

474	Mondays to Fridays																												
	MO	MX	MX	MO																									
Manor Park Station	0006	0008	0021	0021	0041													0311	0340	0410	0430	0450	0510	0530	0545	0600	0612	0624	
East Ham Station	0011	0012	0025	0026	0045													0315	0344	0414	0434	0454	0514	0535	0550	0605	0617	0629	
East Ham Newham Town Hall	0015	0016	0029	0030	0049													0319	0348	0418	0438	0458	0518	0539	0554	0609	0621	0633	
Beckton Bus Station	0021	0022	0035	0036	0055	Then every 30 minutes until													0325	0354	0424	0444	0504	0524	0545	0600	0616	0628	0640
Cyprus Station Cyprus Place	0024	0025	0038	0039	0058														0328	0357	0427	0447	0507	0527	0548	0603	0619	0631	0643
North Woolwich Free Ferry	0029	0030	0043	0044	0103														0333	0403	0433	0453	0513	0533	0554	0609	0625	0637	0649
London City Airport	0034	0035	0048	0049	0108														0338	0409	0439	0459	0519	0539	0601	0616	0632	0644	0656
West Silvertown Station	0038	0039	0052	0053	0112														0342	0414	0444	0504	0524	0544	0606	0621	0638	0650	0702
Canning Town Bus Station	0041	0042	0055	0056	0115														0345	0417	0447	0507	0527	0547	0609	0624	0642	0654	0706
Canning Town Hermit Road	0043	0044	0057	0058	0117														0347	0419	0449	0509	0529	0549	0611	0626	0644	0656	0708
Manor Park Station	0636	0647	0657	0708	0718	0728	0739	0751	0803	0814	0826	0838	0850	0902	Then every 12 minutes until			1102	1114										
East Ham Station	0641	0652	0703	0714	0724	0735	0746	0758	0810	0821	0834	0846	0858	0910				1110	1122										
East Ham Newham Town Hall	0645	0657	0708	0719	0730	0741	0753	0805	0817	0829	0842	0854	0906	0918				1118	1130										
Beckton Bus Station	0652	0704	0715	0726	0738	0750	0802	0814	0826	0838	0851	0903	0915	0926				1126	1138										
Cyprus Station Cyprus Place	0655	0707	0719	0730	0742	0754	0806	0818	0830	0842	0855	0907	0919	0930				1130	1142										
North Woolwich Free Ferry	0702	0714	0726	0738	0750	0802	0814	0826	0838	0850	0903	0915	0926	0937				1137	1149										
London City Airport	0709	0722	0734	0746	0758	0810	0822	0834	0846	0858	0910	0922	0933	0944				1144	1156										
West Silvertown Station	0715	0729	0741	0753	0805	0817	0829	0841	0853	0905	0916	0928	0939	0950			1150	1202											
Canning Town Bus Station	0719	0734	0746	0758	0810	0822	0834	0846	0858	0909	0920	0932	0943	0954			1154	1206											
Canning Town Hermit Road	0721	0736	0748	0800	0812	0824	0836	0848	0900	0911	0922	0934	0945	0956			1156	1209											
Manor Park Station	1126	1138	1150	1202	1214	1226	1238	1250	1302	1314	1326	1338	1350	1402	1414	1426	1439	1451											
East Ham Station	1134	1146	1158	1210	1222	1234	1246	1258	1310	1322	1334	1346	1358	1411	1423	1435	1448	1500											
East Ham Newham Town Hall	1142	1154	1206	1219	1231	1243	1255	1307	1319	1331	1343	1355	1407	1420	1432	1444	1457	1509											
Beckton Bus Station	1150	1202	1214	1227	1239	1251	1303	1315	1328	1340	1352	1404	1416	1430	1442	1454	1507	1519											
