





425	Sundays and other Public Holidays (except Christmas Day)																	
Ilford High Road Hainault Street	0505	0526	0548	0609	0631	0652	0707	0723	0740	0756	0813	0829	0846	0902	0918	0932	0947	0959
Manor Park Broadway	0514	0535	0557	0618	0640	0701	0716	0732	0749	0805	0822	0838	0855	0911	0928	0942	0957	1009
Forest Gate Police Station	0518	0539	0601	0622	0644	0705	0721	0737	0754	0810	0827	0843	0900	0917	0934	0948	1003	1015
Stratford Bus Station	0527	0548	0610	0632	0654	0715	0731	0747	0804	0820	0838	0854	0911	0928	0945	0959	1015	1027
Bow Church Station	0538	0559	0621	0643	0705	0727	0744	0800	0818	0835	0853	0910	0928	0945	1003	1018	1035	1048
Mile End Grove Road	0542	0603	0625	0647	0709	0731	0748	0804	0822	0840	0858	0915	0933	0950	1008	1024	1041	1054
Lauriston Road Church Crescent	0547	0608	0630	0652	0714	0736	0753	0810	0828	0846	0904	0921	0939	0957	1015	1031	1048	1101
Homerton Hospital Homerton Grove	0553	0614	0636	0658	0720	0743	0800	0817	0835	0853	0911	0928	0946	1004	1022	1038	1055	1108
Clapton Nightingale Road	0559	0620	0642	0704	0726	0749	0806	0823	0841	0859	0917	0935	0953	1011	1029	1045	1102	1116
Ilford High Road Hainault Street	1011	1024	1037	1049	1103	1115	1128	1139	1150	1202	1215	1228	1242	1255	1308	1321	1335	1349
Manor Park Broadway	1022	1035	1048	1100	1114	1127	1141	1153	1205	1217	1231	1244	1258	1311	1325	1338	1352	1407
Forest Gate Police Station	1028	1041	1054	1106	1120	1133	1147	1159	1211	1224	1238	1251	1305	1318	1332	1345	1359	1414
Stratford Bus Station	1040	1053	1106	1119	1133	1146	1200	1213	1226	1239	1253	1306	1320	1333	1347	1400	1414	1429
Bow Church Station	1102	1115	1129	1142	1156	1209	1223	1236	1249	1302	1316	1329	1343	1356	1410	1423	1437	1452
Mile End Grove Road	1108	1121	1135	1148	1202	1215	1229	1242	1255	1308	1322	1335	1349	1402	1416	1429	1443	1458
Lauriston Road Church Crescent	1115	1129	1143	1156	1210	1223	1237	1250	1303	1316	1330	1343	1357	1410	1424	1437	1451	1506
Homerton Hospital Homerton Grove	1122	1136	1150	1203	1218	1231	1245	1258	1311	1325	1339	1353	1407	1420	1434	1447	1501	1516
Clapton Nightingale Road	1130	1144	1158	1211	1227	1240	1254	1307	1321	1335	1350	1404	1419	1432	1446	1459	1513	1527
Ilford High Road Hainault Street	1403	1417	1431	1445	1459	1512	1526	1539	1552	1606	1619	1633	1646	1700	1713	1727	1740	1753
Manor Park Broadway	1421	1435	1449	1502	1516	1528	1542	1555	1608	1622	1634	1648	1701	1715	1727	1741	1754	1807
Forest Gate Police Station	1428	1442	1456	1509	1523	1535	1549	1602	1615	1629	1641	1655	1708	1722	1734	1748	1801	1814
Stratford Bus Station	1443	1457	1511	1525	1539	1551	1605	1618	1631	1644	1656	1710	1723	1737	1749	1803	1816	1829
Bow Church Station	1506	1520	1535	1549	1603	1615	1629	1642	1655	1708	1720	1733	1746	1800	1812	1826	1838	1851
Mile End Grove Road	1512	1526	1541	1555	1609	1621	1635	1648	1701	1714	1726	1739	1752	1806	1818	1832	1844	1857
Lauriston Road Church Crescent	1520	1534	1549	1603	1617	1629	1643	1656	1709	1722	1734	1747	1800	1813	1826	1839	1851	1904
Homerton Hospital Homerton Grove	1529	1543	1558	1612	1626	1638	1652	1705	1718	1731	1743	1756	1809	1822	1835	1848	1900	1912
Clapton Nightingale Road	1541	1555	1609	1623	1637	1649	1703	1716	1729	1742	1754	1807	1819	1832	1845	1858	1910	1921
