

396		Mondays to Fridays																
Little Heath King George Hospital	0545	0615	0644	0704	0722	0740	0800	0820	0840	0900	0921	0942	Then every 20 minutes until	1122	1141	1201	1221	
Newbury Park Station	0551	0622	0652	0712	0731	0751	0811	0831	0850	0910	0930	0950		1130	1150	1210	1230	
Gants Hill Station Cranbrook Road (S)	0556	0627	0658	0719	0739	0759	0819	0839	0857	0917	0937	0957		1137	1157	1217	1237	
Ilford Station	0602	0633	0705	0728	0749	0809	0829	0848	0906	0926	0945	1005		1145	1205	1225	1245	
Ilford Sainsbury's	0603	0634	0707	0730	0751	0811	0831	0850	0908	0928	0947	1007	1147	1207	1227	1247		
Little Heath King George Hospital	1241	1301	1321	1341	1401	1421	1441	1459	1518	1538	1558	1618	1637	1657	1718	1739	1800	1820
Newbury Park Station	1250	1310	1330	1350	1410	1430	1451	1510	1530	1550	1610	1630	1650	1710	1730	1750	1810	1830
Gants Hill Station Cranbrook Road (S)	1257	1317	1337	1357	1417	1437	1458	1518	1538	1558	1617	1637	1657	1717	1737	1757	1817	1837
Ilford Station	1305	1326	1346	1406	1426	1446	1508	1529	1549	1609	1627	1647	1707	1727	1747	1806	1826	1845
Ilford Sainsbury's	1307	1328	1348	1408	1428	1448	1510	1531	1551	1611	1629	1649	1709	1729	1749	1808	1828	1847
Little Heath King George Hospital	1840	1900	1920	1940	2000	2030	2100	2130	2200	2230	2300	2330	0000					
Newbury Park Station	1849	1908	1928	1947	2007	2037	2106	2136	2206	2236	2305	2335	0005					
Gants Hill Station Cranbrook Road (S)	1856	1914	1934	1953	2012	2042	2111	2141	2210	2240	2309	2339	0009					
Ilford Station	1904	1922	1941	2000	2019	2048	2117	2147	2216	2245	2314	2344	0014					
Ilford Sainsbury's	1906	1924	1943	2002	2021	2050	2119	2149	2217	2246	2315	2345	0015					
396		Saturdays (also Good Friday)																
Little Heath King George Hospital	0545	0615	0645	0715	0735	0755	0810	0830	0850	0909	0929	0948	1007	1027	1047	1107	1127	1147
Newbury Park Station	0551	0621	0651	0721	0741	0801	0817	0837	0857	0916	0936	0955	1015	1035	1055	1115	1135	1155
Gants Hill Station Cranbrook Road (S)	0556	0626	0656	0726	0746	0806	0822	0842	0902	0922	0942	1002	1022	1042	1102	1122	1142	1202
Ilford Station	0601	0631	0701	0731	0751	0811	0827	0848	0909	0930	0950	1011	1031	1051	1112	1132	1152	1213
Ilford Sainsbury's	0602	0632	0702	0732	0752	0812	0828	0849	0910	0931	0951	1012	1032	1052	1114	1134	1154	1215
Little Heath King George Hospital	1206	1226	1245	1305	1325	1345	1405	1425	1445	1505	1525	1545	1605	1625	1645	1705	1725	1745
Newbury Park Station	1215	1235	1254	1314	1334	1354	1414	1434	1454	1514	1534	1554	1614	1634	1654	1714	1734	1754
Gants Hill Station Cranbrook Road (S)	1222	1242	1302	1322	1342	1402	1422	1441	1501	1521	1541	1601	1621	1641	1701	1721	1741	1801
Ilford Station	1233	1253	1314	1334	1354	1414	1434	1453	1513	1533	1553	1612	1632	1652	1712	1732	1751	1809
Ilford Sainsbury's	1235	1255	1316	1336	1356	1416	1436	1455	1515	1535	1555	1614	1634	1654	1714	1734	1753	1811
Little Heath King George Hospital	1805	1825	1845	1905	1925	1945	2000	2030	2100	2130	2200	2230	2300	2330	0000			
Newbury Park Station	1814	1834	1853	1913	1933	1952	2007	2037	2106	2136	2206	2236	2305	2335	0005			
Gants Hill Station Cranbrook Road (S)	1821	1841	1900	1920	1940	1958	2013	2043	2111	2141	2211	2240	2309	2339	0009			
