

425	Mondays to Fridays																	
Ilford High Road Hainault Street	0405	0426	0447	0508	0524	0540	0556	0612	0623	0634	0645	0656	0707	0718	0729	0740	0751	0802
Manor Park Broadway	0413	0434	0455	0516	0532	0548	0604	0625	0636	0647	0658	0709	0720	0731	0742	0753	0804	0815
Forest Gate Police Station	0417	0438	0459	0520	0536	0552	0611	0632	0643	0654	0705	0716	0727	0738	0749	0800	0811	0822
Stratford Bus Station	0426	0447	0508	0530	0546	0605	0626	0647	0658	0709	0720	0731	0742	0753	0804	0815	0826	0837
Bow Church Station	0434	0455	0516	0538	0556	0617	0638	0659	0710	0721	0732	0743	0754	0805	0816	0827	0838	0849
Mile End Grove Road	0438	0459	0520	0544	0605	0626	0647	0708	0719	0730	0741	0752	0803	0814	0825	0836	0847	0858
Lauriston Road Church Crescent	0443	0504	0526	0552	0613	0634	0655	0716	0729	0742	0755	0806	0820	0834	0845	0856	0907	0918
Homerton Hospital Homerton Grove	0449	0510	0535	0601	0622	0643	0704	0725	0738	0751	0804	0818	0832	0846	0857	0908	0918	0928
Clapton Nightingale Road	0455	0519	0545	0611	0632	0653	0714	0735	0749	0803	0817	0831	0845	0859	0909	0919	0929	0939
Ilford High Road Hainault Street	0813	0824	0835	0846	0857	0908	0919	0930	0941	0952	Then every 11 minutes until	1120	1131	1142	1153	1204	1215	
Manor Park Broadway	0826	0837	0848	0859	0910	0921	0932	0943	0954	1005		1133	1144	1155	1206	1217	1228	
Forest Gate Police Station	0833	0844	0855	0906	0916	0927	0938	0949	1000	1011		1139	1150	1201	1212	1223	1234	
Stratford Bus Station	0849	0900	0911	0922	0932	0942	0953	1003	1014	1025		1153	1204	1215	1226	1237	1248	
Bow Church Station	0901	0912	0923	0934	0944	0954	1005	1015	1026	1037		1205	1217	1228	1239	1250	1301	
Mile End Grove Road	0908	0919	0930	0941	0951	1001	1012	1022	1032	1043		1211	1223	1234	1245	1256	1307	
Lauriston Road Church Crescent	0928	0938	0949	0959	1009	1019	1029	1039	1049	1100		1228	1240	1251	1303	1315	1326	
Homerton Hospital Homerton Grove	0938	0948	0959	1009	1019	1029	1039	1049	1059	1109		1237	1249	1300	1312	1324	1335	
Clapton Nightingale Road	0949	0959	1010	1020	1030	1040	1050	1100	1110	1120	1248	1300	1311	1323	1335	1346		
Ilford High Road Hainault Street	1226	1237	1248	1259	1310	1321	1332	1343	1354	1405	1415	1426	1437	1447	1457	1507	1518	1529
Manor Park Broadway	1239	1250	1301	1312	1323	1334	1345	1356	1407	1419	1429	1440	1451	1502	1512	1523	1534	1545
Forest Gate Police Station	1245	1256	1307	1318	1329	1340	1351	1402	1413	1425	1435	1446	1457	1508	1519	1530	1541	1552
Stratford Bus Station	1259	1310	1321	1332	1343	1354	1405	1416	1427	1439	1449	1500	1511	1523	1534	1545	1556	1607
Bow Church Station	1312	1323	1334	1345	1356	1407	1418	1429	1440	1452	1502	1513	1524	1536	1547	1558	1609	1620
Mile End Grove Road	1318	1329	1340	1351	1402	1413	1424	1435	1446	1458	1509	1520	1531	1542	1553	1604	1615	1626
Lauriston Road Church Crescent	1337	1348	1359	1410	1421	1432	1443	1454	1505	1516	1527	1538	1549	1601	1613	1624	1635	1646
Homerton Hospital Homerton Grove	1346	1357	1408	1420	1431	1442	1453	1505	1517	1528	1539	1550	1602	1614	1626	1637	1648	1659
Clapton Nightingale Road	1357	1408	1419	1431	1442	1454	1506	1518	1530	1541	1552	1603	1615	1627	1639	1650	1701	1712
Ilford High Road Hainault Street	1541	1553	1605	1617	1628	1639	1650	1701	1712	1723	1734	1745	1756	1807	1818	1829	1840	1851
Manor Park Broadway	1556	1608	1620	1632	1643	1654	1705	1716	1727	1738	1749	1800	1811	1821	1832	1843	1854	1905
Forest Gate Police Station	1603	1614	1625	1636	1648	1700	1712	1723	1734	1745	1756	1807	1817	1827	1838	1849	1900	1911
Stratford Bus Station	1618	1628	1638	1649	1701	1713	1725	1736	1747	1758	1809	1820	1830	1840	1851	1902	1913	1923
Bow Church Station	1631	1641	1651	1702	1714	1726	1738	1749	1800	1811	1821	1832	1842	1852	1903	1914	1925	1935
Mile End Grove Road	1637	1648	1658	1709	1721	1733	1745	1756	1807	1818	1828	1839	1849	1859	1909	1920	1931	1941
Lauriston Road Church Crescent	1657	1707	1717	1728	1739	1751	1803	1814	1825	1835	1845	1855	1905	1915	1925	1935	1945	1955
Homerton Hospital Homerton Grove	1710	1720	1730	1741	1752	1803	1814	1825	1836	1846	1856	1906	1914	1924	1934	1944	1954	2004