Cyprus Station Cyprus Place	1154	1206	1218	1231	1243	1255	1307	1319	1332	1344	1356	1408	1420	1434	1446	1458	1511	1523											
North Woolwich Free Ferry	1201	1213	1225	1238	1250	1302	1314	1326	1339	1351	1403	1416	1428	1442	1454	1506	1519	1532											
London City Airport	1208	1220	1232	1245	1257	1309	1321	1333	1346	1358	1411	1424	1436	1450	1502	1514	1527	1540											
West Silvertown Station	1214	1226	1238	1251	1303	1315	1327	1339	1352	1404	1417	1430	1442	1456	1508	1520	1533	1546											
Canning Town Bus Station	1218	1230	1242	1255	1307	1319	1331	1343	1356	1408	1421	1434	1446	1500	1512	1525	1538	1551											
Canning Town Hermit Road	1221	1233	1245	1258	1310	1322	1334	1346	1359	1411	1424	1437	1449	1503	1515	1528	1541	1554											
Manor Park Station	1503	1515	1527	1539	1551	1604	1616	1628	1639	1651	1703	1715	1725	1737	1749	1801	1813	1825											
East Ham Station	1513	1525	1537	1550	1602	1615	1627	1639	1650	1702	1714	1726	1736	1747	1759	1811	1823	1834											
East Ham Newham Town Hall	1522	1534	1547	1600	1612	1625	1637	1649	1700	1712	1724	1736	1746	1756	1808	1820	1832	1843											
Beckton Bus Station	1532	1544	1557	1610	1622	1635	1647	1659	1710	1722	1734	1746	1756	1806	1818	1830	1842	1853											
Cyprus Station Cyprus Place	1536	1548	1601	1614	1626	1639	1651	1703	1714	1726	1738	1750	1800	1810	1822	1834	1846	1857											
North Woolwich Free Ferry	1545	1557	1610	1623	1635	1648	1700	1712	1723	1735	1747	1759	1809	1819	1830	1842	1854	1905											
London City Airport	1553	1605	1618	1631	1643	1656	1708	1720	1731	1742	1754	1806	1816	1826	1837	1849	1901	1912											
West Silvertown Station	1559	1611	1624	1637	1649	1702	1714	1726	1737	1748	1800	1812	1822	1832	1843	1855	1907	1918											
Canning Town Bus Station	1604	1616	1629	1642	1654	1707	1719	1731	1742	1753	1805	1816	1826	1836	1847	1859	1911	1922											
Canning Town Hermit Road	1607	1619	1632	1645	1657	1710	1722	1734	1745	1756	1808	1819	1829	1838	1849	1901	1913	1924											
Manor Park Station	1837	1849	1901	1913	1925	1937	1949	2002	2015	2030	2045	2100	2115	2130	2140	2155	2210	2225											
East Ham Station	1846	1858	1910	1922	1933	1945	1957	2009	2022	2037	2052	2106	2121	2136	2146	2201	2216	2231											
East Ham Newham Town Hall	1855	1907	1918	1929	1940	1952	2004	2016	2029	2044	2059	2112	2127	2142	2152	2207	2222	2236											
Beckton Bus Station	1905	1916	1926	1937	1948	2000	2012	2024	2037	2052	2106	2119	2134	2149	2159	2214	2229	2243											
Cyprus Station Cyprus Place	1909	1919	1929	1940	1951	2003	2015	2027	2040	2055	2109	2122	2137	2152	2202	2217	2232	2246											
North Woolwich Free Ferry	1916	1926	1936	1947	1958	2010	2022	2034	2046	2101	2115	2128	2143	2158	2208	2223	2238	2252											
London City Airport	1923	1933	1943	1954	2005	2016	2028	2040	2052	2107	2121	2134	2149	2204	2214	2228	2243	2257											
West Silvertown Station	1928	1938	1948	1959	2010	2021	2033	2045	2057	2112	2126	2139	2154	2209	2219	2232	2247	2301											
