

372		Mondays to Fridays																
Lakeside Bus Station	0531	0601	0631	0651	0711	0731	0752	0813	0833	0854	0914	0934	0954	1013	1033	1053	1113	1132
Aveley Hall Road/Crescent Walk	0539	0610	0640	0701	0721	0741	0802	0822	0842	0903	0923	0943	1003	1022	1042	1102	1122	1141
Aveley Mill Road/Sandy Lane	0545	0616	0646	0707	0727	0747	0808	0828	0847	0908	0928	0948	1008	1027	1047	1107	1127	1146
Wennington The Green	0549	0620	0650	0711	0731	0751	0812	0832	0851	0912	0932	0952	1012	1031	1051	1111	1131	1150
Rainham Tesco	0556	0627	0658	0719	0739	0759	0820	0840	0859	0920	0941	1001	1021	1040	1100	1120	1140	1159
South Hornchurch Cherry Tree	0602	0633	0704	0725	0745	0805	0826	0846	0905	0926	0947	1007	1027	1046	1106	1126	1146	1205
Elm Park Station	0610	0641	0714	0735	0755	0815	0836	0856	0915	0935	0956	1016	1036	1055	1115	1135	1155	1214
Hornchurch Town Centre	0617	0649	0722	0743	0804	0824	0845	0905	0925	0945	1006	1026	1046	1105	1125	1145	1205	1224
Lakeside Bus Station	1152			1412	1433	1454	1514	1534	1555	1616	1637	1657	1717	1737	1755	1818	1839	1859
Aveley Hall Road/Crescent Walk	1201			1421	1442	1503	1523	1543	1605	1626	1647	1707	1727	1747	1804	1827	1847	1907
Aveley Mill Road/Sandy Lane	1206	Then		1426	1447	1508	1528	1548	1610	1631	1652	1712	1732	1752	1809	1832	1852	1912
Wennington The Green	1210	every 20		1430	1451	1512	1532	1552	1614	1635	1656	1716	1736	1756	1813	1836	1856	1916
Rainham Tesco	1219	minutes		1439	1459	1519	1539	1559	1622	1644	1705	1725	1745	1805	1821	1843	1903	1923
South Hornchurch Cherry Tree	1225	until		1445	1505	1525	1545	1606	1629	1651	1712	1732	1752	1812	1828	1849	1909	1929
Elm Park Station	1234			1454	1514	1534	1554	1615	1638	1701	1722	1742	1802	1821	1837	1858	1918	1938
Hornchurch Town Centre	1244			1504	1524	1544	1604	1625	1648	1711	1732	1752	1812	1830	1846	1906	1926	1946
Lakeside Bus Station	1920	1942	2014	2045	2115	2144	2213	2243	2314									
Aveley Hall Road/Crescent Walk	1928	1950	2022	2053	2123	2152	2221	2251	2321									
Aveley Mill Road/Sandy Lane	1933	1955	2026	2057	2127	2156	2225	2255	2325									
Wennington The Green	1937	1959	2030	2101	2131	2200	2229	2259	2329									
Rainham Tesco	1944	2006	2037	2108	2138	2207	2236	2306	2336									
South Hornchurch Cherry Tree	1949	2011	2042	2113	2143	2212	2241	2311	2341									
Elm Park Station	1958	2019	2050	2120	2150	2219	2248	2318	2348									
Hornchurch Town Centre	2006	2026	2056	2126	2156	2225	2254	2324	2354									
372		Saturdays (also Good Friday)																
Lakeside Bus Station	0530	0600	0630	0700	0730	0758	0818	0837	0856	0916	0935	0955	1015	1035	1056	1117	1137	1157
Aveley Hall Road/Crescent Walk	0538	0608	0638	0708	0738	0806	0826	0845	0904	0924	0943	1003	1023	1043	1104	1126	1147	1207