Clapton Nightingale Road	1723	1733	1743	1754	1805	1815	1826	1837	1848	1858	1908	1916	1924	1934	1944	1954	2004	2014
Ilford High Road Hainault Street	1902	1913	1924	1937	1950	2003	2016	2029	2042	2055	2108	2121	2134	2147	2200	2213	2226	2239
Manor Park Broadway	1915	1926	1937	1950	2003	2014	2027	2040	2053	2106	2118	2131	2144	2157	2210	2221	2234	2247
Forest Gate Police Station	1921	1932	1943	1956	2009	2020	2033	2046	2059	2111	2123	2136	2149	2202	2214	2225	2238	2251
Stratford Bus Station	1933	1944	1955	2008	2019	2030	2043	2056	2110	2121	2133	2146	2159	2211	2223	2234	2247	2300
Bow Church Station	1945	1956	2007	2019	2030	2041	2054	2107	2121	2132	2144	2157	2210	2222	2233	2244	2256	2309
Mile End Grove Road	1951	2002	2013	2025	2036	2047	2100	2112	2126	2137	2149	2202	2215	2227	2238	2249	2301	2313
Lauriston Road Church Crescent	2005	2015	2025	2037	2048	2059	2111	2123	2135	2147	2159	2211	2223	2235	2246	2257	2308	2319
Homerton Hospital Homerton Grove	2014	2024	2034	2045	2056	2107	2118	2130	2142	2154	2206	2218	2230	2242	2253	2304	2315	2326
Clapton Nightingale Road	2024	2034	2044	2054	2104	2115	2126	2138	2150	2202	2213	2225	2237	2249	2300	2311	2322	2333
Ilford High Road Hainault Street	2252	2308	2324	2340	2356													
Manor Park Broadway	2300	2316	2332	2348	0004													
Forest Gate Police Station	2304	2320	2336	2352	0008													
Stratford Bus Station	2313	2329	2345	0001	0017													
Bow Church Station	2321	2337	2353	0009	0025													
Mile End Grove Road	2325	2341	2357	0013	0029													
Lauriston Road Church Crescent	2331	2347	0003	0019	0035													
Homerton Hospital Homerton Grove	2338	2354	0010	0026	0042													
Clapton Nightingale Road	2345	0001	0017	0033	0049													

Ilford High Road <i>Hainault Street</i>	0405	0426	0447	0508	0524	0540	0556	0612	0628	0644	0700	0716	0732	0748	0804	0820	0836	0852
Manor Park <i>Broadway</i>	0413	0434	0455	0516	0532	0548	0604	0621	0637	0653	0709	0725	0741	0759	0817	0833	0849	0905
Forest Gate <i>Police Station</i>	0416	0437	0458	0520	0536	0552	0609	0626	0642	0658	0714	0730	0746	0805	0823	0839	0855	0911
Stratford <i>Bus Station</i>	0425	0446	0507	0530	0546	0602	0619	0636	0652	0708	0725	0741	0758	0817	0836	0852	0908	0924
Bow Church <i>Station</i>	0432	0453	0515	0538	0554	0611	0628	0645	0701	0718	0735	0751	0809	0828	0847	0903	0919	0935
Mile End <i>Grove Road</i>	0435	0456	0519	0542	0558	0615	0632	0649	0706	0723	0740	0756	0815	0834	0853	0909	0925	0941
Lauriston Road <i>Church Crescent</i>	0443	0505	0528	0551	0608	0625	0642	0659	0717	0734	0751	0807	0826	0845	0904	0921	0937	0953
Homerton Hospital <i>Homerton Grove</i>	0449	0511	0534	0557	0614	0631	0648	0706	0724	0741	0758	0815	0834	0853	0912	0929	0945	1001
Clapton <i>Nightingale Road</i>	0454	0516	0539	0602	0620	0637	0654	0712	0730	0747	0804	0822	0841	0901	0920	0938	0954	1010
Ilford High Road <i>Hainault Street</i>	0903	0914	0925	0936	0947	0958	1009	1020	1031	1042	1053	1104	1115	1126	1137	1148	1159	1210
Manor Park <i>Broadway</i>	0916	0927	0938	0949	1000	1011	1022	1033	1044	1055	1106	1118	1130	1141	1152	1203	1215	1227
Forest Gate <i>Police Station</i>	0922	0933	0944	0955	1006	1017	1028	1039	1050	1101	1112	1124	1136	1147	1158	1209	1221	1233
Stratford <i>Bus Station</i>	0935	0946	0957	1008	1019	1030	1041	1052	1103	1115	1126	1138	1150	1201	1212	1224	1236	1248
Bow Church <i>Station</i>	0946	0957	1008	1019	1030	1041	1052	1103	1115	1127	1138	1150	1202	1214	1225	1237	1249	1301
Mile End <i>Grove Road</i>	0952	1003	1014	1025	1036	1047	1058	1109	1121	1133	1144	1156	1208	1220	1231	1243	1255	1307
Lauriston Road <i>Church Crescent</i>	1005	1017	1029	1041	1053	1105	1117	1129	1141	1152	1203	1215	1227	1239	1250	1302	1314	1326
Homerton Hospital <i>Homerton Grove</i>	1013	1025	1037	1049	1101	1114	1126	1138	1150	1201	1213	1225	1237	1249	1300	1312	1324	1336
Clapton <i>Nightingale Road</i>	1022	1034	1046	1058	1111	1124	1136	1148	1200	1212	1224	1236	1248	1300	1312	1324	1336	1348
Ilford High Road <i>Hainault Street</i>	1221	1232	1243	Then every 11 minutes until	1400	1411	1422	1433	1444	1455	1506	Then every 11 minutes until	1612	1623	Then every 11 mins.	1718		
