

<b>425</b>	<b>Mondays to Fridays</b>																	
Ilford High Road Hainault Street	0405	0425	0445	0505	0520	0535	0550	0605	0620	0629	0637	0645	0650	0700	0707	0714	0724	0734
Manor Park Broadway	0413	0433	0453	0513	0528	0543	0558	0615	0630	0639	0647	0655	0700	0710	0720	0727	0737	0747
Forest Gate Police Station	0417	0437	0457	0517	0532	0547	0602	0620	0635	0644	0652	0700	0707	0717	0727	0734	0744	0754
Stratford Bus Station	0426	0446	0506	0526	0542	0557	0613	0631	0646	0655	0703	0712	0722	0732	0742	0749	0759	0809
Bow Church Station	0434	0454	0514	0534	0550	0605	0622	0640	0655	0704	0714	0724	0734	0744	0754	0801	0811	0821
Mile End Grove Road	0438	0458	0518	0538	0554	0610	0627	0645	0700	0710	0720	0730	0740	0750	0800	0810	0820	0830
Lauriston Road Church Crescent	0443	0503	0523	0543	0559	0616	0633	0651	0706	0717	0728	0738	0748	0758	0808	0820	0830	0840
Homerton Hospital Homerton Grove	0449	0509	0529	0549	0605	0623	0641	0659	0715	0726	0737	0747	0757	0807	0819	0831	0842	0852
Clapton Nightingale Road	0454	0514	0534	0555	0613	0631	0649	0707	0725	0736	0747	0758	0809	0820	0832	0844	0855	0905
Ilford High Road Hainault Street	0743	0753	0801	0811	0821	0831	0841	0851	0901	0911	0921	Then every 10 minutes until	1121	1131	Then every 10 minutes until	1301		
Manor Park Broadway	0756	0806	0816	0826	0836	0846	0856	0906	0914	0924	0934		1134	1144		1314		
Forest Gate Police Station	0803	0813	0823	0833	0843	0853	0903	0912	0920	0930	0940		1140	1150		1320		
Stratford Bus Station	0819	0829	0839	0849	0859	0909	0918	0927	0935	0944	0954		1154	1204		1334		
Bow Church Station	0831	0841	0851	0901	0911	0921	0930	0939	0947	0956	1006		1206	1217		1347		
Mile End Grove Road	0840	0850	0900	0909	0918	0928	0937	0946	0954	1003	1012		1212	1223		1353		
Lauriston Road Church Crescent	0850	0900	0910	0919	0927	0936	0945	0954	1002	1010	1019		1219	1230		1400		
Homerton Hospital Homerton Grove	0902	0912	0921	0929	0937	0946	0955	1004	1012	1020	1028		1228	1239		1409		
Clapton Nightingale Road	0914	0923	0932	0940	0948	0957	1006	1015	1023	1031	1039	1239	1250	1420				
Ilford High Road Hainault Street	1309	1319	1329	1339	1348	1357	1406	1415	1425	1435	1444	1453	1502	1512	1522	1533	1544	1554
Manor Park Broadway	1322	1332	1342	1352	1401	1410	1420	1429	1439	1449	1458	1507	1517	1527	1537	1548	1559	1609
Forest Gate Police Station	1328	1338	1348	1358	1407	1416	1426	1435	1445	1455	1504	1514	1524	1534	1544	1555	1606	1616
Stratford Bus Station	1342	1352	1402	1412	1421	1430	1440	1449	1459	1509	1519	1529	1539	1549	1559	1609	1619	1629
Bow Church Station	1355	1405	1415	1425	1434	1443	1453	1502	1512	1522	1532	1542	1552	1602	1612	1622	1632	1642
Mile End Grove Road	1401	1411	1421	1431	1440	1449	1459	1509	1519	1529	1539	1549	1559	1609	1619	1629	1639	1649
Lauriston Road Church Crescent	1409	1419	1429	1439	1448	1457	1507	1518	1528	1538	1548	1558	1608	1618	1628	1638	1648	1658
Homerton Hospital Homerton Grove	1419	1429	1439	1449	1458	1507	1518	1529	1540	1550	1600	1610	1621	1631	1641	1651	1701	1711
Clapton Nightingale Road	1430	1440	1450	1500	1510	1520	1531	1542	1553	1603	1613	1623	1634	1644	1654	1704	1714	1724
Ilford High Road Hainault Street	1605	1615	1625	1635	1646	1657	1708	1719	1729	1739	1750	1800	1810	1820	1830	1840	1850	1900
Manor Park Broadway	1620	1630	1640	1650	1701	1712	1723	1734	1744	1754	1805	1815	1824	1834	1844	1854	1904	1914
Forest Gate Police Station	1627	1637	1647	1657	1708	1719	1730	1741	1751	1801	1811	1821	1830	1840	1850	1900	1910	1920