Ilford High Road Hainault Street	1806	1820	1834	1848	1902	1917	1931	1945	1959	2013	2027	2041	2055	2109	2125	2142	2159	2216
Manor Park Broadway	1819	1833	1847	1901	1915	1929	1943	1957	2011	2024	2038	2052	2106	2119	2135	2152	2209	2224
Forest Gate Police Station	1825	1839	1853	1907	1921	1935	1949	2003	2017	2029	2043	2057	2111	2124	2140	2157	2213	2228
Stratford Bus Station	1840	1854	1907	1920	1933	1947	2001	2015	2028	2040	2054	2108	2121	2134	2150	2207	2223	2238
Bow Church Station	1901	1915	1928	1940	1953	2006	2020	2033	2045	2057	2110	2123	2136	2149	2204	2220	2236	2251
Mile End Grove Road	1907	1921	1934	1946	1959	2012	2025	2038	2050	2102	2115	2128	2141	2154	2208	2224	2240	2255
Lauriston Road Church Crescent	1914	1928	1941	1953	2006	2019	2032	2044	2056	2108	2121	2134	2147	2200	2214	2230	2246	2301
Homerton Hospital Homerton Grove	1922	1936	1949	2001	2013	2026	2039	2051	2103	2115	2128	2141	2154	2207	2221	2237	2253	2308
Clapton Nightingale Road	1932	1945	1958	2010	2022	2035	2048	2100	2112	2124	2136	2148	2201	2213	2227	2243	2259	2314
Ilford High Road Hainault Street	2233	2249	2305	2322	2338	2355												
Manor Park Broadway	2241	2257	2312	2329	2345	0002												
Forest Gate Police Station	2245	2301	2316	2333	2349	0006												
Stratford Bus Station	2255	2311	2326	2343	2358	0015												
Bow Church Station	2306	2321	2336	2353	0008	0025												
Mile End Grove Road	2310	2325	2340	2357	0012	0029												
Lauriston Road Church Crescent	2316	2331	2346	0002	0017	0034												
Homerton Hospital Homerton Grove	2323	2338	2353	0009	0024	0040												
Clapton Nightingale Road	2329	2344	2359	0015	0030	0046												





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

Clapton Nightingale Road	0520	0541	0603	0624	0646	0702	0719	0735	0752	0808	0824	0841	0857	0911	0927	0941	0956	1007
Homerton Hospital Homerton Grove	0526	0547	0609	0630	0652	0708	0726	0742	0759	0815	0832	0850	0906	0920	0936	0950	1005	1016
Lauriston Road Church Crescent	0532	0553	0616	0637	0659	0715	0733	0749	0806	0822	0839	0857	0913	0928	0944	0958	1013	1025
Mile End Grove Road	0536	0558	0621	0642	0704	0720	0738	0754	0811	0828	0845	0903	0919	0934	0950	1004	1020	1032
Bow Church Station	0539	0601	0624	0645	0707	0725	0742	0758	0816	0833	0850	0908	0924	0939	0956	1010	1026	1038
Stratford Bus Station	0549	0611	0634	0656	0719	0737	0754	0811	0829	0846	0904	0922	0939	0955	1012	1027	1044	1057
Forest Gate Police Station	0556	0618	0641	0705	0728	0746	0803	0820	0838	0855	0913	0931	0948	1004	1021	1037	1054	1107
Manor Park Broadway	0559	0621	0644	0708	0731	0749	0807	0824	0842	0859	0917	0935	0952	1008	1025	1041	1058	1111
Ilford High Road Hainault Street	0606	0628	0651	0715	0739	0757	0816	0833	0851	0908	0926	0944	1001	1017	1035	1052	1110	1124
Clapton Nightingale Road	1020	1032	1046	1059	1112	1126	1139	1153	1206	1220	1233	1247	1300	1314	1327	1341	1354	1408
Homerton Hospital Homerton Grove	1029	1041	1055	1108	1122	1136	1149	1203	1216	1230	1243	1257	1310	1325	1338	1352	1405	1419
Lauriston Road Church Crescent	1038	1050	1104	1117	1131	1145	1158	1212	1226	1240	1253	1308	1321	1336	1349	1403	1416	1430
Mile End Grove Road	1045	1057	1111	1124	1138	1152	1205	1220	1234	1248	1301	1316	1329	1344	1357	1411	1424	1438