Manor Park <i>Broadway</i>	1238	1251	1302		1419	1429	1440	1451	1502	1513	1523		1629	1640		1735		
Forest Gate <i>Police Station</i>	1244	1257	1309		1426	1436	1447	1458	1509	1520	1530		1636	1647		1742		
Stratford <i>Bus Station</i>	1300	1313	1325		1442	1452	1503	1514	1526	1537	1547		1653	1704		1759		
Bow Church <i>Station</i>	1313	1326	1338		1455	1506	1517	1528	1540	1551	1601		1707	1717		1812		
Mile End <i>Grove Road</i>	1319	1332	1344		1501	1512	1523	1534	1546	1557	1607		1713	1723		1818		
Lauriston Road <i>Church Crescent</i>	1338	1351	1402		1519	1530	1541	1552	1604	1615	1625		1731	1741		1836		
Homerton Hospital <i>Homerton Grove</i>	1348	1401	1412		1529	1540	1551	1602	1614	1625	1635		1741	1751		1846		
Clapton <i>Nightingale Road</i>	1400	1412	1423		1540	1551	1602	1613	1625	1636	1646		1752	1802		1857		
Ilford High Road <i>Hainault Street</i>	1729	1740	1751	1802	1813	1824	1835	1846	1857	1910	1923	1936	1949	2002	2015	2028	2041	2054
Manor Park <i>Broadway</i>	1746	1757	1808	1819	1830	1841	1852	1903	1914	1926	1939	1952	2005	2016	2028	2040	2053	2106
Forest Gate <i>Police Station</i>	1753	1804	1815	1826	1837	1848	1859	1909	1920	1932	1945	1958	2011	2022	2034	2046	2059	2111
Stratford <i>Bus Station</i>	1810	1820	1831	1842	1853	1904	1914	1924	1935	1947	2000	2013	2024	2035	2047	2059	2112	2123
Bow Church <i>Station</i>	1822	1832	1843	1854	1905	1915	1925	1935	1946	1958	2011	2023	2034	2045	2057	2109	2122	2133
Mile End <i>Grove Road</i>	1828	1838	1849	1900	1911	1921	1931	1941	1952	2004	2017	2029	2040	2051	2103	2115	2127	2138
Lauriston Road <i>Church Crescent</i>	1846	1856	1907	1918	1928	1938	1948	1958	2009	2019	2030	2041	2052	2103	2115	2127	2139	2150
Homerton Hospital <i>Homerton Grove</i>	1856	1906	1916	1927	1937	1947	1957	2007	2017	2027	2038	2049	2100	2111	2123	2134	2146	2157
Clapton <i>Nightingale Road</i>	1907	1917	1927	1937	1947	1957	2007	2017	2027	2037	2048	2059	2110	2121	2132	2143	2154	2205
Ilford High Road <i>Hainault Street</i>	2107	2120	2133	2146	2159	2212	2225	2238	2251	2307	2323	2339	2355					
Manor Park <i>Broadway</i>	2118	2131	2144	2157	2210	2222	2234	2247	2300	2315	2331	2347	0003					
Forest Gate <i>Police Station</i>	2123	2136	2149	2202	2214	2226	2238	2251	2304	2319	2335	2351	0007					
Stratford <i>Bus Station</i>	2135	2148	2201	2213	2225	2237	2249	2302	2315	2330	2345	0001	0016					
Bow Church <i>Station</i>	2145	2158	2210	2222	2234	2246	2258	2311	2324	2339	2354	0010	0024					
Mile End <i>Grove Road</i>	2150	2203	2215	2227	2239	2251	2303	2316	2329	2344	2359	0014	0028					
Lauriston Road <i>Church Crescent</i>	2202	2214	2226	2238	2250	2302	2314	2327	2340	2355	0010	0024	0038					
Homerton Hospital <i>Homerton Grove</i>	2209	2221	2233	2245	2257	2309	2321	2334	2347	0002	0017	0031	0045					
Clapton <i>Nightingale Road</i>	2216	2228	2240	2252	2304	2316	2328	2341	2354	0009	0024	0038	0052					

425	Sundays and other Public Holidays (except Christmas Day)																	
Ilford High Road Hainault Street	0505	0526	0547	0608	0629	0645	0701	0717	0733	0749	0805	0821	0837	0853	0909	0925	0941	0954
Manor Park Broadway	0514	0535	0556	0617	0638	0654	0710	0726	0742	0758	0814	0830	0846	0902	0919	0935	0951	1005
Forest Gate Police Station	0518	0539	0600	0621	0642	0658	0715	0731	0747	0803	0819	0835	0851	0908	0925	0941	0957	1011
Stratford Bus Station	0527	0548	0609	0631	0652	0708	0725	0741	0757	0814	0830	0846	0902	0919	0936	0952	1008	1024
Bow Church Station	0535	0556	0617	0639	0700	0717	0734	0750	0806	0824	0840	0856	0913	0930	0948	1004	1020	1036
Mile End Grove Road	0539	0600	0621	0643	0704	0721	0738	0754	0811	0829	0845	0901	0918	0935	0954	1010	1026	1042
Lauriston Road Church Crescent	0549	0610	0631	0652	0713	0734	0755	0811	0828	0845	0902	0919	0936	0953	1010	1027	1043	1059
Homerton Hospital Homerton Grove	0555	0616	0637	0658	0719	0740	0801	0818	0835	0852	0909	0926	0943	1000	1017	1034	1050	1106
Clapton Nightingale Road	0601	0622	0643	0704	0725	0746	0807	0824	0841	0858	0915	0932	0949	1006	1023	1040	1057	1113