Stratford Bus Station	1640	1650	1700	1710	1721	1732	1743	1754	1804	1814	1824	1834	1843	1853	1903	1913	1922	1932
Bow Church Station	1653	1703	1713	1723	1734	1745	1756	1806	1816	1826	1836	1846	1855	1905	1915	1925	1934	1944
Mile End Grove Road	1700	1710	1720	1730	1741	1752	1803	1813	1823	1833	1843	1853	1902	1911	1921	1931	1940	1950
Lauriston Road Church Crescent	1709	1720	1730	1740	1751	1802	1812	1822	1832	1842	1852	1902	1910	1919	1929	1939	1948	1958
Homerton Hospital Homerton Grove	1721	1732	1742	1752	1803	1813	1823	1833	1843	1853	1903	1911	1919	1928	1938	1948	1957	2007
Clapton Nightingale Road	1734	1745	1755	1805	1815	1825	1835	1845	1855	1905	1913	1921	1929	1938	1948	1958	2007	2016
Ilford High Road Hainault Street	1910	1920	1931	1943	1955	2007	2019	2031	2043	2055	2107	2119	2131	2143	2155	2207	2219	2231
Manor Park Broadway	1923	1933	1944	1956	2008	2018	2030	2042	2054	2106	2117	2129	2141	2153	2205	2215	2227	2239
Forest Gate Police Station	1929	1939	1950	2002	2014	2024	2036	2048	2100	2111	2122	2134	2146	2158	2209	2219	2231	2243
Stratford Bus Station	1941	1951	2002	2012	2024	2034	2046	2058	2110	2121	2132	2144	2156	2208	2218	2228	2240	2252
Bow Church Station	1953	2003	2013	2023	2035	2045	2057	2109	2121	2132	2143	2155	2207	2217	2227	2237	2249	2301
Mile End Grove Road	1959	2009	2019	2029	2041	2051	2103	2114	2126	2137	2148	2200	2212	2222	2232	2242	2254	2305
Lauriston Road Church Crescent	2007	2016	2026	2036	2048	2058	2109	2120	2132	2143	2154	2206	2217	2227	2237	2247	2259	2310
Homerton Hospital Homerton Grove	2015	2024	2034	2044	2056	2106	2116	2127	2139	2150	2201	2213	2224	2234	2244	2254	2306	2316
Clapton Nightingale Road	2024	2033	2043	2053	2105	2115	2125	2135	2147	2158	2209	2220	2231	2241	2251	2301	2312	2322
Ilford High Road Hainault Street	2243	2255	2310	2325	2340	2355												
Manor Park Broadway	2251	2303	2318	2333	2348	0003												
Forest Gate Police Station	2255	2307	2322	2337	2352	0006												
Stratford Bus Station	2304	2316	2331	2346	0000	0014												
Bow Church Station	2312	2324	2339	2354	0008	0022												
Mile End Grove Road	2316	2328	2343	2358	0012	0026												
Lauriston Road Church Crescent	2321	2333	2348	0003	0017	0031												
Homerton Hospital Homerton Grove	2327	2339	2354	0009	0023	0037												
Clapton Nightingale Road	2333	2345	0000	0014	0028	0042												

425	Saturdays (also Good Friday)																	
Ilford High Road Hainault Street	0405	0425	0445	0505	0520	0535	0550	0605	0620	0635	0650	0705	0720	0735	0750	0805	0820	0833
Manor Park Broadway	0413	0433	0453	0513	0528	0543	0558	0614	0629	0644	0659	0714	0729	0744	0759	0815	0830	0843
Forest Gate Police Station	0416	0436	0456	0517	0532	0547	0602	0619	0634	0649	0704	0719	0734	0749	0804	0820	0835	0848
Stratford Bus Station	0425	0445	0505	0527	0542	0557	0612	0629	0644	0659	0715	0730	0745	0800	0815	0831	0846	0900
Bow Church Station	0432	0452	0513	0535	0550	0606	0622	0638	0653	0708	0724	0740	0755	0810	0825	0841	0856	0910
Mile End Grove Road	0435	0455	0517	0539	0554	0610	0626	0642	0657	0713	0729	0745	0800	0815	0830	0846	0901	0916
Lauriston Road Church Crescent	0439	0500	0522	0544	0559	0615	0631	0647	0702	0719	0735	0751	0806	0821	0836	0852	0908	0923
Homerton Hospital Homerton Grove	0445	0506	0528	0550	0605	0621	0637	0653	0709	0726	0742	0758	0813	0828	0843	0859	0916	0931
Clapton Nightingale Road	0450	0511	0533	0555	0611	0627	0643	0659	0715	0732	0748	0804	0820	0835	0850	0906	0925	0940
Ilford High Road Hainault Street	0846	0900	0909	0918	0928	0938	0948	0958	1007	1017	1027	1037	1047	1057	1106	1115	1125	1135
