | 1451 | | |
| Barking London Road | 0838 | 0850 | 0901 | 0913 | 0925 | 0937 | 0949 | | 1201 | 1213 | | 1413 | 1425 | 1436 | 1448 | 1459 | | |
| Barking Station | 0841 | 0853 | 0904 | 0916 | 0928 | 0940 | 0952 | | 1204 | 1216 | | 1416 | 1428 | 1439 | 1451 | 1503 | | |
| South Park Drive Loxford Lane | 0847 | 0859 | 0910 | 0922 | 0934 | 0946 | 0958 | | 1210 | 1222 | | 1422 | 1434 | 1445 | 1457 | 1510 | | |
| Sunnyside Road Mortlake Road | 0853 | 0905 | 0915 | 0927 | 0939 | 0951 | 1003 | | 1215 | 1227 | | 1427 | 1439 | 1450 | 1502 | 1515 | | |
| Ilford High Road Hainault Street | 0901 | 0912 | 0922 | 0934 | 0946 | 0958 | 1009 | | 1221 | 1233 | | 1433 | 1445 | 1456 | 1509 | 1522 | | |
| Ilford Station | 0906 | 0917 | 0927 | 0939 | 0951 | 1003 | 1015 | | 1227 | 1239 | | 1439 | 1451 | 1502 | 1515 | 1528 | | |
| Redbridge Station Forecourt | 0922 | 0930 | 0940 | 0952 | 1004 | 1016 | 1028 | | 1240 | 1252 | | 1452 | 1504 | 1516 | 1529 | 1542 | | |
| Roding Lane South Falmouth Gardens | 0928 | 0936 | 0946 | 0958 | 1010 | 1022 | 1034 | | 1246 | 1258 | | 1458 | 1511 | 1523 | 1536 | 1549 | | |
| Beckton Bus Station | 1441 | 1452 | 1503 | 1514 | 1526 | 1538 | 1549 | Then every 12 minutes until | 1713 | 1725 | 1738 | 1750 | 1802 | 1815 | 1827 | 1842 | 1857 | |
| Cyprus Station Cyprus Place | 1444 | 1455 | 1507 | 1518 | 1530 | 1542 | 1553 | | 1717 | 1729 | 1742 | 1754 | 1806 | 1818 | 1830 | 1845 | 1900 | |
| Gallions Reach Shopping Park | 1451 | 1502 | 1514 | 1525 | 1537 | 1549 | 1600 | | 1724 | 1736 | 1749 | 1801 | 1813 | 1825 | 1837 | 1852 | 1907 | |
| East Beckton Sainsbury's | 1457 | 1508 | 1520 | 1532 | 1544 | 1556 | 1607 | | 1731 | 1743 | 1756 | 1808 | 1820 | 1832 | 1844 | 1858 | 1912 | |
| East Beckton Showcase Cinema | 1501 | 1513 | 1525 | 1537 | 1549 | 1601 | 1612 | | 1736 | 1748 | 1801 | 1813 | 1825 | 1837 | 1849 | 1903 | 1916 | |
| Barking London Road | 1511 | 1523 | 1535 | 1547 | 1559 | 1611 | 1623 | | 1747 | 1759 | 1811 | 1823 | 1835 | 1847 | 1859 | 1912 | 1925 | |
| Barking Station | 1515 | 1527 | 1539 | 1551 | 1603 | 1615 | 1627 | | 1751 | 1803 | 1815 | 1827 | 1839 | 1851 | 1903 | 1915 | 1928 | |
| South Park Drive Loxford Lane | 1523 | 1535 | 1547 | 1559 | 1611 | 1623 | 1635 | | 1759 | 1810 | 1822 | 1834 | 1846 | 1858 | 1909 | 1921 | 1934 | |
| Sunnyside Road Mortlake Road | 1528 | 1540 | 1552 | 1604 | 1616 | 1628 | 1640 | | 1804 | 1815 | 1827 | 1839 | 1851 | 1903 | 1913 | 1925 | 1938 | |
| Ilford High Road Hainault Street | 1535 | 1547 | 1559 | 1611 | 1623 | 1635 | 1647 | | 1811 | 1822 | 1833 | 1845 | 1856 | 1909 | 1919 | 1931 | 1944 | |