Ilford High Road Hainault Street	1007	1020	1033	1046	1059	1112	1125	1138	1151	1204	1217	1230	1243	1256	1309	1322	1335	1348
Manor Park Broadway	1018	1031	1045	1058	1111	1127	1140	1153	1206	1220	1233	1246	1259	1312	1327	1340	1353	1406
Forest Gate Police Station	1024	1037	1051	1104	1117	1133	1146	1159	1213	1227	1240	1253	1306	1319	1334	1347	1400	1413
Stratford Bus Station	1037	1050	1104	1117	1130	1146	1159	1213	1228	1242	1255	1308	1321	1334	1349	1402	1415	1428
Bow Church Station	1049	1102	1116	1129	1142	1158	1211	1225	1240	1254	1307	1320	1333	1346	1401	1414	1427	1440
Mile End Grove Road	1055	1108	1122	1135	1148	1204	1217	1231	1246	1300	1313	1326	1339	1352	1407	1420	1433	1446
Lauriston Road Church Crescent	1112	1126	1140	1153	1206	1222	1235	1249	1304	1318	1331	1344	1357	1410	1425	1438	1451	1504
Homerton Hospital Homerton Grove	1119	1133	1147	1201	1214	1230	1244	1259	1314	1328	1341	1354	1407	1420	1435	1448	1501	1513
Clapton Nightingale Road	1127	1141	1155	1209	1223	1239	1254	1309	1324	1338	1352	1405	1419	1433	1447	1500	1512	1524
Ilford High Road Hainault Street	1401	1414	1427	1440	1453	1506	1519	1532	1545	1558	1611	1624	1637	1650	1703	1716	1729	1742
Manor Park Broadway	1418	1431	1444	1457	1510	1522	1535	1548	1601	1614	1626	1639	1652	1705	1717	1730	1743	1756
Forest Gate Police Station	1425	1438	1451	1504	1517	1529	1542	1555	1608	1621	1633	1646	1659	1712	1724	1737	1750	1803
Stratford Bus Station	1440	1453	1506	1519	1532	1545	1558	1611	1624	1636	1648	1701	1714	1727	1739	1752	1805	1818
Bow Church Station	1453	1506	1519	1532	1545	1558	1611	1624	1637	1649	1701	1713	1726	1739	1751	1804	1816	1829
Mile End Grove Road	1459	1512	1525	1538	1551	1604	1617	1630	1643	1655	1707	1719	1732	1745	1757	1810	1822	1835
Lauriston Road Church Crescent	1517	1530	1543	1556	1609	1622	1635	1648	1701	1713	1725	1737	1750	1803	1815	1827	1839	1852
Homerton Hospital Homerton Grove	1526	1539	1552	1605	1618	1631	1644	1657	1710	1722	1734	1746	1759	1811	1823	1835	1847	1900
Clapton Nightingale Road	1537	1550	1603	1616	1629	1642	1655	1708	1721	1733	1745	1757	1809	1821	1833	1845	1857	1909
Ilford High Road Hainault Street	1755	1808	1821	1834	1847	1900	1913	1926	1939	1952	2005	2018	2031	2044	2057	2110	2126	2142
Manor Park Broadway	1809	1821	1834	1847	1900	1913	1925	1938	1951	2004	2017	2030	2042	2055	2108	2121	2136	2152
Forest Gate Police Station	1815	1827	1840	1853	1906	1919	1931	1944	1957	2010	2022	2035	2047	2100	2113	2126	2141	2157
Stratford Bus Station	1830	1842	1855	1907	1918	1931	1943	1956	2009	2021	2033	2046	2058	2111	2123	2136	2151	2207
Bow Church Station	1841	1853	1906	1918	1929	1942	1954	2007	2020	2032	2044	2057	2109	2122	2134	2147	2202	2216
Mile End Grove Road	1847	1859	1912	1924	1935	1948	2000	2012	2025	2037	2049	2102	2114	2127	2139	2152	2206	2220
Lauriston Road Church Crescent	1904	1916	1929	1941	1952	2005	2017	2029	2041	2053	2105	2118	2130	2143	2155	2208	2221	2235
Homerton Hospital Homerton Grove	1912	1924	1937	1949	2000	2012	2024	2036	2048	2100	2112	2125	2137	2150	2202	2215	2228	2242
Clapton Nightingale Road	1921	1933	1946	1958	2009	2020	2032	2044	2056	2108	2120	2132	2144	2156	2208	2221	2234	2248
Ilford High Road Hainault Street	2158	2215	2232	2249	2306	2323	2339	2355										
Manor Park Broadway	2208	2223	2240	2257	2313	2330	2346	0002										
Forest Gate Police Station	2212	2227	2244	2301	2317	2334	2350	0006										
Stratford Bus Station	2222	2237	2254	2311	2327	2343	2359	0015										
Bow Church Station	2231	2246	2303	2319	2335	2351	0007	0023										
Mile End Grove Road	2235	2250	2307	2323	2339	2355	0011	0027										
Lauriston Road Church Crescent	2250	2305	2322	2338	2354	0010	0026	0042										
Homerton Hospital Homerton Grove	2257	2312	2328	2344	0000	0016	0032	0048										
Clapton Nightingale Road	2303	2318	2334	2350	0006	0022	0038	0054										

425		Mondays to Fridays																
Clapton Nightingale Road	0420	0441	0502	0523	0539	0555	0611	0627	0638	0649	0700	Then every 11 minutes until	0817	0828	0839	0850	0901	
Homerton Hospital Homerton Grove	0427	0448	0509	0530	0548	0604	0625	0641	0652	0703	0714		0831	0842	0853	0904	0914	