Manor Park Broadway	0856	0910	0920	0930	0940	0950	1000	1010	1020	1030	1040	1050	1100	1110	1121	1130	1140	1150
Forest Gate Police Station	0901	0916	0926	0936	0946	0956	1006	1016	1026	1036	1046	1056	1106	1116	1127	1136	1146	1156
Stratford Bus Station	0914	0929	0939	0949	0959	1009	1019	1029	1039	1049	1059	1109	1120	1130	1141	1150	1200	1210
Bow Church Station	0925	0940	0950	1000	1010	1020	1030	1040	1050	1100	1110	1121	1132	1142	1153	1202	1212	1223
Mile End Grove Road	0931	0946	0956	1006	1016	1026	1036	1046	1056	1106	1116	1127	1138	1148	1159	1208	1218	1229
Lauriston Road Church Crescent	0938	0953	1003	1013	1023	1033	1043	1053	1103	1114	1124	1135	1146	1156	1207	1216	1226	1237
Homerton Hospital Homerton Grove	0946	1001	1011	1021	1031	1041	1051	1101	1112	1123	1133	1144	1155	1205	1216	1226	1236	1247
Clapton Nightingale Road	0955	1010	1020	1030	1040	1050	1100	1111	1122	1133	1143	1154	1205	1216	1227	1237	1247	1258
Ilford High Road Hainault Street	1145	1154	1203	1213	1223	1233	1243	Then every 10 minutes until	1353	1404	1414	1424	1434	1444	1454	1505	1515	
Manor Park Broadway	1200	1209	1220	1231	1242	1252	1302		1412	1422	1432	1442	1452	1502	1512	1522	1532	
Forest Gate Police Station	1206	1215	1226	1237	1248	1258	1309		1419	1429	1439	1449	1459	1509	1519	1529	1539	
Stratford Bus Station	1221	1230	1241	1252	1303	1314	1325		1435	1445	1455	1505	1515	1526	1536	1546	1556	
Bow Church Station	1234	1243	1254	1305	1316	1327	1338		1448	1458	1508	1519	1529	1540	1550	1600	1610	
Mile End Grove Road	1240	1249	1300	1311	1322	1333	1344		1454	1504	1514	1525	1535	1546	1556	1606	1616	
Lauriston Road Church Crescent	1248	1257	1308	1319	1330	1341	1352		1502	1512	1522	1533	1543	1554	1604	1614	1624	
Homerton Hospital Homerton Grove	1258	1307	1318	1329	1340	1351	1402		1512	1522	1532	1543	1553	1604	1614	1624	1634	
Clapton Nightingale Road	1309	1319	1330	1341	1352	1403	1413		1523	1533	1543	1554	1604	1615	1625	1635	1645	
Ilford High Road Hainault Street	1525	Then every 10 minutes until	1615	1625	Then every 10 minutes until	1715	1725	1735	1745	1755	1805	1815	1825	1835	1845	1855		
Manor Park Broadway	1542		1632	1642		1732	1742	1752	1802	1812	1822	1832	1842	1852	1902	1912		
Forest Gate Police Station	1549		1639	1649		1739	1749	1759	1809	1819	1829	1839	1849	1859	1908	1918		
Stratford Bus Station	1606		1656	1706		1756	1806	1816	1825	1835	1845	1855	1905	1914	1923	1933		
Bow Church Station	1620		1710	1719		1809	1818	1828	1837	1847	1857	1907	1916	1925	1934	1944		
Mile End Grove Road	1626		1716	1725		1815	1824	1834	1843	1853	1903	1913	1922	1931	1940	1950		
Lauriston Road Church Crescent	1634		1724	1733		1823	1832	1842	1851	1901	1910	1920	1929	1938	1947	1957		
Homerton Hospital Homerton Grove	1644		1734	1743		1833	1842	1852	1901	1910	1919	1929	1938	1947	1956	2006		
Clapton Nightingale Road	1655		1745	1754		1844	1853	1903	1911	1920	1929	1939	1948	1957	2006	2016		
Ilford High Road Hainault Street	1905	1917	1930	1943	1955	2007	2019	2031	2043	2055	2107	2119	2131	2143	2155	2207	2219	2231
Manor Park Broadway	1922	1933	1946	1959	2011	2021	2031	2043	2055	2107	2118	2130	2142	2154	2206	2216	2228	2240
Forest Gate Police Station	1928	1939	1952	2005	2017	2027	2037	2049	2101	2112	2123	2135	2147	2159	2210	2220	2232	2244
Stratford Bus Station	1943	1954	2007	2018	2030	2040	2050	2102	2113	2124	2135	2147	2159	2210	2221	2231	2243	2255
Bow Church Station	1954	2005	2017	2028	2040	2050	2100	2112	2123	2134	2145	2157	2208	2219	2230	2240	2252	2304
