

396		Mondays to Fridays																
Little Heath King George Hospital	0545	0615	0644	0702	0721	0741	0801	0821	0841	0901	0922	Then	1322	1341	1401	1420	1439	
Newbury Park Station	0552	0622	0653	0712	0732	0752	0812	0832	0852	0911	0931	every 20	1331	1351	1411	1430	1451	
Gants Hill Station Cranbrook Road (S)	0557	0627	0659	0719	0739	0759	0819	0839	0859	0918	0938	minutes	1338	1358	1418	1437	1458	
Ilford Station	0603	0634	0707	0729	0749	0809	0829	0849	0908	0927	0947	until	1347	1407	1427	1447	1509	
Ilford Sainsbury's	0604	0635	0709	0731	0751	0811	0831	0851	0910	0929	0949		1349	1409	1429	1449	1511	
Little Heath King George Hospital	1458	1517	1537	1557	1617	1638	1658	1719	1740	1800	1820	1840	1900	1920	1940	2000	2030	2100
Newbury Park Station	1511	1531	1551	1611	1631	1651	1711	1731	1751	1810	1830	1849	1908	1928	1947	2007	2037	2106
Gants Hill Station Cranbrook Road (S)	1518	1538	1558	1618	1638	1658	1718	1738	1758	1817	1836	1855	1914	1934	1953	2012	2042	2111
Ilford Station	1529	1549	1609	1629	1648	1708	1728	1748	1808	1826	1844	1903	1922	1941	2000	2019	2049	2117
Ilford Sainsbury's	1531	1551	1611	1631	1650	1710	1730	1750	1810	1828	1846	1905	1924	1943	2002	2021	2051	2119
Little Heath King George Hospital	2130	2200	2230	2300	2330	0000												
Newbury Park Station	2136	2206	2236	2306	2335	0005												
Gants Hill Station Cranbrook Road (S)	2141	2211	2240	2310	2339	0009												
Ilford Station	2147	2217	2246	2316	2344	0014												
Ilford Sainsbury's	2149	2218	2247	2317	2345	0015												
396		Saturdays (also Good Friday)																
Little Heath King George Hospital	0545	0615	0645	0715	0735	0755	0810	0830	0850	0909	0929	0948	1006	1026	1045	1105	1125	1145
Newbury Park Station	0552	0622	0652	0722	0742	0802	0817	0837	0857	0916	0936	0955	1014	1034	1053	1113	1133	1153
Gants Hill Station Cranbrook Road (S)	0557	0627	0657	0727	0747	0807	0822	0842	0902	0922	0942	1002	1021	1041	1100	1120	1140	1200
Ilford Station	0603	0633	0703	0733	0753	0813	0828	0848	0909	0929	0950	1010	1030	1050	1110	1130	1150	1210
Ilford Sainsbury's	0604	0634	0704	0734	0754	0815	0830	0850	0911	0931	0952	1012	1032	1052	1112	1132	1152	1212
Little Heath King George Hospital	1204	1224	1243	Then	1523	1544	1604	1624	1644	1704	1725	1745	1805	1825	1845	1905	1925	
Newbury Park Station	1213	1233	1252	every 20	1532	1553	1613	1633	1653	1713	1734	1754	1814	1834	1853	1913	1933	
Gants Hill Station Cranbrook Road (S)	1220	1240	1259	minutes	1539	1600	1620	1640	1700	1720	1741	1801	1821	1841	1900	1919	1939	
Ilford Station	1230	1250	1310	until	1550	1610	1630	1650	1710	1730	1750	1809	1829	1849	1907	1926	1946	
Ilford Sainsbury's	1232	1252	1312		1552	1612	1632	1652	1712	1732	1752	1811	1831	1851	1909	1928	1948	
Little Heath King George Hospital	1945	2000	2030	2100	2130	2200	2230	2300	2330	0000								
Newbury Park Station	1952	2007	2037	2106	2136	2206	2236	2306	2335	0005								
Gants Hill Station Cranbrook Road (S)	1958	2012	2042	2111	2141	2211	2240	2310	2339	0009								
Ilford Station	2005	2019	2049	2117	2147	2217	2246	2316	2344	0014								