Lauriston Road Church Crescent	0433	0454	0515	0538	0556	0612	0633	0653	0704	0715	0726		0843	0854	0905	0915	0925	
Mile End Grove Road	0448	0509	0532	0555	0612	0625	0646	0707	0723	0734	0745		0902	0913	0923	0933	0943	
Bow Church Station	0451	0512	0535	0558	0617	0631	0652	0713	0729	0740	0751		0908	0919	0930	0940	0950	
Stratford Bus Station	0458	0519	0542	0605	0625	0641	0702	0723	0739	0750	0801		0918	0929	0940	0951	1001	
Forest Gate Police Station	0505	0527	0550	0613	0633	0653	0714	0735	0751	0802	0813		0930	0941	0952	1002	1012	
Manor Park Broadway	0508	0530	0553	0616	0636	0657	0718	0739	0755	0807	0818		0935	0945	0956	1006	1016	
Ilford High Road Hainault Street	0516	0539	0602	0625	0647	0708	0729	0750	0806	0818	0830		0947	0957	1007	1017	1027	
Clapton Nightingale Road	0912	0923	0934	0945	0956	1007	1018	1029	1040	1051	1102		1113	1124	1135	1146	1157	1208
Homerton Hospital Homerton Grove	0924	0935	0946	0957	1008	1018	1029	1040	1051	1102	1113	1124	1135	1146	1157	1208	1220	1231
Lauriston Road Church Crescent	0935	0946	0957	1008	1018	1028	1038	1049	1100	1111	1122	1133	1144	1155	1206	1217	1229	1240
Mile End Grove Road	0953	1004	1015	1025	1035	1045	1055	1106	1117	1128	1139	1150	1201	1212	1223	1234	1246	1257
Bow Church Station	1000	1011	1022	1032	1042	1052	1102	1113	1124	1135	1146	1157	1208	1219	1230	1241	1253	1304
Stratford Bus Station	1011	1022	1033	1043	1053	1103	1113	1124	1135	1146	1157	1208	1219	1230	1241	1252	1304	1315
Forest Gate Police Station	1022	1033	1044	1054	1104	1114	1124	1135	1146	1157	1208	1220	1231	1242	1253	1304	1316	1327
Manor Park Broadway	1026	1037	1048	1058	1108	1118	1128	1139	1150	1201	1213	1225	1236	1247	1258	1309	1321	1332
Ilford High Road Hainault Street	1037	1048	1059	1109	1120	1130	1140	1151	1202	1214	1226	1238	1249	1300	1311	1323	1335	1347
Clapton Nightingale Road	1230	1241	1252	1303	1314	1325	1336	1347	1358	1409	1420	1431	1442	1453	1504	1515	1526	1537
Homerton Hospital Homerton Grove	1242	1253	1304	1315	1326	1338	1350	1403	1414	1425	1436	1447	1458	1509	1520	1530	1541	1552
Lauriston Road Church Crescent	1251	1302	1314	1325	1336	1349	1403	1416	1428	1439	1450	1501	1512	1523	1534	1544	1554	1605
Mile End Grove Road	1308	1319	1330	1341	1352	1405	1419	1432	1444	1455	1506	1517	1528	1539	1550	1600	1610	1621
Bow Church Station	1315	1326	1337	1348	1359	1412	1426	1439	1451	1502	1514	1525	1536	1547	1558	1608	1618	1629
Stratford Bus Station	1326	1337	1348	1359	1410	1424	1438	1451	1503	1514	1526	1537	1548	1559	1610	1621	1631	1642
Forest Gate Police Station	1338	1349	1400	1411	1425	1439	1453	1506	1518	1529	1540	1551	1602	1613	1624	1635	1646	1657
Manor Park Broadway	1343	1354	1405	1417	1431	1445	1459	1512	1524	1535	1546	1557	1609	1620	1631	1642	1653	1704
Ilford High Road Hainault Street	1359	1411	1423	1435	1449	1503	1517	1530	1542	1553	1604	1616	1628	1639	1650	1701	1711	1722
Clapton Nightingale Road	1548	1559	1610	1621	1632	1643	1654	1705	1716	1727	1738	1749	1800	1811	1822	1833	1844	1855
Homerton Hospital Homerton Grove	1603	1614	1625	1636	1647	1658	1709	1720	1731	1742	1753	1804	1815	1825	1835	1846	1857	1908
Lauriston Road Church Crescent	1616	1627	1638	1649	1700	1711	1722	1733	1744	1754	1805	1816	1827	1836	1846	1857	1908	1918
Mile End Grove Road	1632	1643	1653	1703	1714	1726	1737	1748	1759	1809	1820	1831	1842	1851	1900	1910	1920	1930
Bow Church Station	1640	1651	1701	1711	1722	1734	1745	1756	1807	1817	1827	1838	1849	1858	1907	1916	1926	1936
Stratford Bus Station	1653	1704	1715	1726	1737	1749	1800	1811	1821	1831	1840	1851	1902	1911	1920	1929	1938	1947
Forest Gate Police Station	1708	1719	1730	1741	1752	1804	1815	1825	1835	1845	1854	1905	1915	1924	1933	1942	1951	2000
Manor Park Broadway	1715	1726	1737	1748	1759	1810	1821	1831	1841	1851	1900	1910	1920	1929	1938	1947	1956	2005
Ilford High Road Hainault Street	1733	1744	1755	1806	1817	1828	1838	1848	1858	1908	1917	1926	1935	1944	1953	2002	2011	2020
Clapton Nightingale Road	1906	1917	1928	1941	1954	2007	2020	2033	2046	2059	2112	2125	2138	2151	2204	2217	2230	2243