Mile End Grove Road	2000	2011	2023	2034	2046	2056	2106	2117	2128	2139	2150	2202	2213	2224	2235	2245	2257	2309
Lauriston Road Church Crescent	2007	2018	2030	2041	2053	2103	2113	2124	2135	2146	2157	2208	2219	2230	2241	2251	2303	2315
Homerton Hospital Homerton Grove	2016	2026	2038	2049	2101	2111	2121	2131	2142	2153	2204	2215	2226	2237	2248	2258	2310	2322
Clapton Nightingale Road	2026	2036	2048	2059	2109	2119	2129	2139	2150	2201	2211	2222	2233	2244	2255	2305	2317	2329
Ilford High Road Hainault Street	2243	2255	2310	2325	2340	2355												
Manor Park Broadway	2252	2304	2318	2333	2348	0003												
Forest Gate Police Station	2256	2308	2322	2337	2352	0007												
Stratford Bus Station	2307	2319	2332	2347	0002	0016												
Bow Church Station	2316	2328	2341	2356	0010	0024												
Mile End Grove Road	2321	2333	2346	0000	0014	0028												
Lauriston Road Church Crescent	2327	2339	2352	0005	0019	0033												
Homerton Hospital Homerton Grove	2334	2346	2359	0012	0026	0040												
Clapton Nightingale Road	2341	2353	0006	0019	0033	0047												

<b>425</b>	<b>Sundays and other Public Holidays (except Christmas Day and Boxing Day)</b>																	
Ilford High Road Hainault Street	0505	0525	0545	0605	0625	0645	0700	0715	0730	0745	0800	0815	0830	0845	0900	0915	0929	0944
Manor Park Broadway	0514	0534	0554	0614	0634	0654	0709	0724	0739	0754	0809	0824	0839	0854	0909	0925	0939	0954
Forest Gate Police Station	0518	0538	0558	0618	0638	0658	0714	0729	0744	0759	0814	0829	0844	0859	0915	0931	0945	1000
Stratford Bus Station	0527	0547	0607	0628	0648	0708	0724	0739	0754	0809	0825	0840	0855	0910	0926	0942	0956	1011
Bow Church Station	0535	0555	0615	0636	0656	0717	0733	0748	0803	0819	0835	0850	0905	0921	0937	0953	1007	1022
Mile End Grove Road	0539	0559	0619	0640	0700	0721	0737	0752	0808	0824	0840	0855	0910	0926	0942	0958	1013	1028
Lauriston Road Church Crescent	0544	0604	0624	0645	0705	0726	0742	0758	0814	0830	0846	0901	0916	0932	0948	1004	1020	1035
Homerton Hospital Homerton Grove	0550	0610	0630	0651	0712	0733	0749	0805	0821	0837	0853	0908	0923	0939	0955	1011	1027	1042
Clapton Nightingale Road	0556	0616	0636	0657	0718	0739	0755	0811	0827	0843	0859	0915	0930	0946	1002	1018	1034	1049
Ilford High Road Hainault Street	0958	1009	1021	1032	1043	1055	1107	1119	1131	1143	1155	1207	1219	1231	1243	1255	1307	1319
Manor Park Broadway	1008	1020	1032	1043	1054	1106	1122	1134	1146	1158	1210	1223	1235	1247	1259	1311	1324	1337
Forest Gate Police Station	1014	1026	1038	1049	1100	1112	1128	1140	1152	1204	1217	1230	1242	1254	1306	1318	1331	1344
Stratford Bus Station	1026	1038	1050	1101	1113	1125	1141	1153	1206	1219	1232	1245	1257	1309	1321	1333	1346	1359
Bow Church Station	1037	1049	1101	1113	1125	1137	1153	1205	1218	1231	1244	1257	1309	1321	1333	1345	1358	1411
Mile End Grove Road	1043	1055	1107	1119	1131	1143	1159	1211	1224	1237	1250	1303	1315	1327	1339	1351	1404	1417
Lauriston Road Church Crescent	1050	1102	1115	1127	1139	1151	1207	1219	1232	1245	1258	1311	1323	1335	1347	1359	1412	1425
Homerton Hospital Homerton Grove	1057	1109	1122	1134	1146	1158	1215	1227	1240	1253	1306	1321	1333	1345	1357	1409	1422	1435
Clapton Nightingale Road	1104	1117	1130	1142	1154	1206	1224	1236	1249	1302	1317	1332	1344	1356	1408	1421	1434	1447
Ilford High Road Hainault Street	1331	1343	1355	1407	1419	1431	1443	1455	1507	1519	1531	1543	1555	1607	1619	1631	1643	1655
Manor Park Broadway	1349	1401	1413	1425	1437	1449	1500	1512	1523	1535	1547	1559	1611	1622	1634	1646	1658	1710