Canning Town Bus Station	1932	1942	1952	2003	2014	2025	2037	2049	2101	2115	2129	2142	2157	2212	2222	2235	2250	2304											
Canning Town Hermit Road	1934	1944	1954	2005	2016	2027	2039	2051	2103	2117	2131	2144	2159	2214	2224	2237	2252	2306											
Manor Park Station	2240	2255	2310	2325	2340	2353																							
East Ham Station	2246	2300	2315	2330	2345	2358																							
East Ham Newham Town Hall	2251	2305	2320	2334	2349	0002																							
Beckton Bus Station	2257	2311	2326	2340	2355	0008																							
Cyprus Station Cyprus Place	2300	2314	2329	2343	2358	0011																							
North Woolwich Free Ferry	2306	2320	2335	2349	0004	0016																							
London City Airport	2311	2325	2340	2354	0009	0021																							
West Silvertown Station	2315	2329	2344	2358	0013	0025																							
Canning Town Bus Station	2318	2332	2347	0001	0016	0028																							
Canning Town Hermit Road	2320	2334	2349	0003	0018	0030																							
Notes:	MO - Operates on Mondays only				MX - Operates on Tuesdays to Fridays only																								

474		Saturdays																
Manor Park Station	0008	0021	0041		0311	0340	0410	0430	0450	0510	0530	0550	0610	0625	0640	0655	0710	
East Ham Station	0012	0025	0045		0315	0344	0414	0434	0454	0514	0534	0555	0615	0630	0645	0700	0715	
East Ham Newham Town Hall	0016	0029	0049		0319	0348	0418	0438	0458	0518	0538	0559	0619	0634	0649	0705	0720	
Beckton Bus Station	0022	0035	0055	Then every 30 minutes until	0325	0354	0424	0444	0504	0524	0544	0605	0625	0640	0655	0711	0726	
Cyprus Station Cyprus Place	0025	0038	0058		0328	0357	0427	0447	0507	0527	0547	0608	0628	0643	0658	0714	0729	
North Woolwich Free Ferry	0030	0043	0103		0333	0403	0433	0453	0513	0533	0553	0614	0634	0649	0704	0720	0735	
London City Airport	0035	0048	0108		0338	0408	0438	0458	0519	0539	0559	0620	0640	0655	0710	0726	0741	
West Silvertown Station	0039	0052	0112		0342	0412	0442	0502	0524	0544	0604	0625	0645	0700	0715	0731	0746	
Canning Town Bus Station	0042	0055	0115		0345	0415	0445	0505	0527	0547	0607	0628	0648	0703	0719	0735	0750	
Canning Town Hermit Road	0044	0057	0117	0347	0417	0447	0507	0529	0549	0609	0630	0650	0705	0721	0737	0752		
Manor Park Station	0725	0740	0755	0810	0822	0833	0845	0855	0906	0916	0928	0939	0951	1002	1014	1026	1036	1048
East Ham Station	0730	0745	0800	0815	0828	0839	0851	0901	0913	0923	0935	0946	0958	1009	1021	1033	1044	1056
East Ham Newham Town Hall	0735	0750	0805	0820	0833	0844	0856	0907	0919	0930	0942	0953	1005	1017	1029	1041	1053	1105
Beckton Bus Station	0741	0756	0812	0827	0840	0851	0903	0914	0926	0938	0950	1001	1013	1025	1037	1049	1102	1114
Cyprus Station Cyprus Place	0744	0759	0815	0830	0843	0854	0906	0917	0929	0941	0953	1005	1017	1029	1041	1053	1106	1118
North Woolwich Free Ferry	0750	0805	0821	0836	0849	0900	0912	0924	0936	0948	1000	1012	1024	1036	1048	1100	1113	1125
London City Airport	0756	0811	0827	0842	0855	0907	0919	0931	0943	0955	1007	1019	1031	1043	1055	1107	1120	1132