Aveley Mill Road/Sandy Lane	0542	0612	0642	0712	0742	0810	0830	0849	0908	0928	0947	1006	1027	1048	1109	1131	1152	1212
Wennington The Green	0546	0616	0646	0716	0746	0814	0834	0853	0912	0932	0951	1010	1031	1052	1113	1135	1156	1216
Rainham Tesco	0553	0623	0653	0723	0753	0821	0841	0901	0921	0941	1000	1019	1040	1101	1122	1144	1205	1225
South Hornchurch Cherry Tree	0558	0628	0658	0728	0758	0826	0846	0906	0926	0946	1005	1024	1045	1106	1127	1149	1211	1231
Elm Park Station	0605	0635	0705	0735	0805	0833	0854	0915	0935	0955	1014	1033	1054	1115	1136	1158	1220	1240
Hornchurch Town Centre	0611	0641	0711	0741	0811	0840	0902	0924	0944	1005	1024	1043	1104	1125	1147	1209	1231	1251
Lakeside Bus Station	1217	1237	1257	1317	1337	1357	1417	1438	1458	1517	1537	1557	1617	1636	1655	1715	1735	1755
Aveley Hall Road/Crescent Walk	1227	1247	1307	1327	1347	1407	1427	1448	1507	1526	1546	1606	1626	1645	1704	1724	1744	1804
Aveley Mill Road/Sandy Lane	1232	1252	1312	1332	1352	1412	1432	1453	1512	1531	1551	1611	1631	1650	1709	1729	1749	1809
Wennington The Green	1236	1256	1316	1336	1356	1416	1436	1457	1516	1535	1555	1615	1635	1654	1713	1733	1753	1813
Rainham Tesco	1245	1305	1325	1345	1405	1425	1445	1505	1524	1543	1603	1623	1643	1702	1721	1741	1801	1821
South Hornchurch Cherry Tree	1251	1311	1331	1351	1411	1431	1451	1511	1530	1549	1609	1629	1649	1708	1727	1747	1806	1826
Elm Park Station	1300	1320	1340	1400	1420	1440	1500	1520	1539	1558	1618	1638	1658	1717	1736	1756	1815	1835
Hornchurch Town Centre	1311	1331	1350	1410	1430	1449	1509	1529	1548	1607	1627	1647	1707	1726	1745	1805	1823	1843
Lakeside Bus Station	1815	1835	1855	1915	1945	2015	2044	2114	2144	2214	2244	2314						
Aveley Hall Road/Crescent Walk	1824	1844	1904	1924	1953	2023	2052	2122	2152	2222	2252	2322						
Aveley Mill Road/Sandy Lane	1829	1849	1909	1929	1958	2027	2056	2126	2156	2226	2256	2326						
Wennington The Green	1833	1853	1913	1933	2002	2031	2100	2130	2200	2230	2300	2330						
Rainham Tesco	1841	1901	1920	1940	2009	2038	2107	2137	2206	2236	2306	2336						
South Hornchurch Cherry Tree	1846	1906	1925	1945	2014	2043	2112	2142	2211	2241	2311	2341						
Elm Park Station	1855	1915	1934	1953	2022	2051	2120	2149	2218	2248	2318	2348						
Hornchurch Town Centre	1903	1923	1941	2000	2029	2058	2127	2156	2224	2254	2324	2354						
372		Sundays and other Public Holidays (except Christmas Day)																
Lakeside Bus Station	0710	0740	0810	0840	0910	0938	1006	1034	1104	1134	1204	1234	1305	1335	1405	1435	1505	1535
Aveley Hall Road/Crescent Walk	0717	0747	0817	0847	0917	0946	1015	1044	1115	1145	1215	1245	1315	1345	1414	1443	1513	1543
Aveley Mill Road/Sandy Lane	0721	0751	0821	0851	0921	0950	1020	1049	1120	1150	1220	1250	1320	1350	1419	1448	1518	1548
