

376	Saturdays (also Good Friday)																	
Beckton Bus Station	0605	0625	0645	0705	0725	0745	0805	0825	0840	0855	0907	0918	0930	0942	0954	1006	1018	1029
Winsor Park Estate Warwall	0608	0628	0648	0708	0728	0748	0808	0828	0843	0858	0910	0921	0933	0945	0957	1009	1021	1032
Cyprus Station Cyprus Place	0610	0630	0650	0710	0730	0751	0811	0831	0846	0901	0913	0924	0936	0948	1000	1012	1024	1035
Stansfeld Road Fulmer Road	0614	0634	0654	0714	0734	0755	0815	0835	0850	0905	0917	0928	0940	0952	1004	1016	1028	1039
Newham Hospital Emergency Dept.	0619	0639	0659	0719	0739	0800	0820	0840	0855	0910	0922	0934	0946	0958	1010	1022	1034	1045
Upton Park The Boleyn (Green Street)	0624	0645	0705	0725	0745	0806	0826	0846	0901	0916	0928	0940	0952	1004	1016	1028	1040	1052
Upton Park Station	0625	0646	0706	0726	0746	0807	0827	0847	0902	0917	0930	0942	0954	1006	1018	1030	1042	1054
East Ham Station	0631	0652	0712	0732	0752	0813	0833	0853	0909	0924	0937	0949	1002	1014	1026	1038	1050	1103
East Ham Newham Town Hall	0635	0656	0716	0736	0756	0817	0837	0858	0914	0929	0942	0954	1007	1019	1031	1043	1056	1109
Beckton Bus Station	1040	1052	1104	1116	1128	1140	1151	1203	1215	1227	1239	1252	1304	1316	1328	1340	1352	1404
Winsor Park Estate Warwall	1043	1055	1107	1119	1131	1143	1155	1207	1219	1231	1243	1255	1307	1319	1331	1343	1355	1407
Cyprus Station Cyprus Place	1046	1058	1110	1122	1134	1146	1158	1210	1222	1234	1246	1258	1310	1322	1334	1346	1358	1410
Stansfeld Road Fulmer Road	1051	1103	1115	1127	1139	1151	1203	1215	1227	1239	1251	1303	1315	1327	1339	1351	1403	1415
Newham Hospital Emergency Dept.	1057	1109	1121	1134	1146	1158	1210	1222	1234	1247	1259	1311	1323	1335	1347	1359	1411	1423
Upton Park The Boleyn (Green Street)	1104	1116	1128	1141	1153	1205	1217	1229	1241	1254	1306	1318	1330	1342	1354	1406	1418	1430
Upton Park Station	1106	1118	1130	1143	1155	1207	1219	1231	1244	1257	1309	1321	1333	1345	1357	1409	1421	1433
East Ham Station	1115	1127	1139	1152	1204	1217	1229	1241	1254	1307	1319	1331	1343	1355	1407	1420	1433	1445
East Ham Newham Town Hall	1122	1134	1146	1159	1211	1224	1236	1248	1301	1314	1326	1338	1350	1402	1415	1428	1441	1453
Beckton Bus Station	1416	1428	1440	1453	1505	1517	Then every 12 minutes until	1653	1705	1717	1729	1741	1753	1805	1817	1830	1842	1854
Winsor Park Estate Warwall	1419	1431	1443	1456	1508	1520		1656	1708	1720	1732	1744	1756	1808	1820	1833	1845	1857
Cyprus Station Cyprus Place	1422	1434	1446	1459	1511	1523		1659	1711	1723	1735	1747	1759	1811	1823	1836	1848	1860
Stansfeld Road Fulmer Road	1427	1439	1451	1504	1516	1528		1704	1716	1728	1740	1752	1804	1816	1828	1841	1853	1865
Newham Hospital Emergency Dept.	1435	1447	1459	1511	1523	1535		1711	1723	1735	1747	1759	1811	1823	1835	1847	1859	1871