Ilford Station	1829	1849	1908	1928	1948	2005	2020	2050	2118	2147	2217	2246	2315	2344	0014			
Ilford Sainsbury's	1831	1851	1910	1930	1950	2007	2022	2052	2120	2149	2219	2248	2317	2345	0015			
396		Sundays and other Public Holidays (except Christmas Day)																
Little Heath King George Hospital	0545	0615	0645	0715	0745	0815	0845	0908	0928	0947	1007	1027	1046	1105	1125	1144	1204	1224
Newbury Park Station	0551	0621	0651	0721	0751	0822	0852	0915	0935	0955	1015	1035	1054	1113	1133	1152	1212	1232
Gants Hill Station Cranbrook Road (S)	0556	0626	0656	0726	0756	0827	0857	0920	0941	1001	1021	1041	1100	1120	1140	1159	1219	1239
Ilford Station	0601	0631	0701	0731	0801	0832	0902	0926	0947	1007	1028	1048	1108	1128	1148	1208	1228	1248
Ilford Sainsbury's	0602	0632	0702	0732	0802	0833	0903	0928	0949	1009	1030	1050	1110	1130	1150	1210	1230	1250
Little Heath King George Hospital	1244	1303	Then every 20 minutes until	1503	1524	1544	1604	1624	1644	1704	1725	1746	1806	1826	1846	1907	1927	
Newbury Park Station	1252	1312		1512	1532	1552	1612	1632	1652	1712	1732	1753	1813	1833	1853	1914	1934	
Gants Hill Station Cranbrook Road (S)	1259	1319		1519	1539	1559	1619	1639	1659	1719	1739	1759	1819	1839	1859	1920	1940	
Ilford Station	1308	1328		1528	1548	1608	1627	1647	1707	1727	1747	1807	1827	1847	1907	1927	1947	
Ilford Sainsbury's	1310	1330	1530	1550	1610	1629	1649	1709	1729	1749	1809	1829	1849	1909	1929	1949		
Little Heath King George Hospital	1958	2029	2059	2130	2200	2230	2300	2330	0000									
Newbury Park Station	2005	2035	2105	2135	2205	2235	2305	2335	0005									
Gants Hill Station Cranbrook Road (S)	2010	2040	2110	2140	2210	2239	2309	2339	0009									
Ilford Station	2016	2046	2116	2145	2215	2244	2314	2344	0014									
Ilford Sainsbury's	2018	2048	2118	2147	2216	2245	2315	2345	0015									

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Ilford – Gants Hill – King George Hospital

396		Mondays to Fridays																
Ilford Sainsbury's	0520	0550	0620	0640	0700	0720	0738	0757	0817	0838	0858	0919	0939	0959	Then	1219	1239	
Ilford Station	0521	0551	0621	0641	0702	0722	0740	0759	0819	0840	0900	0921	0941	1001	every 20	1221	1241	
Gants Hill Station Cranbrook Road (S)	0526	0556	0626	0647	0709	0729	0748	0808	0828	0848	0908	0928	0948	1008	minutes	1228	1249	
Newbury Park Station	0531	0601	0632	0653	0716	0736	0756	0816	0836	0856	0916	0936	0956	1016	until	1236	1257	
Little Heath King George Hospital	0539	0610	0641	0703	0726	0748	0809	0830	0850	0910	0928	0947	1007	1026		1246	1307	
Ilford Sainsbury's	1259	1319	1339	1359	1419	1439	1457	1517	1537	1557	Then	1737	1757	1817	1837	1858	1919	
Ilford Station	1301	1321	1341	1401	1421	1441	1459	1519	1539	1559	every 20	1739	1759	1819	1839	1900	1920	
Gants Hill Station Cranbrook Road (S)	1309	1329	1349	1409	1429	1449	1508	1528	1548	1607	minutes	1747	1807	1827	1847	1908	1927	
Newbury Park Station	1317	1337	1357	1417	1437	1458	1518	1538	1558	1617	until	1757	1817	1837	1856	1916	1935	
Little Heath King George Hospital	1327	1348	1408	1428	1449	1510	1531	1551	1611	1630		1810	1829	1849	1908	1927	1945	
Ilford Sainsbury's	1939	1959	2029	2100	2130	2200	2230	2300	2330	0000								
Ilford Station	1940	2000	2030	2101	2131	2201	2231	2301	2331	0001								