Wennington The Green	0725	0755	0825	0856	0926	0955	1025	1054	1125	1155	1224	1254	1324	1354	1423	1452	1522	1552
Rainham Tesco	0731	0801	0831	0903	0933	1002	1033	1102	1133	1203	1233	1303	1333	1403	1431	1459	1529	1559
South Hornchurch Cherry Tree	0735	0805	0835	0908	0938	1007	1038	1108	1139	1209	1239	1309	1339	1409	1437	1504	1534	1604
Elm Park Station	0742	0812	0842	0915	0946	1016	1047	1118	1150	1220	1250	1320	1350	1419	1447	1513	1543	1613
Hornchurch Town Centre	0749	0819	0849	0922	0953	1024	1055	1127	1159	1229	1259	1329	1359	1427	1455	1521	1551	1621
Lakeside Bus Station	1605	1635	1705	1737	1809	1840	1911	1942	2013	2043	2114	2144	2214	2244	2314			
Aveley Hall Road/Crescent Walk	1613	1643	1713	1745	1817	1848	1919	1950	2021	2051	2122	2152	2222	2252	2322			
Aveley Mill Road/Sandy Lane	1618	1648	1718	1750	1821	1852	1923	1954	2025	2055	2126	2156	2226	2256	2326			
Wennington The Green	1622	1652	1722	1754	1825	1856	1927	1958	2029	2059	2130	2200	2230	2300	2330			
Rainham Tesco	1629	1659	1729	1801	1832	1903	1933	2004	2035	2105	2136	2206	2236	2306	2336			
South Hornchurch Cherry Tree	1634	1704	1734	1806	1837	1908	1938	2009	2039	2109	2140	2210	2240	2310	2340			
Elm Park Station	1643	1713	1743	1815	1845	1915	1945	2016	2046	2116	2146	2216	2246	2316	2346			
Hornchurch Town Centre	1651	1721	1751	1822	1852	1922	1952	2022	2052	2122	2152	2222	2252	2322	2352			

372		Mondays to Fridays																	
Hornchurch Town Centre	0604	0631	0658	0716	0734	0754	0814	0834	0854	0914	0935	0955	1014	Then every 20 minutes until	1334	1354	1414		
Elm Park Station	0610	0637	0705	0724	0743	0803	0823	0843	0903	0923	0944	1004	1023		1343	1403	1423		
South Hornchurch Cherry Tree	0618	0647	0715	0734	0753	0814	0834	0854	0914	0934	0954	1014	1033		1353	1413	1433		
Rainham Tesco	0623	0652	0721	0741	0801	0822	0842	0901	0921	0940	1000	1020	1039		1359	1420	1441		
Wennington The Green	0630	0659	0729	0749	0809	0830	0850	0909	0929	0948	1008	1028	1047		1407	1428	1450		
Aveley Mill Road/Sandy Lane	0635	0704	0734	0754	0814	0835	0855	0914	0934	0953	1013	1033	1052		1412	1433	1455		
Aveley Hall Road/Crescent Walk	0639	0708	0739	0759	0819	0840	0900	0919	0938	0957	1017	1037	1056	1416	1437	1459			
Lakeside Bus Station	0646	0715	0746	0806	0826	0847	0907	0926	0945	1005	1025	1045	1104	1424	1444	1506			
Hornchurch Town Centre	1434	1454	1514	1534	1554	1614	1633	1651	1710	1729	1749	1809	1830	1854	1915	1934	1953	2024	
Elm Park Station	1443	1503	1524	1544	1604	1624	1643	1701	1720	1739	1759	1819	1840	1904	1924	1942	2001	2031	
South Hornchurch Cherry Tree	1454	1514	1535	1555	1615	1635	1654	1712	1731	1750	1810	1830	1850	1913	1933	1951	2009	2039	
Rainham Tesco	1502	1522	1543	1603	1623	1643	1702	1720	1739	1758	1817	1837	1857	1919	1938	1956	2014	2044	
