

396		Mondays to Fridays															
King George Hospital	0544	0614	0644	0702	0720	0736	0756	0816	0836	0856	0918	0940	1002	1024	Then every 20 minutes until	1504	1522
Little Heath Eastern Avenue	0547	0617	0647	0705	0723	0740	0800	0820	0840	0900	0922	0944	1006	1028		1508	1527
Newbury Park Station	0550	0620	0650	0710	0728	0748	0808	0828	0848	0908	0930	0952	1012	1033		1513	1533
Gants Hill Station Cranbrook Road (S)	0554	0624	0655	0716	0735	0755	0815	0835	0855	0915	0937	0959	1019	1039		1519	1539
Ilford Station	0600	0630	0701	0723	0744	0804	0824	0844	0904	0924	0946	1008	1028	1048		1528	1548
Ilford Sainsbury's	0601	0631	0703	0725	0747	0807	0827	0847	0907	0927	0949	1011	1031	1051	1531	1551	
King George Hospital	1540	Then every 20 minutes until	1800	1820	1840	1900	1920	1940	2002	2032	2102	2132	2202	2232	2302	2332	0002
Little Heath Eastern Avenue	1547		1807	1827	1847	1906	1925	1944	2005	2035	2105	2135	2205	2235	2305	2335	0005
Newbury Park Station	1554		1814	1834	1852	1910	1929	1948	2009	2039	2109	2139	2208	2238	2308	2338	0008
Gants Hill Station Cranbrook Road (S)	1600		1820	1839	1857	1915	1934	1953	2014	2044	2114	2144	2212	2242	2312	2342	0012
Ilford Station	1609		1829	1847	1905	1923	1941	2000	2021	2051	2121	2151	2219	2249	2319	2349	0019
Ilford Sainsbury's	1612	1832	1850	1908	1926	1944	2002	2023	2053	2123	2153	2220	2250	2320	2350	0020	
396		Saturdays (also Good Friday)															
King George Hospital	0544	0614	0644	0714	0738	0758	0818	0838	0858	0918	0937	0956	1015	Then every 20 minutes until	1715	1736	1757
Little Heath Eastern Avenue	0547	0617	0647	0717	0741	0801	0821	0841	0901	0921	0940	0959	1019		1719	1740	1801
Newbury Park Station	0550	0620	0650	0720	0744	0804	0825	0846	0906	0926	0945	1004	1024		1724	1745	1806
Gants Hill Station Cranbrook Road (S)	0554	0624	0654	0724	0748	0808	0829	0851	0911	0931	0951	1011	1031		1731	1752	1813
Ilford Station	0600	0630	0700	0730	0754	0814	0835	0857	0917	0938	0959	1021	1041		1741	1802	1821
Ilford Sainsbury's	0601	0631	0701	0731	0755	0815	0837	0859	0920	0941	1002	1024	1044	1744	1804	1823	
King George Hospital	1818	1839	1900	1920	1940	2002	2032	2102	2132	2202	2232	2302	2332	0002			
Little Heath Eastern Avenue	1822	1843	1903	1923	1943	2005	2035	2105	2135	2205	2235	2305	2335	0005			
Newbury Park Station	1827	1847	1907	1927	1947	2009	2039	2109	2139	2208	2238	2308	2338	0008			
Gants Hill Station Cranbrook Road (S)	1833	1852	1912	1932	1952	2014	2044	2114	2144	2212	2242	2312	2342	0012			
Ilford Station	1840	1859	1919	1939	1959	2021	2051	2121	2151	2219	2249	2319	2349	0019			
Ilford Sainsbury's	1842	1901	1921	1941	2001	2023	2053	2123	2153	2220	2250	2320	2350	0020			
396		Sundays and other Public Holidays (except Christmas Day and Boxing Day)															
King George Hospital	0544	Then every 30 minutes at these minutes	14	44	0844	0910	0930	0950	Then every 20 minutes until	1650	1710	1730	1750	1810	1830	1850	
Little Heath Eastern Avenue	0547		17	47	past	0847	0913	0933		0953	1653	1713	1733	1753	1813	1833	1853
Newbury Park Station	0550		20	50	the	0850	0916	0937		0958	1658	1718	1738	1757	1817	1837	1857
Gants Hill Station Cranbrook Road (S)	0554		24	54	hour	0854	0920	0942		1004	1704	1724	1743	1802	1822	1842	1902
Ilford Station	0600		30	00	until	0900	0926	0950		1012	1712	1731	1750	1809	1829	1849	1909
Ilford Sainsbury's	0601	31	01		0901	0927	0952	1014	1714	1733	1752	1811	1831	1851	1911		
King George Hospital	1910	1932	2002	2032	2102	2132	2202	2232	2302	2332	0002						
Little Heath Eastern Avenue	1913	1935	2005	2035	2105	2135	2205	2235	2305	2335	0005						
Newbury Park Station	1917	1939	2009	2039	2109	2139	2208	2238	2308	2338	0008						
Gants Hill Station Cranbrook Road (S)	1922	1944	2014	2044	2114	2144	2212	2242	2312	2342	0012						
Ilford Station	1929	1951	2021	2051	2121	2151	2219	2249	2319	2349	0019						