Upton Park The Boleyn (Green Street)	1442	1454	1506	1518	1530	1542		1718	1730	1741	1753	1805	1817	1829	1841	1854	1866	1878
Upton Park Station	1445	1457	1509	1521	1533	1544		1720	1732	1743	1755	1807	1819	1831	1843	1856	1868	1880
East Ham Station	1457	1509	1521	1533	1545	1556		1732	1743	1754	1806	1817	1829	1841	1853	1905	1917	1929
East Ham Newham Town Hall	1505	1517	1529	1541	1553	1604		1740	1751	1802	1814	1825	1837	1849	1901	1912	1924	1936
Beckton Bus Station	1854	1909	1924	1945	2005	2025	2045	2105	2125	2145	2205	2225	2245	2305	2325			
Winsor Park Estate Warwall	1857	1912	1927	1948	2008	2028	2048	2108	2128	2148	2208	2228	2248	2308	2328			
Cyprus Station Cyprus Place	1900	1915	1930	1951	2011	2031	2051	2111	2131	2151	2211	2230	2250	2310	2330			
Stansfeld Road Fulmer Road	1905	1920	1935	1955	2015	2035	2055	2115	2135	2155	2215	2234	2254	2314	2334			
Newham Hospital Emergency Dept.	1911	1926	1941	2001	2021	2041	2100	2120	2140	2200	2220	2239	2259	2318	2338			
Upton Park The Boleyn (Green Street)	1918	1933	1948	2007	2027	2047	2106	2125	2145	2205	2225	2244	2304	2323	2343			
Upton Park Station	1920	1935	1950	2009	2029	2049	2108	2126	2146	2206	2226	2245	2305	2324	2344			
East Ham Station	1929	1944	1959	2017	2037	2056	2115	2133	2153	2212	2232	2251	2311	2329	2349			
East Ham Newham Town Hall	1936	1951	2005	2023	2043	2102	2120	2138	2158	2217	2236	2255	2315	2333	2353			
376	Sundays and other Public Holidays (except Christmas Day)																	
Beckton Bus Station	0625	0655	0725	0755	0825	0855	0925	0955	1024	1053	1121	1146	1211	1241	1311	1341	1411	1441
Winsor Park Estate Warwall	0628	0658	0728	0758	0828	0858	0928	0958	1027	1056	1124	1150	1215	1245	1315	1345	1415	1445
Cyprus Station Cyprus Place	0630	0700	0730	0800	0830	0901	0931	1001	1030	1059	1127	1153	1218	1248	1318	1348	1418	1448
Stansfeld Road Fulmer Road	0634	0704	0734	0804	0834	0905	0935	1005	1034	1104	1132	1158	1223	1253	1323	1353	1423	1453
Newham Hospital Emergency Dept.	0639	0709	0739	0809	0839	0910	0940	1010	1040	1110	1139	1205	1230	1300	1331	1401	1431	1500
Upton Park The Boleyn (Green Street)	0644	0714	0744	0814	0844	0916	0946	1016	1046	1116	1146	1212	1237	1307	1338	1408	1438	1507
Upton Park Station	0645	0715	0745	0815	0845	0917	0947	1017	1047	1118	1148	1214	1239	1309	1340	1410	1440	1509
East Ham Station	0651	0721	0751	0821	0851	0923	0953	1024	1055	1126	1157	1224	1249	1319	1350	1420	1450	1519
East Ham Newham Town Hall	0654	0724	0754	0825	0855	0927	0958	1029	1100	1132	1203	1231	1256	1326	1357	1428	1458	1527
Beckton Bus Station	1511	1541	1611	1640	1710	1740	1810	1840	1910	1940	2010	2040	2110	2140	2210	2235	2300	2325
Winsor Park Estate Warwall	1514	1544	1614	1643	1713	1743	1813	1843	1913	1943	2013	2043	2113	2143	2213	2238	2303	2328