| Ilford Station | 1541 | 1553 | 1605 | 1617 | 1629 | 1641 | 1653 | | 1817 | 1828 | 1839 | 1851 | 1902 | 1914 | 1924 | 1936 | 1949 | |
| Redbridge Station Forecourt | 1555 | 1607 | 1619 | 1631 | 1643 | 1655 | 1707 | | 1831 | 1841 | 1851 | 1903 | 1914 | 1926 | 1936 | 1948 | 2001 | |
| Roding Lane South Falmouth Gardens | 1602 | 1614 | 1626 | 1638 | 1650 | 1702 | 1714 | | 1838 | 1848 | 1858 | 1909 | 1920 | 1932 | 1942 | 1954 | 2006 | |
| Beckton Bus Station | 1912 | 1927 | 1942 | 1958 | 2019 | 2039 | 2100 | 2121 | 2143 | 2205 | Then every 20 minutes until | 2345 | | | | | | |
| Cyprus Station Cyprus Place | 1915 | 1930 | 1945 | 2001 | 2022 | 2042 | 2103 | 2124 | 2146 | 2208 | | 2348 | | | | | | |
| Gallions Reach Shopping Park | 1921 | 1936 | 1951 | 2007 | 2028 | 2048 | 2109 | 2130 | 2152 | 2213 | | 2353 | | | | | | |
| East Beckton Sainsbury's | 1926 | 1941 | 1956 | 2012 | 2033 | 2053 | 2114 | 2135 | 2157 | 2218 | | 2358 | | | | | | |
| East Beckton Showcase Cinema | 1930 | 1945 | 2000 | 2016 | 2037 | 2057 | 2118 | 2139 | 2201 | 2222 | | 0002 | | | | | | |
| Barking London Road | 1939 | 1954 | 2008 | 2023 | 2043 | 2103 | 2124 | 2145 | 2207 | 2227 | | 0007 | | | | | | |
| Barking Station | 1942 | 1957 | 2011 | 2026 | 2046 | 2106 | 2127 | 2148 | 2209 | 2229 | | 0009 | | | | | | |
| South Park Drive Loxford Lane | 1948 | 2003 | 2017 | 2032 | 2052 | 2112 | 2132 | 2153 | 2213 | 2233 | | 0013 | | | | | | |
| Sunnyside Road Mortlake Road | 1952 | 2007 | 2021 | 2036 | 2056 | 2116 | 2136 | 2157 | 2217 | 2237 | | 0017 | | | | | | |
| Ilford High Road Hainault Street | 1958 | 2012 | 2026 | 2041 | 2101 | 2121 | 2141 | 2202 | 2221 | 2241 | | 0021 | | | | | | |
| Ilford Station | 2003 | 2016 | 2030 | 2045 | 2105 | 2125 | 2145 | 2206 | 2225 | 2245 | | 0025 | | | | | | |
| Redbridge Station Forecourt | 2014 | 2027 | 2041 | 2055 | 2115 | 2135 | 2155 | 2215 | 2234 | 2254 | | 0034 | | | | | | |
| Roding Lane South Falmouth Gardens | 2019 | 2032 | 2046 | 2100 | 2120 | 2140 | 2200 | 2219 | 2238 | 2258 | | 0038 | | | | | | |

| 366 | Saturdays (also Good Friday) | | | | | | | | | | | | | | | | | |
|------------------------------------|------------------------------|------|------|------|------|--------------------------------------|------|------|------|------|------|--------------------------------------|------|------|--------------------------------------|------|------|------|
| Beckton Bus Station | 0418 | 0438 | 0458 | 0518 | 0537 | 0557 | 0617 | 0637 | 0656 | 0716 | 0735 | 0754 | 0812 | 0824 | 0836 | 0848 | 0859 | 0910 |