Gants Hill Station Cranbrook Road (S)	1947	2007	2037	2107	2137	2207	2236	2306	2336	0006								
Newbury Park Station	1954	2014	2043	2113	2143	2213	2242	2311	2341	0011								
Little Heath King George Hospital	2004	2024	2052	2122	2152	2221	2250	2319	2349	0019								
396		Saturdays (also Good Friday)																
Ilford Sainsbury's	0520	0550	0620	0649	0709	0729	0749	0809	0829	0849	0908	0927	0947	1006	1026	1046	1106	1125
Ilford Station	0521	0551	0621	0650	0710	0730	0750	0810	0830	0850	0909	0929	0949	1008	1028	1048	1108	1127
Gants Hill Station Cranbrook Road (S)	0526	0556	0626	0656	0716	0736	0756	0816	0836	0856	0916	0936	0956	1015	1035	1055	1115	1134
Newbury Park Station	0531	0601	0631	0702	0722	0742	0802	0822	0842	0903	0923	0943	1003	1023	1043	1103	1123	1143
Little Heath King George Hospital	0539	0609	0639	0710	0730	0750	0810	0830	0851	0912	0932	0953	1013	1033	1053	1114	1134	1154
Ilford Sainsbury's	1145	1204	1223	Then	1503	1523	Then	1843	1903	1923	1943	2003	2030	2100	2130	2200		
Ilford Station	1147	1206	1225	every 20	1505	1525	every 20	1845	1905	1925	1945	2005	2032	2102	2132	2202		
Gants Hill Station Cranbrook Road (S)	1154	1214	1233	minutes	1513	1533	minutes	1853	1913	1933	1952	2012	2039	2109	2139	2208		
Newbury Park Station	1203	1223	1243	until	1523	1542	until	1902	1922	1941	2000	2019	2045	2115	2145	2214		
Little Heath King George Hospital	1214	1235	1255		1535	1554		1914	1933	1951	2010	2029	2054	2124	2154	2223		
Ilford Sainsbury's	2230	2300	2330	0000														
Ilford Station	2232	2302	2332	0002														
Gants Hill Station Cranbrook Road (S)	2238	2308	2337	0007														
Newbury Park Station	2244	2313	2342	0012														
Little Heath King George Hospital	2252	2321	2350	0020														
396		Sundays and other Public Holidays (except Christmas Day)																
Ilford Sainsbury's	0520	0550	0620	0650	0720	0750	0820	0840	0900	0920	0940	1000	1020	1040	1100	1119	1139	1159
Ilford Station	0521	0551	0621	0651	0721	0751	0821	0841	0901	0921	0941	1002	1022	1042	1102	1121	1141	1201
Gants Hill Station Cranbrook Road (S)	0526	0556	0626	0657	0727	0757	0827	0847	0907	0927	0947	1009	1029	1049	1109	1128	1148	1209
Newbury Park Station	0531	0601	0631	0702	0732	0802	0832	0853	0913	0933	0953	1016	1036	1056	1116	1136	1156	1218
Little Heath King George Hospital	0539	0609	0639	0710	0740	0810	0840	0901	0921	0941	1001	1025	1045	1105	1125	1146	1206	1229
Ilford Sainsbury's	1219	Then	1459	1519	Then	1659	1720	1740	1800	Then	1940	2000	2030	2100	2130			
Ilford Station	1221	every 20	1501	1521	every 20	1701	1722	1742	1802	every 20	1942	2002	2032	2102	2132			
Gants Hill Station Cranbrook Road (S)	1229	minutes	1509	1529	minutes	1709	1729	1749	1809	minutes	1949	2008	2038	2108	2138			
Newbury Park Station	1238	until	1518	1537	until	1717	1737	1757	1816	until	1956	2014	2044	2114	2144			
Little Heath King George Hospital	1249		1529	1548		1728	1748	1808	1826		2006	2023	2053	2122	2152			
Ilford Sainsbury's	2200	2230	2300	2330	0000													
Ilford Station	2202	2231	2301	2331	0001													
Gants Hill Station Cranbrook Road (S)	2207	2236	2306	2336	0006													
Newbury Park Station	2212	2241	2311	2341	0011													
Little Heath King George Hospital	2220	2249	2319	2349	0019													