Cyprus Station Cyprus Place	1517	1547	1617	1646	1716	1746	1816	1846	1916	1946	2016	2046	2116	2146	2215	2240	2305	2330
Stansfeld Road Fulmer Road	1522	1552	1622	1651	1721	1751	1821	1851	1920	1950	2020	2050	2120	2150	2219	2244	2309	2334
Newham Hospital Emergency Dept.	1529	1559	1629	1658	1727	1757	1827	1857	1926	1956	2026	2055	2125	2155	2224	2249	2314	2339
Upton Park The Boleyn (Green Street)	1536	1606	1636	1705	1734	1803	1833	1903	1932	2002	2032	2101	2130	2200	2229	2253	2318	2343
Upton Park Station	1538	1608	1638	1707	1736	1805	1835	1905	1933	2003	2033	2102	2131	2201	2230	2254	2319	2344
East Ham Station	1548	1618	1648	1717	1746	1815	1844	1914	1942	2011	2040	2109	2137	2207	2236	2300	2324	2349
East Ham Newham Town Hall	1556	1626	1656	1725	1754	1823	1850	1920	1948	2016	2045	2114	2142	2211	2240	2304	2328	2353

376		Mondays to Fridays															
East Ham Newham Town Hall	0605	0625	0645	0657	0707	0717	0727	0737	0749	0800	0811	0823	0835	0847	0859	Then every 12 minutes until	1023
East Ham Station	0609	0629	0649	0701	0711	0722	0732	0742	0754	0805	0817	0829	0841	0853	0905		1029
Upton Park Station	0613	0634	0654	0707	0718	0729	0740	0751	0803	0815	0827	0840	0852	0903	0913		1037
Upton Park The Boleyn (Green Street)	0615	0636	0656	0709	0720	0731	0742	0753	0805	0817	0829	0842	0854	0905	0915		1039
Newham Hospital Emergency Dept.	0620	0641	0701	0715	0726	0738	0749	0800	0812	0824	0836	0849	0901	0911	0921		1045
Stansfeld Road Fulmer Road	0625	0646	0707	0721	0733	0745	0757	0809	0821	0833	0845	0857	0908	0918	0928		1052
Cyprus Station Cyprus Place	0629	0650	0711	0725	0738	0750	0802	0814	0826	0838	0850	0902	0913	0923	0933		1057
Winsor Park Estate Warwall	0632	0653	0714	0728	0741	0753	0805	0817	0829	0841	0853	0905	0916	0926	0936	1100	
Beckton Bus Station	0634	0655	0716	0730	0744	0756	0808	0820	0832	0844	0856	0908	0919	0929	0939	1103	
East Ham Newham Town Hall	1034	1046	1058	1109	1121	1133	Then every 12 minutes until	1233	1245	Then every 12 minutes until	1345	1357	1409	1421	1433	1445	
East Ham Station	1041	1053	1105	1116	1128	1140		1240	1252		1352	1404	1416	1428	1440	1452	
Upton Park Station	1049	1101	1113	1125	1137	1149		1249	1301		1401	1414	1426	1438	1450	1502	
Upton Park The Boleyn (Green Street)	1051	1103	1115	1127	1139	1151		1251	1304		1404	1417	1429	1441	1453	1505	
Newham Hospital Emergency Dept.	1057	1109	1121	1133	1145	1158		1258	1311		1411	1424	1437	1449	1501	1513	
Stansfeld Road Fulmer Road	1104	1116	1128	1140	1152	1205		1305	1318		1418	1431	1445	1457	1510	1522	
Cyprus Station Cyprus Place	1109	1121	1133	1145	1157	1210		1310	1323		1423	1436	1450	1502	1515	1527	
Winsor Park Estate Warwall	1112	1124	1136	1148	1200	1213	1313	1326	1426	1439	1453	1505	1518	1530			
Beckton Bus Station	1115	1127	1139	1151	1203	1216	1316	1329	1429	1442	1456	1508	1521	1533			