| Cyprus Station Cyprus Place | 0421 | 0441 | 0501 | 0521 | 0540 | 0600 | 0620 | 0640 | 0659 | 0719 | 0738 | 0757 | 0815 | 0827 | 0839 | 0851 | 0902 | 0913 |
| Gallions Reach Shopping Park | 0426 | 0446 | 0506 | 0526 | 0545 | 0605 | 0625 | 0645 | 0704 | 0724 | 0743 | 0803 | 0821 | 0833 | 0845 | 0857 | 0908 | 0919 |
| East Beckton Sainsbury's | 0431 | 0451 | 0511 | 0531 | 0550 | 0610 | 0630 | 0650 | 0709 | 0729 | 0748 | 0808 | 0826 | 0838 | 0850 | 0902 | 0913 | 0924 |
| East Beckton Showcase Cinema | 0435 | 0455 | 0515 | 0535 | 0554 | 0614 | 0634 | 0654 | 0713 | 0733 | 0752 | 0812 | 0830 | 0842 | 0854 | 0906 | 0917 | 0928 |
| Barking London Road | 0440 | 0500 | 0520 | 0540 | 0559 | 0619 | 0639 | 0659 | 0719 | 0739 | 0758 | 0818 | 0836 | 0848 | 0900 | 0912 | 0924 | 0935 |
| Barking Station | 0442 | 0502 | 0522 | 0542 | 0601 | 0621 | 0641 | 0701 | 0721 | 0741 | 0800 | 0820 | 0838 | 0850 | 0902 | 0914 | 0926 | 0938 |
| South Park Drive Loxford Lane | 0446 | 0506 | 0526 | 0546 | 0605 | 0625 | 0645 | 0705 | 0725 | 0745 | 0804 | 0824 | 0842 | 0854 | 0907 | 0920 | 0932 | 0944 |
| Sunnyside Road Mortlake Road | 0449 | 0509 | 0529 | 0549 | 0608 | 0628 | 0648 | 0708 | 0728 | 0748 | 0807 | 0827 | 0845 | 0857 | 0911 | 0924 | 0936 | 0948 |
| Ilford High Road Hainault Street | 0453 | 0513 | 0533 | 0553 | 0613 | 0633 | 0653 | 0713 | 0733 | 0753 | 0812 | 0832 | 0850 | 0902 | 0917 | 0930 | 0942 | 0954 |
| Ilford Station | 0457 | 0517 | 0537 | 0557 | 0617 | 0637 | 0657 | 0717 | 0737 | 0757 | 0816 | 0836 | 0854 | 0907 | 0922 | 0935 | 0947 | 0959 |
| Redbridge Station Forecourt | 0506 | 0526 | 0546 | 0606 | 0626 | 0646 | 0706 | 0726 | 0746 | 0806 | 0826 | 0846 | 0904 | 0918 | 0933 | 0946 | 0958 | 1010 |
| Roding Lane South Falmouth Gardens | 0510 | 0530 | 0550 | 0610 | 0630 | 0650 | 0710 | 0730 | 0750 | 0810 | 0830 | 0850 | 0908 | 0923 | 0938 | 0951 | 1003 | 1015 |
| Beckton Bus Station | 0921 | 0932 | 0943 | 0954 | 1005 | 1016 | 1027 | 1039 | 1050 | 1101 | 1112 | Then every 12 minutes until | 1236 | 1247 | Then every 12 minutes until | 1447 | | |
| Cyprus Station Cyprus Place | 0924 | 0935 | 0946 | 0957 | 1008 | 1019 | 1030 | 1042 | 1053 | 1104 | 1115 | | 1239 | 1250 | | 1450 | | |
| Gallions Reach Shopping Park | 0930 | 0941 | 0952 | 1003 | 1015 | 1026 | 1037 | 1049 | 1100 | 1111 | 1122 | | 1246 | 1257 | | 1457 | | |
| East Beckton Sainsbury's | 0935 | 0946 | 0957 | 1008 | 1020 | 1031 | 1042 | 1054 | 1106 | 1117 | 1128 | | 1252 | 1304 | | 1504 | | |