Bow Church Station	1051	1103	1117	1130	1144	1158	1211	1226	1240	1254	1307	1323	1337	1352	1405	1419	1432	1446
Stratford Bus Station	1111	1124	1138	1151	1205	1219	1233	1248	1302	1316	1329	1346	1400	1415	1428	1442	1455	1509
Forest Gate Police Station	1121	1134	1148	1201	1215	1230	1244	1259	1313	1328	1342	1359	1414	1429	1442	1456	1509	1523
Manor Park Broadway	1125	1138	1152	1206	1220	1235	1249	1304	1318	1334	1348	1405	1420	1435	1448	1502	1515	1528
Ilford High Road Hainault Street	1139	1152	1206	1220	1234	1249	1304	1320	1335	1351	1406	1422	1438	1454	1507	1521	1534	1547
Clapton Nightingale Road	1421	1435	1448	1502	1515	1529	1542	1556	1610	1624	1637	1651	1704	1718	1731	1744	1757	1811
Homerton Hospital Homerton Grove	1433	1447	1500	1514	1526	1540	1553	1607	1621	1635	1648	1702	1715	1729	1742	1755	1808	1822
Lauriston Road Church Crescent	1443	1457	1510	1524	1536	1550	1603	1617	1630	1644	1657	1711	1724	1738	1751	1804	1817	1831
Mile End Grove Road	1451	1505	1517	1531	1543	1557	1610	1624	1637	1651	1704	1718	1731	1745	1758	1811	1824	1838
Bow Church Station	1459	1513	1525	1539	1551	1605	1617	1631	1644	1658	1711	1725	1738	1752	1805	1818	1831	1845
Stratford Bus Station	1522	1536	1548	1602	1614	1628	1640	1654	1707	1721	1734	1748	1801	1815	1828	1841	1854	1908
Forest Gate Police Station	1535	1549	1601	1615	1627	1641	1653	1707	1720	1734	1747	1801	1814	1827	1840	1853	1906	1919
Manor Park Broadway	1540	1554	1606	1620	1632	1646	1658	1712	1725	1739	1752	1806	1819	1832	1845	1858	1911	1924
Ilford High Road Hainault Street	1559	1612	1624	1637	1649	1703	1715	1729	1742	1756	1809	1823	1836	1849	1902	1915	1927	1939
Clapton Nightingale Road	1824	1838	1851	1905	1918	1932	1945	1959	2013	2027	2041	2055	2109	2123	2139	2156	2213	2230
Homerton Hospital Homerton Grove	1835	1849	1902	1916	1927	1941	1954	2008	2022	2036	2050	2104	2118	2132	2148	2205	2221	2238
Lauriston Road Church Crescent	1844	1858	1911	1924	1935	1949	2002	2016	2030	2044	2058	2112	2125	2139	2155	2212	2228	2245
Mile End Grove Road	1851	1905	1917	1930	1941	1955	2008	2022	2036	2050	2104	2117	2130	2144	2200	2217	2233	2250
Bow Church Station	1858	1911	1923	1936	1947	2001	2014	2028	2042	2056	2109	2122	2135	2149	2204	2221	2237	2254
Stratford Bus Station	1920	1932	1944	1957	2008	2021	2033	2046	2059	2112	2124	2137	2149	2203	2217	2233	2249	2306
Forest Gate Police Station	1931	1943	1955	2008	2019	2031	2043	2056	2109	2122	2134	2147	2159	2213	2227	2243	2259	2316
Manor Park Broadway	1936	1948	2000	2013	2024	2036	2048	2100	2113	2126	2138	2151	2203	2217	2231	2247	2303	2319
Ilford High Road Hainault Street	1951	2003	2015	2028	2039	2051	2103	2114	2126	2138	2149	2201	2213	2226	2240	2256	2312	2328
Clapton Nightingale Road	2247	2304	2321	2337	2354	0010												
Homerton Hospital Homerton Grove	2255	2311	2328	2344	0001	0017												
Lauriston Road Church Crescent	2301	2317	2334	2350	0007	0023												
Mile End Grove Road	2306	2322	2339	2355	0012	0028												
Bow Church Station	2310	2326	2343	2359	0016	0032												
Stratford Bus Station	2322	2337	2354	0010	0026	0042												
Forest Gate Police Station	2331	2346	0003	0019	0035	0051												
Manor Park Broadway	2334	2349	0006	0022	0038	0054												
Ilford High Road Hainault Street	2343	2358	0014	0030	0046	0102												