Forest Gate Police Station	1356	1408	1420	1432	1444	1456	1507	1519	1530	1542	1554	1606	1618	1629	1641	1653	1705	1717
Stratford Bus Station	1411	1423	1435	1447	1459	1511	1523	1535	1546	1558	1610	1622	1633	1644	1656	1708	1720	1732
Bow Church Station	1423	1435	1447	1459	1511	1524	1536	1548	1559	1611	1623	1635	1646	1657	1709	1720	1732	1744
Mile End Grove Road	1429	1441	1453	1505	1517	1530	1542	1554	1605	1617	1629	1641	1652	1703	1715	1726	1738	1750
Lauriston Road Church Crescent	1437	1449	1501	1513	1525	1538	1550	1602	1613	1625	1637	1649	1700	1711	1723	1734	1746	1758
Homerton Hospital Homerton Grove	1447	1459	1510	1522	1534	1547	1559	1611	1622	1634	1646	1658	1709	1720	1732	1743	1755	1807
Clapton Nightingale Road	1459	1511	1522	1534	1546	1558	1610	1622	1633	1645	1657	1709	1720	1731	1743	1754	1806	1817
Ilford High Road Hainault Street	1707	1719	1731	1743	1755	1807	1819	1831	1844	1857	1910	1922	1934	1946	1958	2010	2022	2034
Manor Park Broadway	1721	1733	1745	1757	1809	1820	1832	1844	1857	1910	1922	1934	1946	1958	2010	2021	2033	2045
Forest Gate Police Station	1728	1740	1752	1804	1815	1826	1838	1850	1903	1916	1928	1940	1952	2004	2015	2026	2038	2050
Stratford Bus Station	1743	1755	1807	1819	1830	1841	1853	1904	1916	1928	1940	1952	2004	2015	2026	2037	2049	2101
Bow Church Station	1755	1807	1818	1830	1841	1852	1904	1915	1927	1939	1951	2003	2015	2026	2037	2048	2100	2112
Mile End Grove Road	1801	1813	1824	1836	1847	1858	1910	1921	1933	1945	1957	2008	2020	2031	2042	2053	2105	2117
Lauriston Road Church Crescent	1809	1820	1831	1843	1854	1905	1917	1928	1940	1952	2004	2015	2026	2037	2048	2059	2111	2123
Homerton Hospital Homerton Grove	1818	1829	1840	1851	1902	1913	1925	1936	1948	2000	2011	2022	2033	2044	2055	2106	2118	2130
Clapton Nightingale Road	1828	1839	1850	1901	1912	1923	1934	1945	1957	2009	2020	2031	2042	2053	2104	2115	2126	2137
Ilford High Road Hainault Street	2046	2058	2110	2125	2140	2155	2210	2225	2240	2255	2310	2325	2340	2355				
Manor Park Broadway	2057	2109	2120	2135	2150	2205	2219	2233	2248	2303	2317	2332	2347	0002				
Forest Gate Police Station	2102	2114	2125	2140	2155	2209	2223	2237	2252	2307	2321	2336	2351	0006				
Stratford Bus Station	2112	2124	2135	2150	2205	2219	2233	2247	2302	2317	2331	2346	0000	0015				
Bow Church Station	2123	2135	2146	2201	2215	2229	2243	2257	2311	2325	2339	2354	0008	0023				
Mile End Grove Road	2128	2140	2151	2205	2219	2233	2247	2301	2315	2329	2343	2358	0012	0027				
Lauriston Road Church Crescent	2134	2146	2157	2211	2225	2239	2253	2307	2321	2335	2349	0003	0017	0032				
Homerton Hospital Homerton Grove	2141	2153	2204	2218	2232	2246	2300	2314	2328	2342	2356	0010	0024	0038				
Clapton Nightingale Road	2148	2159	2210	2224	2238	2252	2306	2320	2334	2348	0002	0016	0030	0044				



<b>425</b>	<b>Saturdays (also Good Friday)</b>																	
Clapton <i>Nightingale Road</i>	0420	0440	0500	0520	0535	0550	0605	0620	0635	0650	0705	0720	0735	0750	0805	0820	0833	0846
Homerton Hospital <i>Homerton Grove</i>	0426	0446	0506	0527	0542	0557	0612	0627	0642	0657	0713	0728	0743	0758	0813	0828	0841	0854
Lauriston Road <i>Church Crescent</i>	0433	0453	0513	0534	0549	0604	0619	0634	0649	0704	0720	0735	0750	0805	0820	0835	0848	0901
Mile End <i>Grove Road</i>	0437	0457	0517	0538	0553	0609	0624	0639	0654	0709	0725	0740	0755	0811	0826	0841	0854	0908
Bow Church Station	0440	0500	0521	0542	0557	0613	0628	0643	0658	0714	0730	0745	0800	0816	0831	0846	0859	0913
Stratford <i>Bus Station</i>	0448	0508	0529	0550	0605	0621	0636	0651	0706	0722	0738	0753	0808	0825	0840	0855	0908	0923