| East Beckton Showcase Cinema | 0939 | 0950 | 1001 | 1012 | 1024 | 1035 | 1046 | 1058 | 1110 | 1122 | 1133 | | 1257 | 1309 | | 1509 | | |
| Barking London Road | 0946 | 0958 | 1009 | 1020 | 1032 | 1043 | 1054 | 1106 | 1118 | 1130 | 1141 | | 1305 | 1317 | | 1517 | | |
| Barking Station | 0949 | 1001 | 1012 | 1023 | 1035 | 1046 | 1057 | 1109 | 1121 | 1133 | 1144 | | 1308 | 1320 | | 1520 | | |
| South Park Drive Loxford Lane | 0955 | 1007 | 1018 | 1029 | 1041 | 1052 | 1103 | 1115 | 1127 | 1139 | 1150 | | 1314 | 1326 | | 1526 | | |
| Sunnyside Road Mortlake Road | 1000 | 1012 | 1023 | 1034 | 1046 | 1057 | 1108 | 1120 | 1132 | 1144 | 1155 | | 1319 | 1331 | | 1531 | | |
| Ilford High Road Hainault Street | 1006 | 1018 | 1029 | 1040 | 1052 | 1103 | 1115 | 1127 | 1139 | 1151 | 1202 | | 1326 | 1338 | | 1538 | | |
| Ilford Station | 1011 | 1023 | 1034 | 1045 | 1057 | 1109 | 1121 | 1133 | 1145 | 1157 | 1208 | 1332 | 1344 | 1544 | | | | |
| Redbridge Station Forecourt | 1022 | 1034 | 1046 | 1057 | 1109 | 1122 | 1134 | 1146 | 1158 | 1210 | 1222 | 1346 | 1358 | 1558 | | | | |
| Roding Lane South Falmouth Gardens | 1027 | 1039 | 1051 | 1103 | 1115 | 1128 | 1140 | 1152 | 1204 | 1216 | 1228 | 1352 | 1404 | 1604 | | | | |
| Beckton Bus Station | 1459 | 1511 | 1523 | 1535 | 1547 | Then every 12 minutes until | 1647 | 1700 | 1712 | 1724 | 1736 | 1748 | 1801 | 1813 | 1827 | 1842 | 1857 | |
| Cyprus Station Cyprus Place | 1502 | 1514 | 1526 | 1538 | 1550 | | 1650 | 1703 | 1715 | 1727 | 1739 | 1751 | 1804 | 1816 | 1830 | 1845 | 1900 | |
| Gallions Reach Shopping Park | 1509 | 1521 | 1533 | 1545 | 1557 | | 1657 | 1710 | 1722 | 1734 | 1746 | 1758 | 1811 | 1823 | 1837 | 1852 | 1907 | |
| East Beckton Sainsbury's | 1515 | 1527 | 1539 | 1551 | 1603 | | 1703 | 1716 | 1728 | 1740 | 1752 | 1804 | 1817 | 1829 | 1843 | 1858 | 1913 | |
| East Beckton Showcase Cinema | 1520 | 1532 | 1544 | 1556 | 1608 | | 1708 | 1721 | 1733 | 1745 | 1757 | 1809 | 1822 | 1834 | 1848 | 1903 | 1918 | |
| Barking London Road | 1529 | 1541 | 1553 | 1605 | 1617 | | 1717 | 1729 | 1741 | 1753 | 1805 | 1817 | 1829 | 1841 | 1855 | 1910 | 1925 | |
| Barking Station | 1532 | 1544 | 1556 | 1608 | 1620 | | 1720 | 1732 | 1744 | 1756 | 1808 | 1820 | 1832 | 1844 | 1858 | 1913 | 1928 | |
| South Park Drive Loxford Lane | 1538 | 1550 | 1602 | 1614 | 1626 | | 1726 | 1738 | 1750 | 1802 | 1814 | 1826 | 1838 | 1850 | 1904 | 1919 | 1934 | |
| Sunnyside Road Mortlake Road | 1543 | 1555 | 1607 | 1619 | 1631 | | 1731 | 1743 | 1755 | 1807 | 1819 | 1831 | 1843 | 1855 | 1909 | 1924 | 1939 | |