East Ham Newham Town Hall	1456	1508	1519	1531	1544	Then every 12 minutes until	1644	1656	1708	1720	1732	1744	1756	1808	1820	1831	1846
East Ham Station	1504	1516	1527	1539	1552		1652	1704	1716	1728	1740	1752	1804	1816	1828	1840	1855
Upton Park Station	1514	1526	1538	1550	1602		1702	1714	1725	1737	1749	1801	1813	1825	1837	1849	1904
Upton Park The Boleyn (Green Street)	1517	1529	1541	1553	1605		1705	1717	1728	1740	1752	1804	1816	1828	1840	1852	1907
Newham Hospital Emergency Dept.	1525	1537	1549	1601	1613		1713	1724	1735	1747	1759	1811	1823	1835	1847	1859	1913
Stansfeld Road Fulmer Road	1534	1546	1558	1610	1622		1722	1733	1744	1755	1806	1818	1830	1842	1854	1906	1920
Cyprus Station Cyprus Place	1539	1551	1603	1615	1627		1727	1738	1749	1800	1811	1822	1834	1846	1858	1910	1924
Winsor Park Estate Warwall	1542	1554	1606	1618	1630	1730	1741	1752	1803	1814	1825	1837	1849	1901	1913	1927	
Beckton Bus Station	1545	1557	1609	1621	1633	1733	1744	1755	1806	1817	1828	1840	1852	1904	1916	1930	
East Ham Newham Town Hall	1901	1921	1942	2003	2024	2045	2105	2125	2145	2205	2225	2245	2305	2325			
East Ham Station	1910	1929	1949	2009	2029	2050	2110	2130	2149	2209	2229	2248	2308	2328			
Upton Park Station	1919	1938	1958	2017	2037	2057	2117	2136	2155	2215	2234	2253	2313	2333			
Upton Park The Boleyn (Green Street)	1921	1940	2000	2019	2039	2059	2119	2138	2157	2217	2236	2255	2315	2335			
Newham Hospital Emergency Dept.	1927	1946	2006	2025	2045	2104	2124	2143	2202	2222	2240	2259	2319	2339			
Stansfeld Road Fulmer Road	1934	1953	2012	2031	2051	2110	2129	2148	2207	2227	2245	2304	2324	2344			
Cyprus Station Cyprus Place	1938	1957	2016	2035	2055	2114	2133	2152	2211	2230	2248	2307	2327	2347			
Winsor Park Estate Warwall	1941	2000	2019	2038	2058	2117	2136	2155	2214	2233	2251	2310	2330	2350			
Beckton Bus Station	1944	2003	2022	2041	2100	2119	2138	2157	2216	2235	2253	2312	2332	2352			

376		Saturdays (also Good Friday)																	
East Ham Newham Town Hall	0605	0625	0645	0705	0725	0745	0805	0820	0835	0847	0859	0909	0920	0932	0944	0955	1006	1018	
East Ham Station	0608	0628	0648	0708	0729	0749	0809	0824	0839	0851	0903	0914	0925	0937	0949	1001	1012	1024	
Upton Park Station	0612	0632	0653	0713	0734	0754	0814	0830	0845	0857	0909	0920	0932	0944	0956	1008	1019	1031	
Upton Park The Boleyn (Green Street)	0614	0634	0655	0715	0736	0756	0816	0832	0847	0859	0911	0922	0934	0946	0958	1010	1021	1033	
Newham Hospital Emergency Dept.	0618	0638	0659	0720	0741	0801	0821	0837	0852	0904	0916	0928	0940	0952	1004	1016	1027	1039	
Stansfeld Road Fulmer Road	0622	0642	0704	0725	0746	0806	0826	0842	0857	0910	0922	0934	0946	0958	1010	1022	1034	1046	
Cyprus Station Cyprus Place	0625	0645	0707	0728	0749	0809	0830	0846	0901	0914	0926	0938	0950	1002	1014	1026	1038	1050	