Ilford Sainsbury's	2007	2021	2051	2119	2149	2218	2247	2317	2345	0015								
396		Sundays and other Public Holidays (except Christmas Day)																
Little Heath King George Hospital	0545	Then	0845	0910	0930	0949	1009	1029	1047	1106	1126	1146	1206	1226	1245	1304	1324	
Newbury Park Station	0552	every 30	0852	0917	0937	0957	1017	1037	1055	1114	1134	1154	1214	1234	1253	1313	1333	
Gants Hill Station Cranbrook Road (S)	0557	minutes	0857	0922	0943	1003	1023	1043	1101	1121	1141	1201	1221	1241	1300	1320	1340	
Ilford Station	0603	until	0903	0928	0949	1009	1029	1049	1108	1128	1148	1209	1229	1249	1309	1329	1349	
Ilford Sainsbury's	0604		0904	0930	0951	1011	1031	1051	1110	1130	1150	1211	1231	1251	1311	1331	1351	
Little Heath King George Hospital	1344	1404	1424	1445	1505	1525	1545	Then	1725	1746	1807	1827	1847	1907	1927	1958	2029	
Newbury Park Station	1353	1413	1433	1453	1513	1533	1553	every 20	1733	1754	1814	1834	1854	1914	1934	2005	2035	
Gants Hill Station Cranbrook Road (S)	1400	1420	1440	1500	1520	1540	1600	minutes	1740	1800	1820	1840	1900	1920	1940	2010	2040	
Ilford Station	1409	1429	1449	1509	1529	1549	1608	until	1748	1807	1827	1847	1907	1927	1947	2016	2046	
Ilford Sainsbury's	1411	1431	1451	1511	1531	1551	1610		1750	1809	1829	1849	1909	1929	1949	2018	2048	
Little Heath King George Hospital	2059	2129	2159	2230	2300	2330	0000											
Newbury Park Station	2105	2135	2205	2235	2305	2335	0005											
Gants Hill Station Cranbrook Road (S)	2110	2140	2210	2239	2309	2339	0009											
Ilford Station	2116	2146	2216	2244	2314	2344	0014											
Ilford Sainsbury's	2118	2148	2217	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	0739	0759	0819	0839	0859	0919	0939	0959	Then	1139	1159	
Ilford Station	0521	0551	0621	0641	0702	0722	0741	0801	0821	0841	0901	0921	0941	1001	every 20	1141	1201	
Gants Hill Station Cranbrook Road (S)	0527	0557	0627	0647	0709	0729	0749	0809	0829	0849	0909	0928	0948	1008	minutes	1148	1209	
Newbury Park Station	0532	0602	0633	0654	0717	0737	0757	0817	0837	0857	0917	0936	0956	1016	until	1156	1217	
Little Heath King George Hospital	0540	0610	0643	0705	0729	0750	0811	0831	0851	0910	0929	0947	1007	1026		1206	1227	
Ilford Sainsbury's	1219	1239	1259	1319	1339	1359	1419	1439	1457	Then	1717	1737	1757	1817	1838	1859	1920	
Ilford Station	1221	1241	1301	1321	1341	1401	1421	1441	1459	every 20	1719	1739	1759	1819	1840	1901	1921	
Gants Hill Station Cranbrook Road (S)	1229	1249	1309	1329	1349	1409	1429	1449	1508	minutes	1728	1747	1807	1827	1848	1909	1928	
Newbury Park Station	1237	1257	1317	1337	1357	1417	1437	1458	1518	until	1738	1757	1817	1837	1857	1917	1936	
Little Heath King George Hospital	1247	1307	1327	1347	1407	1429	1450	1511	1531		1751	1810	1829	1849	1909	1928	1947	
Ilford Sainsbury's	1940	2000	2030	2100	2130	2200	2230	2300	2330	0000								
Ilford Station	1941	2001	2031	2101	2131	2201	2231	2301	2331	0001								
Gants Hill Station Cranbrook Road (S)	1948	2008	2038	2107	2137	2207	2236	2306	2336	0006								
Newbury Park Station	1955	2014	2044	2113	2143	2213	2242	2311	2341	0011								