Homerton Hospital Homerton Grove	1918	1929	1940	1953	2006	2017	2030	2043	2056	2109	2122	2135	2148	2201	2214	2227	2240	2253
Lauriston Road Church Crescent	1928	1939	1950	2003	2014	2025	2038	2051	2104	2117	2130	2143	2156	2209	2222	2235	2248	2301
Mile End Grove Road	1940	1950	2000	2013	2024	2035	2048	2101	2114	2127	2140	2153	2206	2219	2232	2245	2258	2311
Bow Church Station	1946	1956	2006	2019	2030	2041	2054	2106	2119	2132	2145	2158	2210	2223	2236	2249	2302	2315
Stratford Bus Station	1957	2007	2016	2029	2040	2051	2104	2116	2128	2141	2154	2207	2219	2232	2245	2258	2310	2323
Forest Gate Police Station	2010	2019	2028	2040	2051	2102	2114	2126	2138	2151	2204	2216	2228	2241	2254	2307	2319	2331
Manor Park Broadway	2014	2023	2032	2044	2055	2106	2118	2130	2142	2155	2207	2219	2231	2244	2257	2310	2322	2334
Ilford High Road Hainault Street	2029	2038	2047	2056	2106	2117	2128	2140	2152	2204	2216	2228	2240	2253	2306	2318	2330	2342
Clapton Nightingale Road	2256	2309	2325	2341	2357	0013												
Homerton Hospital Homerton Grove	2306	2319	2332	2348	0004	0020												
Lauriston Road Church Crescent	2314	2327	2340	2355	0010	0026												
Mile End Grove Road	2324	2337	2350	0005	0020	0036												
Bow Church Station	2328	2341	2354	0009	0024	0040												
Stratford Bus Station	2336	2349	0002	0017	0032	0047												
Forest Gate Police Station	2344	2357	0010	0025	0040	0055												
Manor Park Broadway	2347	0000	0013	0028	0043	0058												
Ilford High Road Hainault Street	2355	0008	0020	0035	0050	0105												

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**Saturdays (also Good Friday)**

Clapton Nightingale Road	0420	0441	0502	0520	0536	0552	0608	0624	0640	0656	0712	0728	0744	0800	0816	0832	0848	0904
Homerton Hospital Homerton Grove	0426	0447	0509	0527	0543	0559	0615	0631	0647	0703	0720	0736	0752	0809	0826	0842	0858	0914
Lauriston Road Church Crescent	0433	0454	0516	0534	0550	0606	0622	0638	0654	0710	0727	0743	0759	0818	0835	0851	0907	0923
Mile End Grove Road	0447	0508	0530	0548	0604	0621	0637	0653	0709	0725	0742	0758	0815	0835	0852	0908	0924	0940
Bow Church Station	0450	0512	0534	0552	0608	0625	0641	0657	0714	0730	0747	0803	0820	0840	0857	0913	0929	0945
Stratford Bus Station	0458	0520	0542	0600	0616	0633	0649	0705	0722	0738	0755	0812	0830	0850	0907	0923	0939	0955
Forest Gate Police Station	0506	0528	0550	0608	0624	0641	0657	0714	0731	0747	0804	0821	0841	0901	0918	0934	0950	1006
Manor Park Broadway	0509	0531	0553	0611	0627	0644	0700	0717	0734	0751	0808	0825	0845	0905	0922	0938	0954	1010
Ilford High Road Hainault Street	0516	0538	0600	0618	0635	0652	0708	0725	0742	0759	0817	0836	0856	0916	0933	0949	1005	1021
Clapton Nightingale Road	0915	0926	0937	0948	0959	1010	1021	1032	1043	1054	1105	1116	1127	1138	1149	1200	1211	1222
Homerton Hospital Homerton Grove	0925	0936	0947	0958	1009	1020	1031	1042	1053	1104	1116	1127	1138	1149	1200	1211	1223	1234
Lauriston Road Church Crescent	0934	0945	0956	1007	1018	1029	1040	1051	1102	1113	1125	1136	1147	1158	1209	1221	1233	1244
Mile End Grove Road	0951	1002	1013	1024	1035	1046	1057	1108	1119	1130	1142	1153	1204	1215	1226	1238	1249	1300
Bow Church Station	0956	1007	1018	1029	1040	1051	1103	1115	1126	1137	1149	1200	1211	1222	1233	1245	1256	1307
Stratford Bus Station	1006	1018	1029	1040	1051	1102	1114	1126	1137	1148	1200	1212	1224	1235	1246	1258	1309	1321
Forest Gate Police Station	1018	1030	1041	1052	1103	1114	1126	1138	1149	1200	1212	1224	1236	1247	1258	1310	1322	1334
Manor Park Broadway	1022	1034	1045	1057	1108	1119	1131	1143	1154	1205	1217	1229	1241	1252	1303	1315	1327	1339
Ilford High Road Hainault Street	1033	1045	1057	1109	1121	1133	1145	1157	1209	1222	1235	1247	1259	1310	1321	1333	1345	1357
Clapton Nightingale Road	1233	1244	1255	1306	1317	1328	1339	1350	1401	Then every 11 minutes until	1507	1518	1529	1540	1551	1602	1613	
Homerton Hospital Homerton Grove	1245	1256	1307	1318	1329	1340	1351	1402	1412		1518	1529	1540	1551	1602	1613	1624	
Lauriston Road Church Crescent	1255	1306	1318	1329	1340	1351	1402	1412	1422		1528	1539	1550	1601	1612	1623	1634	