| Ilford High Road Hainault Street | 1550 | 1602 | 1614 | 1626 | 1637 | | 1737 | 1749 | 1801 | 1813 | 1825 | 1837 | 1849 | 1901 | 1915 | 1930 | 1945 | |
| Ilford Station | 1556 | 1608 | 1620 | 1632 | 1643 | 1743 | 1755 | 1807 | 1819 | 1831 | 1843 | 1854 | 1906 | 1920 | 1935 | 1950 | | |
| Redbridge Station Forecourt | 1610 | 1622 | 1634 | 1646 | 1657 | 1757 | 1809 | 1820 | 1832 | 1844 | 1856 | 1907 | 1919 | 1933 | 1947 | 2002 | | |
| Roding Lane South Falmouth Gardens | 1616 | 1628 | 1640 | 1652 | 1703 | 1803 | 1815 | 1826 | 1838 | 1850 | 1902 | 1913 | 1925 | 1939 | 1953 | 2007 | | |
| Beckton Bus Station | 1917 | 1937 | 1957 | 2018 | 2039 | 2100 | 2121 | 2141 | 2201 | 2222 | 2243 | 2305 | 2325 | 2345 | | | | |
| Cyprus Station Cyprus Place | 1920 | 1940 | 2000 | 2021 | 2042 | 2103 | 2124 | 2144 | 2204 | 2225 | 2246 | 2308 | 2328 | 2348 | | | | |
| Gallions Reach Shopping Park | 1927 | 1947 | 2007 | 2027 | 2048 | 2109 | 2130 | 2150 | 2210 | 2231 | 2252 | 2313 | 2333 | 2353 | | | | |
| East Beckton Sainsbury's | 1933 | 1953 | 2013 | 2033 | 2054 | 2114 | 2135 | 2155 | 2215 | 2236 | 2257 | 2318 | 2338 | 2358 | | | | |
| East Beckton Showcase Cinema | 1938 | 1958 | 2017 | 2037 | 2058 | 2118 | 2139 | 2159 | 2219 | 2240 | 2301 | 2322 | 2342 | 0002 | | | | |
| Barking London Road | 1945 | 2005 | 2024 | 2044 | 2104 | 2124 | 2145 | 2205 | 2225 | 2246 | 2306 | 2327 | 2347 | 0007 | | | | |
| Barking Station | 1948 | 2008 | 2027 | 2047 | 2107 | 2127 | 2147 | 2207 | 2227 | 2248 | 2308 | 2329 | 2349 | 0009 | | | | |
| South Park Drive Loxford Lane | 1954 | 2014 | 2032 | 2052 | 2112 | 2132 | 2152 | 2212 | 2232 | 2252 | 2312 | 2333 | 2353 | 0013 | | | | |
| Sunnyside Road Mortlake Road | 1959 | 2018 | 2036 | 2056 | 2116 | 2136 | 2156 | 2216 | 2236 | 2256 | 2316 | 2336 | 2356 | 0016 | | | | |
| Ilford High Road Hainault Street | 2005 | 2024 | 2042 | 2101 | 2121 | 2141 | 2201 | 2221 | 2241 | 2301 | 2321 | 2341 | 0001 | 0021 | | | | |
| Ilford Station | 2010 | 2029 | 2046 | 2105 | 2125 | 2145 | 2205 | 2225 | 2245 | 2305 | 2325 | 2345 | 0005 | 0025 | | | | |
| Redbridge Station Forecourt | 2022 | 2041 | 2057 | 2116 | 2136 | 2156 | 2215 | 2235 | 2255 | 2315 | 2335 | 2355 | 0014 | 0034 | | | | |
| Roding Lane South Falmouth Gardens | 2027 | 2046 | 2102 | 2120 | 2140 | 2200 | 2219 | 2239 | 2259 | 2319 | 2339 | 2359 | 0018 | 0038 | | | | |

| 366 | | Sundays and other Public Holidays (except Christmas Day) | | | | | | | | | | | | | | | |