Winsor Park Estate Warwall	0628	0648	0710	0731	0752	0812	0833	0849	0904	0917	0929	0941	0953	1005	1017	1029	1041	1053	
Beckton Bus Station	0630	0650	0712	0733	0754	0814	0835	0851	0906	0919	0931	0943	0955	1007	1019	1032	1044	1056	
East Ham Newham Town Hall	1029	1041	1053	1105	1117	1129	1141	1153	1205	1217	1229	1241	1253	1305	1317	1329	1341	1353	
East Ham Station	1035	1047	1100	1112	1124	1136	1148	1200	1212	1224	1237	1249	1301	1313	1325	1337	1349	1401	
Upton Park Station	1042	1054	1107	1119	1131	1144	1156	1209	1221	1233	1246	1258	1310	1322	1334	1346	1358	1410	
Upton Park The Boleyn (Green Street)	1045	1057	1110	1122	1134	1147	1159	1212	1224	1236	1249	1301	1313	1325	1337	1349	1401	1413	
Newham Hospital Emergency Dept.	1051	1103	1116	1128	1140	1153	1205	1218	1230	1242	1255	1307	1319	1331	1344	1356	1408	1420	
Stansfeld Road Fulmer Road	1058	1110	1123	1135	1147	1200	1213	1226	1238	1250	1303	1315	1327	1339	1352	1404	1417	1429	
Cyprus Station Cyprus Place	1102	1114	1127	1139	1151	1204	1217	1230	1242	1254	1307	1319	1331	1344	1357	1409	1422	1434	
Winsor Park Estate Warwall	1105	1117	1130	1142	1154	1207	1220	1233	1245	1257	1310	1322	1334	1347	1400	1412	1425	1437	
Beckton Bus Station	1108	1120	1133	1145	1157	1210	1223	1236	1248	1300	1313	1325	1337	1350	1403	1415	1428	1440	
East Ham Newham Town Hall	1405			1453	1506	1518	1530	1543	1555	1607	1619	1632			1720	1732	1744	1756	
East Ham Station	1413			1501	1513	1525	1537	1550	1602	1614	1626	1639			1727	1740	1752	1804	
Upton Park Station	1423			1511	1523	1535	1547	1600	1612	1624	1636	1648			1736	1749	1801	1813	
Upton Park The Boleyn (Green Street)	1426			1514	1526	1538	1550	1603	1615	1627	1639	1651			1739	1752	1804	1816	
Newham Hospital Emergency Dept.	1433			1521	1533	1545	1557	1610	1622	1634	1646	1658			1746	1759	1811	1823	
Stansfeld Road Fulmer Road	1442			1530	1542	1554	1606	1618	1630	1642	1654	1706			1754	1807	1819	1831	
Cyprus Station Cyprus Place	1447			1535	1547	1559	1611	1623	1635	1647	1659	1711			1759	1811	1823	1835	
Winsor Park Estate Warwall	1450			1538	1550	1602	1614	1626	1638	1650	1702	1714			1802	1814	1826	1838	
Beckton Bus Station	1453			1541	1553	1605	1617	1629	1641	1653	1705	1717			1805	1817	1829	1841	
East Ham Newham Town Hall	1809	1821	1833	1848	1903	1923	1944	2005	2025	2045	2105	2125	2145	2205	2225	2245	2305	2325	
East Ham Station	1817	1829	1842	1857	1912	1931	1951	2012	2032	2051	2110	2130	2149	2209	2229	2249	2309	2329	
Upton Park Station	1826	1838	1851	1906	1921	1940	2000	2020	2040	2059	2117	2137	2156	2216	2235	2255	2315	2335	
Upton Park The Boleyn (Green Street)	1829	1841	1854	1909	1924	1943	2002	2022	2042	2101	2119	2139	2158	2218	2237	2257	2317	2337	