Little Heath King George Hospital	2006	2024	2054	2123	2153	2222	2251	2319	2349	0019								
396		Saturdays (also Good Friday)																
Ilford Sainsbury's	0520	0550	0620	0650	0709	0729	0749	0809	0829	0849	0908	0928	0947	1006	1026	1046	1104	1124
Ilford Station	0521	0551	0621	0651	0710	0730	0750	0810	0830	0850	0909	0929	0948	1008	1028	1048	1106	1126
Gants Hill Station Cranbrook Road (S)	0527	0557	0627	0657	0716	0736	0756	0816	0836	0856	0916	0936	0955	1015	1035	1055	1114	1134
Newbury Park Station	0532	0602	0632	0702	0722	0742	0802	0822	0842	0903	0923	0943	1003	1023	1043	1103	1123	1143
Little Heath King George Hospital	0540	0610	0640	0710	0730	0750	0810	0830	0851	0912	0933	0953	1013	1033	1053	1114	1134	1154
Ilford Sainsbury's	1144	1203	Then	1523	1543	Then	1743	1803	1823	1843	1903	1923	1943	2003	2030	2100		
Ilford Station	1146	1205	every 20	1525	1545	every 20	1745	1805	1825	1845	1905	1925	1945	2004	2031	2101		
Gants Hill Station Cranbrook Road (S)	1154	1213	minutes	1533	1553	minutes	1753	1813	1833	1853	1913	1933	1953	2011	2038	2108		
Newbury Park Station	1203	1223	until	1543	1603	until	1803	1822	1841	1901	1921	1940	2000	2018	2044	2114		
Little Heath King George Hospital	1214	1234		1554	1615		1815	1833	1852	1912	1932	1950	2010	2028	2054	2124		
Ilford Sainsbury's	2130	2200	2230	2300	2330	0000												
Ilford Station	2131	2201	2231	2301	2331	0001												
Gants Hill Station Cranbrook Road (S)	2137	2207	2236	2306	2336	0006												
Newbury Park Station	2143	2213	2242	2311	2341	0011												
Little Heath King George Hospital	2153	2222	2251	2319	2349	0019												
396		Sundays and other Public Holidays (except Christmas Day)																
Ilford Sainsbury's	0520	Then	0820	0842	0902	0922	0942	1002	1022	1042	1102	1120	1140	1200	Then	1540		
Ilford Station	0521	every 30	0821	0843	0903	0923	0943	1003	1023	1043	1103	1121	1141	1202	every 20	1542		
Gants Hill Station Cranbrook Road (S)	0527	minutes	0827	0849	0909	0929	0949	1010	1030	1050	1110	1129	1149	1210	minutes	1550		
Newbury Park Station	0532	until	0832	0854	0915	0935	0955	1017	1037	1057	1117	1137	1157	1219	until	1559		
Little Heath King George Hospital	0540		0840	0902	0923	0943	1003	1026	1046	1106	1126	1147	1207	1230		1610		
Ilford Sainsbury's	1600	Then	1740	1800	1820	1840	1900	1920	1940	2000	2030	2100	2130	2200	2230	2300	2330	
Ilford Station	1602	every 20	1742	1802	1822	1842	1901	1921	1941	2001	2031	2101	2131	2201	2231	2301	2331	
Gants Hill Station Cranbrook Road (S)	1610	minutes	1750	1809	1829	1849	1908	1928	1948	2007	2037	2107	2137	2206	2236	2306	2336	
Newbury Park Station	1618	until	1758	1817	1836	1856	1915	1935	1954	2013	2043	2113	2143	2212	2241	2311	2341	
Little Heath King George Hospital	1629		1809	1827	1846	1906	1925	1945	2004	2023	2053	2123	2152	2221	2249	2319	2349	
Ilford Sainsbury's	0000																	
Ilford Station	0001																	
Gants Hill Station Cranbrook Road (S)	0006																	
Newbury Park Station	0011																	
Little Heath King George Hospital	0019																	