Forest Gate <i>Police Station</i>	0455	0516	0537	0558	0613	0629	0644	0659	0715	0731	0747	0802	0817	0834	0849	0904	0919	0934
Manor Park <i>Broadway</i>	0458	0519	0540	0601	0616	0632	0647	0702	0718	0734	0750	0806	0821	0838	0853	0908	0923	0938
Ilford High Road <i>Hainault Street</i>	0505	0526	0547	0609	0624	0640	0655	0710	0726	0742	0758	0815	0830	0847	0902	0919	0934	0949
Clapton <i>Nightingale Road</i>	0859	0912	0922	0932	0942	0951	1001	1011	1021	1031	1041	1051	1101	1111	1121	1131	1141	1151
Homerton Hospital <i>Homerton Grove</i>	0907	0922	0932	0942	0952	1001	1011	1021	1031	1041	1051	1101	1112	1122	1132	1142	1152	1202
Lauriston Road <i>Church Crescent</i>	0915	0930	0940	0950	1000	1010	1020	1030	1040	1050	1100	1110	1121	1131	1141	1151	1201	1212
Mile End <i>Grove Road</i>	0923	0938	0948	0957	1007	1017	1027	1037	1047	1057	1107	1117	1128	1138	1148	1158	1208	1219
Bow Church Station	0928	0943	0953	1002	1012	1022	1032	1042	1052	1103	1114	1124	1135	1145	1155	1205	1215	1226
Stratford <i>Bus Station</i>	0938	0953	1003	1013	1023	1033	1043	1053	1103	1114	1125	1135	1146	1156	1206	1217	1228	1239
Forest Gate <i>Police Station</i>	0949	1004	1014	1024	1034	1044	1054	1104	1115	1126	1137	1147	1158	1208	1218	1229	1240	1251
Manor Park <i>Broadway</i>	0953	1008	1018	1028	1038	1048	1058	1109	1120	1131	1142	1152	1203	1213	1223	1234	1245	1256
Ilford High Road <i>Hainault Street</i>	1004	1019	1029	1039	1050	1101	1112	1123	1134	1145	1156	1207	1218	1229	1240	1251	1302	1313
Clapton <i>Nightingale Road</i>	1201	1211	1221	1231	1241	1251	1301	1311	1321	1331	1341	1352	1402	<i>Then every 10 minutes until</i>	1522	1533	1543	
Homerton Hospital <i>Homerton Grove</i>	1213	1223	1233	1243	1253	1303	1313	1323	1333	1343	1353	1404	1413		1533	1544	1554	
Lauriston Road <i>Church Crescent</i>	1223	1233	1243	1253	1303	1314	1324	1334	1344	1354	1404	1414	1423		1543	1554	1604	
Mile End <i>Grove Road</i>	1230	1240	1250	1300	1311	1322	1332	1342	1352	1402	1412	1422	1431		1551	1602	1612	
Bow Church Station	1237	1247	1257	1307	1318	1329	1339	1349	1359	1409	1419	1429	1438		1558	1609	1619	
Stratford <i>Bus Station</i>	1250	1300	1310	1321	1332	1343	1353	1403	1413	1423	1433	1443	1452		1612	1622	1632	
Forest Gate <i>Police Station</i>	1302	1312	1323	1334	1345	1356	1406	1416	1426	1436	1446	1456	1505		1625	1635	1645	
Manor Park <i>Broadway</i>	1307	1317	1328	1339	1350	1401	1412	1422	1432	1442	1452	1502	1512		1632	1642	1652	
Ilford High Road <i>Hainault Street</i>	1324	1335	1346	1357	1408	1419	1430	1440	1450	1500	1510	1520	1530		1650	1700	1710	
Clapton <i>Nightingale Road</i>	1553	1603	1613	1623	1634	1645	1655	1705	1715	1725	1735	1745	1755	1806	1816	1827	1837	1848
Homerton Hospital <i>Homerton Grove</i>	1604	1614	1624	1634	1645	1656	1706	1716	1726	1736	1746	1756	1806	1817	1827	1838	1848	1859
Lauriston Road <i>Church Crescent</i>	1614	1624	1634	1644	1655	1706	1716	1726	1736	1746	1756	1806	1816	1827	1837	1848	1858	1909
Mile End <i>Grove Road</i>	1622	1632	1642	1652	1703	1713	1723	1733	1743	1753	1803	1813	1823	1834	1844	1855	1905	1916
Bow Church Station	1629	1639	1649	1659	1709	1719	1729	1739	1749	1759	1809	1819	1829	1840	1850	1901	1911	1922
Stratford <i>Bus Station</i>	1642	1652	1702	1712	1722	1731	1741	1751	1801	1811	1821	1831	1841	1852	1902	1912	1922	1933
Forest Gate <i>Police Station</i>	1655	1705	1716	1726	1736	1745	1755	1805	1814	1824	1834	1844	1854	1905	1915	1925	1935	1946
Manor Park <i>Broadway</i>	1702	1712	1723	1733	1743	1752	1802	1811	1820	1829	1839	1849	1859	1910	1920	1930	1940	1951