Wennington The Green	1511	1531	1551	1611	1631	1651	1710	1728	1747	1806	1825	1845	1905	1927	1946	2004	2022	2052	
Aveley Mill Road/Sandy Lane	1516	1536	1555	1615	1635	1655	1714	1733	1752	1811	1830	1850	1910	1932	1951	2009	2027	2057	
Aveley Hall Road/Crescent Walk	1520	1541	1600	1620	1640	1700	1719	1738	1757	1816	1835	1855	1915	1937	1956	2013	2031	2101	
Lakeside Bus Station	1527	1548	1607	1628	1649	1709	1728	1747	1806	1824	1843	1903	1923	1944	2003	2020	2038	2108	
Hornchurch Town Centre	2055	2126	2157	2229	2301	2331	0001												
Elm Park Station	2101	2132	2203	2235	2307	2337	0007												
South Hornchurch Cherry Tree	2109	2140	2211	2243	2314	2344	0014												
Rainham Tesco	2114	2145	2215	2247	2318	2348	0018												
Wennington The Green	2122	2153	2222	2253	2324	2354	0024												
Aveley Mill Road/Sandy Lane	2127	2157	2226	2257	2328	2358	0028												
Aveley Hall Road/Crescent Walk	2131	2201	2230	2301	2332	0002	0032												
Lakeside Bus Station	2138	2207	2236	2307	2338	0008	0038												
372		Saturdays (also Good Friday)																	
Hornchurch Town Centre	0604	0634	0704	0732	0800	0820	0839	0858	0917	0937	0956	1014	1034	1053	Then every 20 minutes until	1233	1254		
Elm Park Station	0610	0640	0710	0738	0807	0827	0846	0906	0925	0945	1005	1023	1043	1103		1243	1304		
South Hornchurch Cherry Tree	0617	0647	0718	0746	0815	0835	0854	0915	0934	0954	1014	1033	1053	1113		1253	1314		
Rainham Tesco	0622	0652	0723	0751	0820	0840	0900	0920	0940	1000	1020	1040	1100	1120		1300	1320		
Wennington The Green	0629	0659	0730	0758	0827	0848	0908	0928	0948	1008	1028	1048	1108	1128		1308	1328		
Aveley Mill Road/Sandy Lane	0633	0703	0734	0802	0831	0852	0913	0933	0953	1013	1033	1053	1113	1133		1313	1333		
Aveley Hall Road/Crescent Walk	0637	0707	0738	0806	0836	0857	0918	0938	0958	1018	1038	1058	1118	1138	1318	1338			
Lakeside Bus Station	0643	0714	0745	0813	0843	0904	0925	0945	1005	1026	1046	1107	1127	1147	1327	1347			
Hornchurch Town Centre	1314	1334	1355	1415	1435	1455	1516	1536	1557	1617	1637	1657	1717	1736	1756	1815	1835	1855	
Elm Park Station	1324	1344	1404	1424	1444	1504	1524	1544	1605	1625	1645	1705	1725	1744	1804	1823	1843	1902	
South Hornchurch Cherry Tree	1334	1354	1414	1434	1454	1514	1534	1554	1615	1635	1655	1715	1735	1754	1813	1832	1852	1911	
Rainham Tesco	1340	1400	1420	1440	1500	1520	1540	1600	1621	1641	1701	1721	1741	1800	1819	1838	1857	1916	
Wennington The Green	1348	1408	1428	1448	1508	1528	1548	1608	1629	1649	1709	1729	1749	1808	1827	1845	1904	1923	
Aveley Mill Road/Sandy Lane	1353	1413	1433	1453	1513	1533	1553	1613	1634	1654	1714	1734	1754	1813	1832	1850	1909	1928	
Aveley Hall Road/Crescent Walk	1358	1418	1438	1458	1518	1537	1557	1617	1638	1658	1718	1738	1758	1817	1836	1854	1913	1932	