|------------------------------------|------|--|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| Beckton Bus Station | 0550 | | 0820 | 0838 | 0857 | 0916 | 0934 | 0954 | 1011 | 1029 | 1047 | 1106 | 1125 | 1144 | 1203 | 1221 | 1240 |
| Cyprus Station Cyprus Place | 0553 | | 0823 | 0841 | 0900 | 0919 | 0937 | 0957 | 1014 | 1032 | 1050 | 1109 | 1128 | 1147 | 1206 | 1224 | 1243 |
| Gallions Reach Shopping Park | 0558 | | 0828 | 0846 | 0905 | 0925 | 0943 | 1003 | 1020 | 1038 | 1056 | 1115 | 1134 | 1153 | 1212 | 1230 | 1249 |
| East Beckton Sainsbury's | 0603 | | 0833 | 0851 | 0910 | 0930 | 0948 | 1008 | 1025 | 1044 | 1102 | 1121 | 1141 | 1200 | 1219 | 1237 | 1256 |
| East Beckton Showcase Cinema | 0607 | Then every 30 minutes until | 0837 | 0855 | 0914 | 0934 | 0952 | 1012 | 1029 | 1048 | 1106 | 1126 | 1146 | 1205 | 1224 | 1242 | 1301 |
| Barking London Road | 0612 | | 0842 | 0900 | 0920 | 0940 | 0958 | 1018 | 1035 | 1054 | 1113 | 1133 | 1153 | 1212 | 1231 | 1249 | 1309 |
| Barking Station | 0614 | | 0844 | 0902 | 0922 | 0942 | 1000 | 1020 | 1038 | 1057 | 1116 | 1136 | 1156 | 1215 | 1234 | 1252 | 1312 |
| South Park Drive Loxford Lane | 0618 | | 0848 | 0907 | 0927 | 0947 | 1005 | 1025 | 1043 | 1103 | 1122 | 1142 | 1202 | 1221 | 1240 | 1258 | 1318 |
| Sunnyside Road Mortlake Road | 0621 | | 0851 | 0911 | 0931 | 0951 | 1009 | 1029 | 1047 | 1107 | 1126 | 1146 | 1206 | 1225 | 1244 | 1302 | 1322 |
| Ilford High Road Hainault Street | 0626 | | 0856 | 0916 | 0936 | 0956 | 1015 | 1035 | 1053 | 1113 | 1132 | 1152 | 1212 | 1231 | 1250 | 1309 | 1329 |
| Ilford Station | 0630 | | 0900 | 0920 | 0940 | 1000 | 1019 | 1039 | 1058 | 1118 | 1137 | 1157 | 1217 | 1236 | 1255 | 1315 | 1335 |
| Redbridge Station Forecourt | 0639 | 0909 | 0930 | 0950 | 1011 | 1030 | 1050 | 1110 | 1130 | 1150 | 1210 | 1230 | 1250 | 1309 | 1329 | 1349 | |
| Roding Lane South Falmouth Gardens | 0643 | 0913 | 0934 | 0954 | 1015 | 1035 | 1055 | 1115 | 1135 | 1155 | 1215 | 1235 | 1255 | 1315 | 1335 | 1355 | |
| Beckton Bus Station | 1259 | | 1519 | 1540 | 1600 | 1620 | 1640 | 1700 | 1720 | 1740 | 1800 | 1821 | 1841 | 1901 | 1921 | 1941 | 2002 |
| Cyprus Station Cyprus Place | 1302 | | 1522 | 1543 | 1603 | 1623 | 1643 | 1703 | 1723 | 1743 | 1803 | 1824 | 1844 | 1904 | 1924 | 1944 | 2005 |
| Gallions Reach Shopping Park | 1309 | | 1529 | 1550 | 1610 | 1630 | 1650 | 1710 | 1730 | 1750 | 1810 | 1830 | 1850 | 1910 | 1930 | 1950 | 2011 |
| East Beckton Sainsbury's | 1316 | | 1536 | 1557 | 1617 | 1637 | 1656 | 1716 | 1736 | 1756 | 1815 | 1835 | 1855 | 1915 | 1935 | 1955 | 2016 |