Ilford High Road <i>Hainault Street</i>	1720	1730	1741	1751	1801	1810	1819	1828	1837	1846	1856	1906	1916	1926	1936	1946	1956	2006
Clapton <i>Nightingale Road</i>	1859	1910	1922	1934	1946	1958	2010	2022	2034	2046	2058	2110	2122	2134	2146	2158	2210	2222
Homerton Hospital <i>Homerton Grove</i>	1910	1921	1933	1945	1957	2009	2020	2032	2044	2056	2108	2119	2131	2143	2155	2207	2219	2231
Lauriston Road <i>Church Crescent</i>	1919	1930	1942	1954	2006	2018	2029	2041	2053	2105	2116	2127	2139	2151	2203	2214	2226	2238
Mile End <i>Grove Road</i>	1926	1937	1949	2001	2012	2024	2035	2047	2059	2111	2122	2133	2145	2157	2208	2219	2231	2243
Bow Church Station	1932	1943	1955	2007	2018	2030	2041	2053	2105	2117	2128	2139	2151	2203	2214	2225	2236	2248
Stratford <i>Bus Station</i>	1943	1954	2006	2017	2028	2040	2051	2103	2115	2127	2138	2149	2201	2213	2224	2235	2246	2258
Forest Gate <i>Police Station</i>	1956	2007	2019	2030	2041	2053	2104	2115	2126	2137	2148	2159	2211	2223	2234	2245	2256	2308
Manor Park <i>Broadway</i>	2001	2011	2023	2034	2045	2057	2108	2119	2130	2141	2152	2203	2215	2227	2238	2249	2300	2312
Ilford High Road <i>Hainault Street</i>	2015	2024	2036	2047	2058	2109	2120	2131	2142	2153	2204	2215	2226	2237	2248	2259	2310	2321
Clapton <i>Nightingale Road</i>	2234	2246	2258	2310	2325	2340	2355	0010										
Homerton Hospital <i>Homerton Grove</i>	2243	2255	2307	2318	2333	2348	0003	0018										
Lauriston Road <i>Church Crescent</i>	2250	2302	2314	2325	2340	2355	0010	0024										
Mile End <i>Grove Road</i>	2255	2307	2319	2330	2345	0000	0015	0029										
Bow Church Station	2300	2311	2323	2334	2349	0004	0019	0033										
Stratford <i>Bus Station</i>	2310	2321	2332	2343	2358	0012	0027	0041										
Forest Gate <i>Police Station</i>	2319	2330	2341	2352	0007	0021	0035	0049										
Manor Park <i>Broadway</i>	2323	2334	2345	2356	0010	0024	0038	0052										
Ilford High Road <i>Hainault Street</i>	2332	2343	2354	0005	0018	0031	0045	0059										

425	Sundays and other Public Holidays (except Christmas Day and Boxing Day)																	
Clapton Nightingale Road	0520	0540	0600	0620	0640	0700	0715	0730	0745	0800	0815	0830	0845	0900	0915	0929	0943	0957
Homerton Hospital Homerton Grove	0526	0546	0606	0626	0646	0706	0722	0737	0752	0807	0823	0839	0854	0909	0924	0938	0952	1006
Lauriston Road Church Crescent	0532	0552	0613	0633	0653	0713	0729	0744	0759	0814	0830	0846	0901	0917	0932	0946	1000	1014
Mile End Grove Road	0536	0556	0618	0638	0658	0718	0734	0749	0804	0820	0836	0852	0907	0923	0938	0952	1006	1021
Bow Church Station	0539	0559	0621	0641	0701	0723	0738	0753	0809	0825	0841	0857	0912	0928	0943	0957	1012	1027
Stratford Bus Station	0546	0606	0628	0648	0709	0730	0746	0801	0817	0833	0849	0905	0921	0937	0952	1006	1021	1036
Forest Gate Police Station	0553	0613	0635	0657	0718	0739	0755	0810	0826	0842	0858	0914	0930	0946	1001	1016	1031	1046
Manor Park Broadway	0556	0616	0638	0700	0721	0742	0758	0814	0830	0846	0902	0918	0934	0950	1005	1020	1035	1050
Ilford High Road Hainault Street	0603	0623	0645	0707	0729	0751	0807	0823	0839	0855	0911	0927	0943	0959	1015	1031	1047	1103
Clapton Nightingale Road	1011	1023	1034	1046	1058	1110	1122	1134	1146	1158	1210	1222	1234	1246	1258	1310	1322	1334
Homerton Hospital Homerton Grove	1020	1032	1043	1055	1107	1120	1132	1144	1156	1208	1220	1232	1244	1256	1308	1321	1333	1345
Lauriston Road Church Crescent	1029	1041	1052	1104	1116	1129	1141	1153	1205	1218	1230	1242	1254	1306	1319	1332	1344	1356
