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King George Hospital – Gants Hill – Ilford

396		Mondays to Fridays																
Little Heath King George Hospital	0545	0615	0644	0701	0719	0736	0756	0816	0837	0859	0921	0943	1004	Then every 20 minutes until	1424	1441	1459	
Little Heath Eastern Avenue	0548	0618	0647	0704	0722	0740	0800	0820	0841	0903	0925	0947	1008		1428	1447	1506	
Newbury Park Station	0551	0621	0650	0709	0728	0748	0808	0828	0849	0910	0931	0952	1013		1433	1453	1513	
Gants Hill Station Cranbrook Road (S)	0555	0625	0655	0715	0735	0755	0815	0835	0855	0916	0937	0958	1019		1439	1459	1519	
Ilford Station	0601	0631	0701	0722	0743	0804	0824	0844	0904	0925	0946	1007	1028	1448	1508	1528		
Ilford Sainsbury's	0602	0632	0703	0724	0746	0807	0827	0847	0907	0928	0949	1010	1031	1451	1511	1531		
Little Heath King George Hospital	1519	Then every 20 minutes until	1759	1820	1840	1900	1920	1940	2001	2031	2102	2132	2202	2232	2302	2332	0002	
Little Heath Eastern Avenue	1526		1806	1827	1847	1906	1925	1944	2004	2034	2105	2135	2205	2235	2305	2335	0005	
Newbury Park Station	1533		1813	1834	1852	1910	1929	1948	2008	2038	2109	2139	2208	2238	2308	2338	0008	
Gants Hill Station Cranbrook Road (S)	1539		1819	1839	1857	1915	1934	1953	2013	2043	2114	2144	2213	2242	2312	2342	0012	
Ilford Station	1548		1828	1847	1905	1923	1941	2000	2020	2050	2121	2151	2220	2249	2319	2349	0019	
Ilford Sainsbury's	1551		1831	1850	1908	1926	1944	2002	2022	2052	2123	2153	2221	2250	2320	2350	0020	
396		Saturdays (also Good Friday)																
Little Heath King George Hospital	0545	0615	0645	0715	0738	0758	0818	0838	0858	0918	0937	0956	1015	Then every 20 minutes until	1715	1735	1755	
Little Heath Eastern Avenue	0548	0618	0648	0718	0741	0801	0821	0841	0901	0921	0940	0959	1019		1719	1739	1759	
Newbury Park Station	0551	0621	0651	0721	0744	0804	0825	0846	0906	0926	0945	1004	1024		1724	1744	1804	
Gants Hill Station Cranbrook Road (S)	0555	0625	0655	0725	0748	0808	0829	0851	0911	0931	0951	1011	1031		1731	1751	1811	
Ilford Station	0601	0631	0701	0731	0754	0814	0835	0857	0917	0938	0959	1021	1041	1741	1801	1819		
Ilford Sainsbury's	0602	0632	0702	0732	0755	0815	0837	0859	0920	0941	1002	1024	1044	1744	1803	1821		
Little Heath King George Hospital	1816	1837	1858	1919	1939	2000	2030	2100	2130	2201	2232	2302	2332	0002				
Little Heath Eastern Avenue	1820	1841	1902	1922	1942	2003	2033	2103	2133	2204	2235	2305	2335	0005				
Newbury Park Station	1825	1846	1906	1926	1946	2007	2037	2107	2137	2207	2238	2308	2338	0008				
Gants Hill Station Cranbrook Road (S)	1831	1851	1911	1931	1951	2012	2042	2112	2142	2212	2242	2312	2342	0012				
Ilford Station	1838	1858	1918	1938	1958	2019	2049	2119	2149	2219	2249	2319	2349	0019				
Ilford Sainsbury's	1840	1900	1920	1940	2000	2021	2051	2121	2151	2220	2250	2320	2350	0020				
396		Sundays and other Public Holidays (except Christmas Day)																
Little Heath King George Hospital	0545	Then every 30 minutes at these minutes until	15	45	0845	0913	0933	0951	Then every 20 minutes until	1211	1230	1248	1308	1327	1347	1407		
Little Heath Eastern Avenue	0548		18	48	past	0848	0916	0936		0954	Then	1214	1233	1251	1311	1331	1351	1411
Newbury Park Station	0551		21	51	the	0851	0919	0939		0958	every 20	1218	1237	1256	1316	1336	1356	1416
Gants Hill Station Cranbrook Road (S)	0555		25	55	hour	0855	0923	0943		1003	minutes	1223	1243	1302	1322	1342	1402	1422
Ilford Station	0601		31	01	until	0901	0929	0951		1011	until	1231	1251	1311	1331	1351	1411	1431
Ilford Sainsbury's	0602		32	02		0902	0930	0953		1013		1233	1253	1313	1333	1353	1413	1433
Little Heath King George Hospital	1427	1448	Then every 20 minutes until	1728	1749	1810	Then every 20 minutes until	1930	Then every 30 minutes until	2130	2201	2232	2302	2332	0002			
Little Heath Eastern Avenue	1431	1451		1731	1752	1813		Then		1933	Then	2133	2204	2235	2305	2335	0005	
Newbury Park Station	1436	1456		1736	1757	1817		every 20		1937	every 30	2137	2207	2238	2308	2338	0008	
Gants Hill Station Cranbrook Road (S)	1442	1502		1742	1802	1822		minutes		1942	minutes	2142	2212	2242	2312	2342	0012	
Ilford Station	1450	1510		1750	1809	1829		until		1949	until	2149	2219	2249	2319	2349	0019	
Ilford Sainsbury's	1452	1512		1752	1811	1831				1951		2151	2220	2250	2320	2350	0020	