Newham Hospital Emergency Dept.	1836	1848	1900	1915	1930	1949	2008	2028	2048	2107	2124	2144	2203	2223	2242	2302	2322	2342	
Stansfeld Road Fulmer Road	1843	1855	1907	1922	1937	1956	2015	2034	2054	2112	2129	2149	2208	2228	2247	2307	2327	2347	
Cyprus Station Cyprus Place	1847	1859	1911	1926	1941	2000	2019	2038	2058	2116	2133	2153	2212	2232	2251	2311	2331	2351	
Winsor Park Estate Warwall	1850	1902	1914	1929	1944	2003	2022	2041	2101	2118	2135	2155	2214	2234	2253	2313	2333	2353	
Beckton Bus Station	1853	1905	1917	1932	1947	2005	2024	2043	2103	2120	2137	2157	2216	2236	2255	2315	2335	2355	
376		Sundays and other Public Holidays (except Christmas Day)																	
East Ham Newham Town Hall	0625	0650	0720	0750	0820	0850	0920	0950	1020	1049	1117	1145	1214	1242	1312	1341	1411	1440	
East Ham Station	0628	0654	0724	0754	0824	0854	0924	0954	1025	1055	1123	1152	1221	1250	1320	1349	1419	1448	
Upton Park Station	0632	0659	0729	0759	0829	0859	0930	1000	1031	1101	1130	1159	1228	1258	1328	1358	1428	1458	
Upton Park The Boleyn (Green Street)	0634	0701	0731	0801	0831	0901	0932	1002	1033	1103	1132	1202	1231	1301	1331	1401	1431	1501	
Newham Hospital Emergency Dept.	0638	0706	0736	0806	0836	0906	0937	1008	1039	1109	1138	1208	1237	1307	1337	1407	1437	1507	
Stansfeld Road Fulmer Road	0642	0711	0741	0811	0841	0911	0942	1014	1045	1115	1145	1215	1245	1315	1345	1415	1445	1515	
Cyprus Station Cyprus Place	0645	0715	0745	0815	0845	0915	0946	1018	1049	1119	1149	1219	1249	1319	1349	1419	1449	1519	
Winsor Park Estate Warwall	0648	0718	0748	0818	0848	0918	0949	1021	1052	1122	1152	1222	1252	1322	1352	1422	1452	1522	
Beckton Bus Station	0650	0720	0750	0820	0850	0920	0951	1023	1054	1125	1155	1225	1255	1325	1355	1425	1455	1525	
East Ham Newham Town Hall	1510	1540	1610	1640	1710	1740	1810	1840	1905	1930	1955	2025	2055	2125	2155	2225	2255	2325	
East Ham Station	1518	1548	1618	1648	1718	1747	1816	1846	1911	1936	2000	2030	2100	2130	2159	2229	2258	2328	
Upton Park Station	1528	1558	1628	1658	1727	1756	1825	1854	1919	1944	2008	2037	2107	2137	2205	2235	2303	2333	
Upton Park The Boleyn (Green Street)	1531	1601	1631	1701	1730	1758	1827	1856	1921	1946	2010	2039	2109	2139	2207	2237	2305	2335	
Newham Hospital Emergency Dept.	1537	1607	1637	1707	1736	1804	1833	1902	1927	1952	2016	2044	2114	2144	2212	2241	2309	2339	
Stansfeld Road Fulmer Road	1545	1615	1645	1715	1743	1811	1839	1908	1933	1958	2022	2050	2119	2149	2217	2246	2313	2343	
Cyprus Station Cyprus Place	1549	1619	1649	1719	1747	1815	1843	1912	1937	2002	2026	2054	2123	2152	2220	2249	2316	2346	
Winsor Park Estate Warwall	1552	1622	1652	1722	1750	1818	1846	1915	1940	2005	2029	2057	2126	2155	2223	2252	2318	2348	
Beckton Bus Station	1555	1625	1655	1725	1752	1820	1848	1917	1942	2007	2031	2059	2128	2157	2225	2254	2320	2350	