Mile End Grove Road	1036	1048	1059	1111	1123	1136	1148	1200	1213	1226	1238	1250	1302	1314	1327	1340	1352	1404
Bow Church Station	1042	1054	1105	1117	1129	1142	1154	1206	1219	1232	1244	1256	1311	1323	1336	1349	1401	1412
Stratford Bus Station	1051	1103	1115	1127	1139	1152	1204	1217	1230	1243	1255	1307	1323	1335	1348	1401	1413	1424
Forest Gate Police Station	1101	1113	1125	1137	1149	1202	1215	1228	1241	1254	1306	1321	1337	1349	1402	1415	1427	1438
Manor Park Broadway	1105	1117	1129	1141	1153	1207	1220	1233	1246	1259	1312	1327	1343	1355	1408	1421	1433	1444
Ilford High Road Hainault Street	1119	1131	1143	1155	1207	1221	1235	1249	1303	1317	1331	1345	1359	1413	1427	1441	1453	1505
Clapton Nightingale Road	1346	1358	1410	1422	1434	1446	1458	1510	1522	1534	1546	1558			1710	1722	1734	1746
Homerton Hospital Homerton Grove	1357	1409	1422	1434	1446	1458	1510	1521	1533	1545	1557	1609			1721	1733	1745	1757
Lauriston Road Church Crescent	1408	1420	1432	1444	1456	1508	1520	1531	1543	1555	1607	1618			1730	1742	1754	1806
Mile End Grove Road	1416	1428	1440	1452	1504	1515	1527	1538	1550	1602	1614	1625			1737	1749	1801	1813
Bow Church Station	1424	1436	1448	1500	1512	1523	1535	1546	1558	1609	1621	1632			1744	1756	1808	1820
Stratford Bus Station	1436	1448	1500	1512	1524	1535	1547	1558	1610	1621	1633	1644			1756	1808	1820	1832
Forest Gate Police Station	1450	1502	1514	1525	1537	1548	1600	1611	1623	1634	1646	1657			1809	1820	1832	1844
Manor Park Broadway	1456	1507	1519	1530	1542	1553	1605	1616	1628	1639	1651	1702			1814	1825	1837	1849
Ilford High Road Hainault Street	1517	1527	1537	1548	1600	1611	1622	1633	1645	1656	1708	1719			1831	1842	1854	1906
Clapton Nightingale Road	1758	1810	1822	1834	1846	1858	1911	1924	1937	1949	2001	2013	2025	2037	2049	2101	2113	2125
Homerton Hospital Homerton Grove	1809	1821	1833	1845	1857	1909	1920	1933	1946	1958	2010	2022	2034	2046	2058	2110	2122	2134
Lauriston Road Church Crescent	1818	1830	1842	1854	1906	1917	1928	1941	1954	2006	2018	2030	2042	2054	2106	2117	2129	2141
Mile End Grove Road	1825	1837	1849	1901	1912	1923	1934	1947	2000	2012	2024	2036	2048	2100	2111	2122	2134	2146
Bow Church Station	1832	1844	1856	1907	1918	1929	1940	1953	2006	2018	2030	2042	2054	2105	2116	2127	2139	2151
Stratford Bus Station	1844	1856	1908	1919	1930	1941	1952	2004	2015	2027	2039	2051	2103	2114	2125	2136	2148	2200
Forest Gate Police Station	1856	1908	1919	1930	1941	1952	2003	2014	2025	2037	2049	2101	2113	2124	2135	2146	2158	2210
Manor Park Broadway	1901	1913	1924	1935	1946	1957	2008	2019	2030	2041	2053	2105	2117	2128	2139	2150	2202	2214
Ilford High Road Hainault Street	1917	1928	1939	1950	2001	2012	2023	2034	2045	2055	2105	2115	2127	2138	2149	2200	2211	2223
Clapton Nightingale Road	2140	2155	2210	2225	2240	2255	2310	2325	2340	2355	0010							
Homerton Hospital Homerton Grove	2149	2204	2218	2233	2248	2303	2317	2332	2347	0002	0017							
Lauriston Road Church Crescent	2156	2211	2225	2240	2255	2309	2323	2338	2353	0008	0023							
Mile End Grove Road	2201	2216	2230	2245	2300	2314	2328	2343	2358	0013	0028							
Bow Church Station	2205	2220	2234	2249	2304	2318	2332	2347	0002	0017	0032							
Stratford Bus Station	2214	2228	2242	2257	2312	2326	2340	2355	0010	0025	0040							
Forest Gate Police Station	2224	2238	2252	2307	2321	2335	2349	0004	0019	0034	0049							
Manor Park Broadway	2228	2242	2256	2310	2324	2338	2352	0007	0022	0037	0052							
Ilford High Road Hainault Street	2237	2251	2305	2319	2333	2347	0001	0015	0030	0045	0100							

Then  
every 12  
minutes  
until