Mile End Grove Road	1311	1322	1333	1344	1355	1406	1417	1427	1438		1544	1556	1607	1618	1629	1640	1651	
Bow Church Station	1318	1329	1340	1351	1402	1413	1424	1434	1445		1551	1603	1614	1625	1636	1647	1658	
Stratford Bus Station	1332	1343	1354	1405	1416	1427	1438	1448	1459		1605	1616	1627	1638	1649	1700	1710	
Forest Gate Police Station	1345	1356	1407	1418	1429	1440	1451	1501	1512		1618	1629	1640	1651	1702	1713	1724	
Manor Park Broadway	1350	1401	1413	1424	1435	1446	1457	1508	1519		1625	1636	1647	1658	1709	1720	1731	
Ilford High Road Hainault Street	1408	1419	1431	1442	1453	1504	1515	1526	1537		1643	1654	1705	1716	1727	1738	1749	
Clapton Nightingale Road	1624	1635	1646	1657	1708	1719	1730	1741	1752	1803	1814	1825	1836	1847	1858	1911	1924	1937
Homerton Hospital Homerton Grove	1635	1646	1657	1708	1719	1730	1741	1752	1803	1814	1825	1836	1847	1858	1909	1922	1935	1948
Lauriston Road Church Crescent	1645	1656	1707	1718	1729	1740	1751	1802	1813	1824	1835	1846	1857	1908	1919	1932	1945	1957
Mile End Grove Road	1702	1714	1725	1736	1747	1758	1808	1819	1830	1841	1852	1903	1914	1925	1936	1949	2002	2014
Bow Church Station	1709	1720	1731	1742	1753	1804	1814	1825	1836	1847	1858	1909	1920	1931	1942	1955	2008	2020
Stratford Bus Station	1721	1732	1743	1754	1805	1816	1826	1837	1848	1859	1910	1920	1931	1942	1953	2006	2018	2030
Forest Gate Police Station	1735	1746	1757	1808	1818	1829	1839	1850	1901	1912	1923	1933	1944	1955	2006	2019	2031	2043
Manor Park Broadway	1742	1753	1804	1814	1824	1834	1844	1855	1906	1917	1928	1938	1949	2000	2011	2023	2035	2047
Ilford High Road Hainault Street	1800	1811	1822	1832	1842	1852	1902	1912	1922	1933	1944	1954	2005	2016	2027	2038	2049	2100
Clapton Nightingale Road	1950	2003	2016	2029	2042	2055	2108	2121	2134	2147	2200	2213	2226	2239	2252	2306	2322	2338
Homerton Hospital Homerton Grove	2001	2013	2026	2039	2052	2105	2117	2130	2143	2156	2209	2222	2235	2248	2301	2314	2330	2346
Lauriston Road Church Crescent	2010	2022	2035	2048	2101	2113	2125	2138	2151	2204	2216	2229	2242	2255	2308	2321	2337	2353
Mile End Grove Road	2026	2038	2051	2104	2117	2129	2141	2154	2207	2219	2231	2244	2257	2310	2323	2336	2352	0008
Bow Church Station	2032	2044	2057	2110	2123	2135	2147	2200	2212	2224	2236	2249	2302	2314	2327	2340	2356	0012
Stratford Bus Station	2042	2054	2107	2120	2133	2145	2157	2210	2222	2234	2246	2259	2311	2323	2336	2349	0005	0020
Forest Gate Police Station	2055	2107	2117	2130	2143	2155	2207	2220	2232	2244	2256	2309	2320	2332	2345	2358	0013	0028
Manor Park Broadway	2059	2111	2121	2134	2147	2159	2211	2224	2236	2248	2300	2313	2324	2336	2349	0002	0016	0031
Ilford High Road Hainault Street	2112	2123	2134	2146	2158	2210	2222	2234	2246	2258	2310	2322	2333	2345	2357	0009	0023	0038
Clapton Nightingale Road	2354	0010																
Homerton Hospital Homerton Grove	0002	0018																
Lauriston Road Church Crescent	0008	0024																
Mile End Grove Road	0023	0039																
Bow Church Station	0027	0043																
Stratford Bus Station	0035	0051																
Forest Gate Police Station	0043	0059																
Manor Park Broadway	0046	0102																
Ilford High Road Hainault Street	0053	0109																

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## Sundays and other Public Holidays (except Christmas Day)

Clapton Nightingale Road	0520	0541	0602	0623	0644	0700	0716	0732	0748	0804	0820	0836	0852	0908	0924	0940	0956	1009
Homerton Hospital Homerton Grove	0526	0547	0608	0629	0650	0706	0723	0739	0755	0813	0829	0845	0901	0917	0933	0949	1005	1018
Lauriston Road Church Crescent	0532	0553	0615	0636	0657	0713	0730	0746	0802	0820	0836	0852	0910	0926	0942	0958	1014	1027
Mile End Grove Road	0539	0601	0623	0644	0705	0725	0743	0800	0818	0836	0852	0908	0927	0943	0959	1015	1031	1044
Bow Church Station	0542	0604	0626	0647	0709	0729	0747	0804	0823	0841	0857	0913	0933	0949	1005	1021	1037	1050
Stratford Bus Station	0549	0611	0633	0654	0716	0737	0755	0812	0831	0849	0905	0923	0943	0959	1015	1031	1047	1100
Forest Gate Police Station	0556	0618	0640	0701	0723	0745	0804	0821	0840	0858	0915	0933	0953	1009	1025	1041	1057	1110