Ilford Sainsbury's	1931	1953	2023	2053	2123	2153	2220	2250	2320	2350	0020						

396 Mondays to Fridays																		
Ilford Sainsbury's	0520	0550	0620	0640	0700	0720	0740			0920	0940		1440	1458	1517	Then	1817	
Ilford Station	0521	0551	0621	0641	0701	0721	0742			0922	0942	Then	1442	1500	1519	every	1819	
Gants Hill Station Cranbrook Road (S)	0527	0557	0627	0647	0707	0727	0749			0929	0950	every 20	1450	1508	1528	20	1828	
Newbury Park Station	0531	0601	0631	0652	0714	0734	0756			0936	0957	minutes	1457	1515	1537	mins.	1837	
Little Heath Eastern Avenue	0535	0605	0635	0657	0719	0740	0802			0942	1003	until	1503	1523	1545	until	1845	
King George Hospital	0538	0608	0638	0700	0722	0744	0806			0946	1007		1507	1527	1549		1849	
Ilford Sainsbury's	1837	1857	1919	1941	2002	2032	2102	2132	2202	2232	2302	2332	0002					
Ilford Station	1839	1859	1920	1942	2003	2033	2103	2133	2203	2233	2303	2333	0003					
Gants Hill Station Cranbrook Road (S)	1847	1907	1927	1949	2010	2040	2110	2140	2210	2239	2309	2339	0009					
Newbury Park Station	1855	1914	1934	1956	2016	2046	2116	2146	2215	2243	2313	2343	0013					
Little Heath Eastern Avenue	1902	1920	1940	2000	2020	2050	2120	2150	2219	2247	2317	2347	0017					
King George Hospital	1906	1924	1944	2004	2024	2054	2124	2154	2222	2250	2320	2350	0020					
396 Saturdays (also Good Friday)																		
Ilford Sainsbury's	0520	0550	0620	0650	0710	0730	0750	0810	0828	0845	0905	0925	0943	1001	1019		1739	
Ilford Station	0521	0551	0621	0651	0711	0731	0751	0811	0829	0846	0906	0926	0944	1003	1022	Then	1742	
Gants Hill Station Cranbrook Road (S)	0527	0557	0627	0657	0717	0737	0757	0817	0835	0853	0913	0933	0951	1011	1031	every 20	1751	
Newbury Park Station	0531	0601	0631	0701	0721	0741	0801	0821	0840	0900	0920	0940	0958	1018	1038	minutes	1758	
Little Heath Eastern Avenue	0535	0605	0635	0705	0725	0745	0805	0825	0845	0905	0925	0945	1004	1024	1044	until	1804	
King George Hospital	0538	0608	0638	0708	0728	0748	0808	0828	0848	0908	0928	0948	1008	1028	1048		1808	
Ilford Sainsbury's	1800	1820	1840	1900	1920	1941	2002	2032	2102	2132	2202	2232	2302	2332	0002			
Ilford Station	1802	1822	1842	1902	1922	1942	2003	2033	2103	2133	2203	2233	2303	2333	0003			
Gants Hill Station Cranbrook Road (S)	1811	1830	1850	1910	1930	1949	2010	2040	2110	2140	2210	2239	2309	2339	0009			
Newbury Park Station	1818	1837	1857	1917	1937	1956	2016	2046	2116	2146	2215	2243	2313	2343	0013			
Little Heath Eastern Avenue	1823	1842	1902	1922	1941	2000	2020	2050	2120	2150	2219	2247	2317	2347	0017			
King George Hospital	1827	1846	1906	1926	1945	2004	2024	2054	2124	2154	2222	2250	2320	2350	0020			
396 Sundays and other Public Holidays (except Christmas Day and Boxing Day)																		
Ilford Sainsbury's	0520	Then	50	20				0820	0840	0900	0920	0940		1720	1740		1940	2002
Ilford Station	0521	every 30	51	21	past			0821	0841	0901	0921	0941	Then	1721	1741	Then	1941	2003
Gants Hill Station Cranbrook Road (S)	0527	minutes	57	27	the			0827	0847	0907	0928	0949	every 20	1729	1748	every 20	1948	2010
Newbury Park Station	0531	at these	01	31	hour			0831	0851	0911	0933	0955	minutes	1735	1754	minutes	1954	2016
Little Heath Eastern Avenue	0535	minutes	05	35	until			0835	0855	0916	0938	1000	until	1740	1758	until	1958	2020
King George Hospital	0538		08	38				0838	0858	0920	0942	1004		1744	1802		2002	2024
Ilford Sainsbury's	2032	2102	2132	2202	2232	2302	2332	0002										
Ilford Station	2033	2103	2133	2203	2233	2303	2333	0003										
Gants Hill Station Cranbrook Road (S)	2040	2110	2140	2210	2239	2309	2339	0009										
Newbury Park Station	2046	2116	2146	2215	2243	2313	2343	0013										
Little Heath Eastern Avenue	2050	2120	2150	2219	2247	2317	2347	0017										
King George Hospital	2054	2124	2154	2222	2250	2320	2350	0020										