Lakeside Bus Station	1407	1427	1447	1507	1527	1546	1606	1626	1646	1706	1726	1746	1806	1824	1843	1901	1920	1939	
Hornchurch Town Centre	1915	1935	1955	2026	2056	2128	2200	2231	2301	2331	0001								
Elm Park Station	1922	1942	2002	2033	2103	2135	2206	2237	2307	2337	0007								
South Hornchurch Cherry Tree	1930	1950	2010	2041	2110	2142	2213	2244	2314	2344	0014								
Rainham Tesco	1935	1955	2015	2045	2115	2147	2217	2248	2318	2348	0018								
Wennington The Green	1942	2002	2022	2052	2122	2154	2224	2254	2324	2354	0024								
Aveley Mill Road/Sandy Lane	1947	2007	2026	2056	2126	2158	2228	2258	2328	2358	0028								
Aveley Hall Road/Crescent Walk	1951	2011	2030	2100	2130	2202	2232	2302	2332	0002	0032								
Lakeside Bus Station	1958	2018	2037	2107	2137	2208	2238	2308	2338	0008	0038								
372		Sundays and other Public Holidays (except Christmas Day)																	
Hornchurch Town Centre	0704	0734	0804	0834	0904	0934	1004	1034	1104	1132	1202	1232	1303	1333	1403	1434	1505	1535	
Elm Park Station	0709	0739	0810	0841	0911	0942	1012	1042	1112	1140	1210	1241	1312	1342	1411	1442	1513	1543	
South Hornchurch Cherry Tree	0715	0745	0816	0848	0918	0950	1021	1051	1121	1149	1219	1250	1321	1351	1420	1451	1522	1552	
Rainham Tesco	0720	0750	0822	0854	0924	0956	1027	1057	1127	1155	1225	1256	1327	1357	1426	1457	1528	1558	
Wennington The Green	0726	0756	0828	0901	0932	1004	1035	1105	1135	1203	1233	1304	1335	1405	1434	1505	1536	1606	
Aveley Mill Road/Sandy Lane	0731	0801	0833	0906	0937	1009	1040	1110	1140	1208	1238	1309	1340	1410	1439	1510	1540	1610	
Aveley Hall Road/Crescent Walk	0735	0805	0837	0910	0941	1013	1044	1114	1144	1213	1244	1315	1346	1416	1445	1515	1545	1615	
Lakeside Bus Station	0742	0812	0844	0917	0948	1021	1053	1123	1153	1222	1253	1324	1354	1423	1452	1522	1552	1622	
Hornchurch Town Centre	1605	1635	1705	1735	1804	1833	1902	1932	2000	2029	2059	2129	2159	2229	2300	2330	0001		
Elm Park Station	1613	1643	1713	1743	1812	1840	1908	1938	2006	2035	2105	2135	2205	2235	2306	2336	0007		
South Hornchurch Cherry Tree	1622	1652	1722	1752	1820	1848	1915	1945	2013	2042	2112	2142	2212	2242	2312	2342	0013		
Rainham Tesco	1628	1658	1728	1758	1826	1854	1921	1951	2019	2047	2117	2146	2216	2246	2316	2346	0017		
Wennington The Green	1636	1706	1736	1806	1833	1901	1928	1958	2026	2054	2123	2152	2222	2252	2322	2352	0023		
Aveley Mill Road/Sandy Lane	1640	1710	1740	1810	1837	1905	1932	2002	2030	2058	2127	2156	2226	2256	2326	2356	0027		
Aveley Hall Road/Crescent Walk	1645	1715	1745	1815	1842	1910	1936	2006	2034	2102	2131	2200	2230	2300	2330	0000	0030		
Lakeside Bus Station	1652	1722	1752	1822	1849	1917	1943	2012	2040	2108	2137	2207	2237	2306	2336	0006	0036		