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Ilford – Gants Hill – King George Hospital

396		Mondays to Fridays																		
Ilford Sainsbury's	0520	0550	0620	0640	0700	0720	0738	0756	0816	0836	0857	0919	0940				1400	1419	1438	
Ilford Station	0521	0551	0621	0641	0701	0721	0740	0758	0818	0838	0859	0921	0942	Then every 20 minutes until			1402	1421	1440	
Gants Hill Station Cranbrook Road (S)	0527	0557	0627	0647	0707	0727	0747	0806	0826	0846	0907	0929	0950				1410	1429	1449	
Newbury Park Station	0531	0601	0631	0652	0714	0734	0754	0814	0834	0854	0914	0936	0957				1417	1437	1457	
Little Heath Eastern Avenue	0535	0605	0635	0657	0719	0740	0801	0821	0841	0901	0921	0942	1003				1423	1443	1504	
Little Heath King George Hospital	0538	0608	0638	0700	0722	0744	0806	0826	0846	0906	0925	0946	1007				1427	1447	1508	
Ilford Sainsbury's	1457	Then every 20 minutes until	1817	1837	1857	1919	1940	2001	2031	2101	2131	2201	2232	2302	2332	0002				
Ilford Station	1459		1819	1839	1859	1920	1941	2002	2032	2102	2132	2202	2233	2303	2333	0003				
Gants Hill Station Cranbrook Road (S)	1508		1828	1847	1907	1927	1948	2009	2039	2109	2139	2209	2239	2309	2339	0009				
Newbury Park Station	1517		1837	1855	1914	1934	1955	2015	2045	2115	2145	2215	2244	2313	2343	0013				
Little Heath Eastern Avenue	1525		1845	1902	1920	1940	1959	2019	2049	2119	2149	2219	2248	2317	2347	0017				
Little Heath King George Hospital	1529		1849	1906	1924	1944	2003	2023	2053	2123	2153	2222	2251	2320	2350	0020				
396		Saturdays (also Good Friday)																		
Ilford Sainsbury's	0520	0550	0620	0650	0710	0730	0750	0810	0828	0846	0905	0925	0943	1001	1019	Then every 20 minutes until	1739			
Ilford Station	0521	0551	0621	0651	0711	0731	0751	0811	0829	0847	0906	0926	0944	1003	1022			1742		
Gants Hill Station Cranbrook Road (S)	0527	0557	0627	0657	0717	0737	0757	0817	0835	0854	0913	0933	0951	1011	1031			1751		
Newbury Park Station	0531	0601	0631	0701	0721	0741	0801	0821	0840	0900	0920	0940	0958	1018	1038		1758			
Little Heath Eastern Avenue	0535	0605	0635	0705	0725	0745	0805	0825	0845	0905	0925	0945	1004	1024	1044		1804			
Little Heath 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	2001	2031	2101	2131	2201	2232	2302	2332	0002					
Ilford Station	1802	1822	1842	1902	1922	1942	2002	2032	2102	2132	2202	2233	2303	2333	0003					
Gants Hill Station Cranbrook Road (S)	1811	1830	1850	1910	1930	1950	2009	2039	2109	2139	2209	2239	2309	2339	0009					
Newbury Park Station	1818	1837	1857	1917	1937	1956	2015	2045	2115	2145	2214	2243	2313	2343	0013					
Little Heath Eastern Avenue	1823	1842	1902	1922	1941	2000	2019	2049	2119	2149	2218	2247	2317	2347	0017					
Little Heath King George Hospital	1827	1846	1906	1926	1945	2004	2023	2053	2123	2153	2221	2250	2320	2350	0020					
396		Sundays and other Public Holidays (except Christmas Day)																		
Ilford Sainsbury's	0520	Then every 30 minutes until	0820	0840	0900	0920	0940	1000	1020	1040	1100	1120	1140	1200	Then every 20 minutes until	1720				
Ilford Station	0521		0821	0841	0901	0921	0941	1001	1021	1041	1101	1121	1141	1202			1722			
Gants Hill Station Cranbrook Road (S)	0527		0827	0847	0907	0927	0948	1008	1028	1048	1108	1128	1149	1211			1731			
Newbury Park Station	0531		0831	0851	0911	0931	0952	1013	1033	1053	1113	1134	1156	1218		1738				
Little Heath Eastern Avenue	0535		0835	0855	0915	0935	0957	1018	1038	1058	1118	1140	1202	1224		1744				
Little Heath King George Hospital	0538		0838	0858	0918	0939	1001	1022	1042	1102	1122	1144	1206	1228		1748				
Ilford Sainsbury's	1740	1800	1820	1840	1900	1920	1940	2001	2032	2102	2132	2202	2232	2302	2332	0002				
Ilford Station	1742	1802	1821	1841	1901	1921	1941	2002	2033	2103	2133	2203	2233	2303	2333	0003				
Gants Hill Station Cranbrook Road (S)	1751	1810	1829	1849	1908	1928	1948	2009	2040	2110	2140	2209	2239	2309	2339	0009				
Newbury Park Station	1758	1816	1835	1855	1914	1934	1954	2015	2046	2116	2146	2214	2243	2313	2343	0013				
Little Heath Eastern Avenue	1803	1821	1840	1900	1919	1938	1958	2019	2050	2120	2150	2218	2247	2317	2347	0017				
Little Heath King George Hospital	1807	1825	1844	1904	1923	1942	2002	2023	2054	2124	2154	2221	2250	2320	2350	0020				