| East Beckton Showcase Cinema | 1321 | Then every 20 minutes until | 1541 | 1602 | 1622 | 1642 | 1701 | 1721 | 1741 | 1801 | 1820 | 1839 | 1859 | 1919 | 1939 | 1959 | 2020 |
| Barking London Road | 1329 | | 1549 | 1609 | 1629 | 1649 | 1708 | 1728 | 1748 | 1807 | 1826 | 1845 | 1905 | 1925 | 1945 | 2005 | 2026 |
| Barking Station | 1332 | | 1552 | 1612 | 1632 | 1652 | 1711 | 1731 | 1751 | 1810 | 1829 | 1848 | 1908 | 1928 | 1948 | 2008 | 2028 |
| South Park Drive Loxford Lane | 1338 | | 1558 | 1618 | 1638 | 1658 | 1717 | 1737 | 1757 | 1815 | 1834 | 1853 | 1913 | 1933 | 1953 | 2013 | 2033 |
| Sunnyside Road Mortlake Road | 1342 | | 1602 | 1622 | 1642 | 1702 | 1721 | 1741 | 1801 | 1819 | 1838 | 1857 | 1917 | 1937 | 1957 | 2017 | 2037 |
| Ilford High Road Hainault Street | 1349 | | 1609 | 1628 | 1648 | 1708 | 1727 | 1747 | 1807 | 1825 | 1844 | 1903 | 1922 | 1942 | 2002 | 2022 | 2042 |
| Ilford Station | 1355 | | 1615 | 1634 | 1654 | 1713 | 1732 | 1752 | 1812 | 1830 | 1849 | 1907 | 1926 | 1946 | 2006 | 2026 | 2046 |
| Redbridge Station Forecourt | 1409 | 1629 | 1648 | 1707 | 1726 | 1744 | 1804 | 1824 | 1842 | 1900 | 1918 | 1937 | 1957 | 2017 | 2037 | 2057 | |
| Roding Lane South Falmouth Gardens | 1415 | 1635 | 1654 | 1713 | 1731 | 1749 | 1809 | 1829 | 1847 | 1905 | 1923 | 1942 | 2002 | 2022 | 2042 | 2102 | |
| Beckton Bus Station | 2022 | 2042 | 2102 | 2123 | 2144 | 2205 | | | | | | | | | | | 2345 |
| Cyprus Station Cyprus Place | 2025 | 2045 | 2105 | 2126 | 2147 | 2208 | | | | | | | | | | | 2348 |
| Gallions Reach Shopping Park | 2031 | 2051 | 2111 | 2131 | 2152 | 2213 | | | | | | | | | | | 2353 |
| East Beckton Sainsbury's | 2036 | 2056 | 2116 | 2136 | 2157 | 2218 | | | | | | | | | | | 2358 |
| East Beckton Showcase Cinema | 2040 | 2100 | 2120 | 2140 | 2201 | 2222 | | | | | | | | | | | 0002 |
| Barking London Road | 2046 | 2106 | 2126 | 2146 | 2206 | 2227 | | | | | | | | | | | 0007 |
| Barking Station | 2048 | 2108 | 2128 | 2148 | 2208 | 2229 | | | | | | | | | | | 0009 |
| South Park Drive Loxford Lane | 2053 | 2113 | 2133 | 2153 | 2213 | 2233 | | | | | | | | | | | 0013 |
| Sunnyside Road Mortlake Road | 2057 | 2117 | 2137 | 2157 | 2216 | 2236 | | | | | | | | | | | 0016 |
| Ilford High Road Hainault Street | 2102 | 2122 | 2142 | 2202 | 2221 | 2241 | | | | | | | | | | | 0021 |
| Ilford Station | 2106 | 2126 | 2146 | 2206 | 2225 | 2245 | | | | | | | | | | | 0025 |
| Redbridge Station Forecourt | 2117 | 2136 | 2155 | 2215 | 2234 | 2254 | | | | | | | | | | | 0034 |
| Roding Lane South Falmouth Gardens | 2122 | 2141 | 2159 | 2219 | 2238 | 2258 | | | | | | | | | | | 0038 |