Manor Park Broadway	0559	0621	0643	0704	0726	0748	0807	0826	0845	0903	0921	0939	0957	1013	1029	1045	1101	1114
Ilford High Road Hainault Street	0606	0628	0650	0712	0734	0756	0815	0834	0853	0912	0931	0949	1007	1024	1041	1058	1115	1128
Clapton Nightingale Road	1022	1035	1048	1101	1114	1127	1140	1153	1206	1219	1232	1245	1258	1311	1324	1337	1350	1403
Homerton Hospital Homerton Grove	1031	1044	1057	1111	1124	1137	1150	1203	1216	1229	1242	1255	1308	1322	1335	1348	1401	1415
Lauriston Road Church Crescent	1040	1053	1106	1120	1133	1146	1159	1213	1226	1239	1252	1305	1319	1333	1346	1359	1411	1425
Mile End Grove Road	1057	1110	1123	1137	1150	1203	1216	1231	1244	1257	1310	1323	1337	1351	1404	1417	1429	1443
Bow Church Station	1103	1116	1129	1143	1156	1209	1222	1237	1250	1303	1318	1332	1346	1359	1412	1425	1437	1451
Stratford Bus Station	1113	1126	1139	1153	1206	1220	1233	1248	1301	1316	1330	1344	1358	1411	1424	1437	1449	1503
Forest Gate Police Station	1123	1136	1149	1203	1217	1231	1244	1259	1315	1330	1344	1358	1412	1425	1438	1451	1503	1516
Manor Park Broadway	1127	1140	1154	1208	1222	1236	1249	1305	1321	1336	1350	1404	1418	1431	1444	1457	1509	1521
Ilford High Road Hainault Street	1141	1155	1210	1225	1240	1255	1310	1326	1342	1357	1411	1425	1439	1452	1505	1518	1530	1542
Clapton Nightingale Road	1416	1429	1442	1455	1508	1521	1534	1547	1600	1613	1626	1639	1652	1705	1718	1731	1744	1757
Homerton Hospital Homerton Grove	1428	1441	1454	1507	1519	1532	1545	1558	1611	1624	1637	1650	1703	1716	1729	1742	1755	1808
Lauriston Road Church Crescent	1438	1451	1504	1517	1529	1542	1555	1608	1620	1633	1646	1659	1712	1725	1738	1751	1804	1817
Mile End Grove Road	1456	1509	1521	1534	1546	1559	1612	1625	1637	1650	1703	1716	1729	1742	1755	1808	1821	1834
Bow Church Station	1504	1517	1529	1542	1554	1607	1619	1632	1644	1657	1710	1723	1736	1749	1802	1815	1828	1841
Stratford Bus Station	1516	1529	1541	1554	1606	1619	1631	1644	1656	1709	1722	1735	1748	1801	1814	1827	1840	1853
Forest Gate Police Station	1529	1542	1554	1607	1619	1632	1644	1657	1709	1722	1735	1748	1801	1813	1826	1839	1852	1905
Manor Park Broadway	1534	1547	1559	1612	1624	1637	1649	1702	1714	1727	1740	1753	1806	1818	1831	1844	1857	1910
Ilford High Road Hainault Street	1554	1606	1618	1630	1642	1654	1706	1719	1731	1744	1757	1810	1823	1835	1848	1901	1913	1925
Clapton Nightingale Road	1810	1823	1836	1849	1902	1915	1928	1941	1954	2007	2020	2033	2046	2059	2112	2125	2142	2159
Homerton Hospital Homerton Grove	1821	1834	1847	1900	1912	1925	1937	1950	2003	2016	2029	2042	2055	2108	2121	2134	2151	2208
Lauriston Road Church Crescent	1830	1843	1856	1909	1920	1933	1945	1958	2011	2024	2037	2050	2103	2115	2128	2141	2158	2215
Mile End Grove Road	1847	1900	1913	1926	1936	1949	2001	2014	2027	2040	2053	2106	2118	2130	2143	2156	2213	2229
Bow Church Station	1854	1907	1919	1932	1942	1955	2007	2020	2033	2046	2059	2111	2123	2135	2148	2201	2217	2233
Stratford Bus Station	1906	1918	1930	1943	1953	2006	2017	2029	2042	2055	2108	2120	2132	2144	2157	2210	2225	2241
Forest Gate Police Station	1917	1929	1941	1954	2004	2016	2027	2039	2052	2105	2118	2130	2142	2154	2207	2220	2235	2251
Manor Park Broadway	1922	1934	1946	1959	2009	2020	2031	2043	2056	2109	2122	2134	2146	2158	2211	2224	2239	2255
Ilford High Road Hainault Street	1937	1949	2001	2012	2022	2032	2043	2055	2107	2119	2132	2144	2156	2208	2220	2233	2248	2303
Clapton Nightingale Road	2216	2233	2250	2306	2322	2338	2354	0010										
Homerton Hospital Homerton Grove	2224	2241	2258	2313	2329	2345	0001	0017										
Lauriston Road Church Crescent	2231	2248	2305	2320	2335	2351	0007	0023										
Mile End Grove Road	2245	2301	2317	2332	2347	0003	0019	0035										
Bow Church Station	2249	2305	2321	2336	2351	0007	0023	0039										
Stratford Bus Station	2257	2313	2329	2344	2359	0015	0031	0047										
Forest Gate Police Station	2307	2322	2338	2353	0008	0024	0040	0056										
Manor Park Broadway	2310	2325	2341	2356	0011	0027	0043	0059										
Ilford High Road Hainault Street	2318	2333	2349	0004	0019	0035	0051	0107										