West Silvertown Station	0801	0816	0832	0847	0900	0912	0924	0936	0948	1000	1012	1024	1037	1049	1101	1113	1126	1138
Canning Town Bus Station	0805	0820	0836	0851	0904	0916	0928	0940	0952	1004	1016	1028	1041	1053	1106	1118	1131	1143
Canning Town Hermit Road	0807	0822	0838	0853	0906	0918	0930	0942	0954	1006	1018	1030	1043	1055	1108	1120	1133	1145
Manor Park Station	1100	1112	1124	1136	1148	1200	1212	1224	1236	1248	1300	Then every 12 minutes until	1524	1537	1549	1601	1614	
East Ham Station	1109	1121	1133	1145	1157	1210	1222	1234	1246	1258	1311		1535	1547	1559	1611	1624	
East Ham Newham Town Hall	1119	1131	1143	1155	1207	1221	1233	1245	1257	1310	1323		1547	1559	1611	1623	1635	
Beckton Bus Station	1128	1140	1152	1204	1217	1231	1243	1255	1307	1320	1333		1557	1609	1621	1633	1645	
Cyprus Station Cyprus Place	1132	1144	1156	1208	1221	1235	1247	1259	1311	1324	1337		1601	1613	1625	1637	1649	
North Woolwich Free Ferry	1139	1151	1203	1216	1229	1243	1255	1307	1319	1332	1345		1609	1621	1633	1645	1657	
London City Airport	1146	1158	1210	1223	1236	1250	1302	1314	1326	1339	1352	1616	1628	1640	1652	1704		
West Silvertown Station	1152	1204	1216	1229	1242	1255	1307	1319	1331	1344	1357	1621	1633	1645	1657	1709		
Canning Town Bus Station	1157	1209	1221	1234	1247	1300	1312	1324	1336	1349	1402	1626	1638	1650	1702	1714		
Canning Town Hermit Road	1159	1212	1224	1237	1250	1303	1315	1327	1339	1352	1405	1629	1641	1653	1705	1717		
Manor Park Station	1626	1638	1650	1702	1714	1726	1738	1751	1803	1815	1827	1839	1852	1905	1920	1935	1950	2005
East Ham Station	1636	1648	1700	1712	1724	1736	1748	1800	1812	1824	1836	1848	1901	1913	1928	1943	1958	2013
East Ham Newham Town Hall	1647	1659	1711	1723	1735	1747	1759	1810	1822	1834	1846	1858	1910	1922	1937	1952	2007	2021
Beckton Bus Station	1657	1709	1721	1733	1745	1757	1809	1819	1831	1843	1855	1907	1918	1930	1945	2000	2015	2028
Cyprus Station Cyprus Place	1701	1713	1725	1737	1749	1801	1813	1823	1835	1847	1858	1910	1921	1933	1948	2003	2018	2031
North Woolwich Free Ferry	1709	1721	1733	1745	1757	1809	1821	1831	1843	1854	1905	1917	1928	1940	1955	2010	2024	2037
London City Airport	1716	1728	1740	1752	1804	1816	1828	1838	1850	1901	1912	1924	1935	1946	2001	2016	2030	2043
West Silvertown Station	1721	1733	1745	1757	1809	1821	1833	1843	1855	1906	1917	1929	1940	1951	2006	2021	2035	2048
Canning Town Bus Station	1726	1738	1750	1802	1813	1825	1837	1847	1859	1910	1921	1933	1944	1955	2010	2025	2038	2051
Canning Town Hermit Road	1729	1741	1753	1804	1815	1827	1839	1849	1901	1912	1923	1935	1946	1957	2012	2027	2040	2053
Manor Park Station	2020	2035	2050	2105	2120	2135	2150	2205	2220	2235	2250	2306	2321	2336	2351			
East Ham Station	2028	2042	2057	2112	2126	2141	2156	2211	2226	2241	2256	2311	2326	2341	2356			
East Ham Newham Town Hall	2036	2049	2104	2118	2132	2147	2202	2217	2232	2246	2301	2316	2331	2346	0001			
Beckton Bus Station	2043	2056	2111	2125	2139	2154	2209	2224	2238	2252	2307	2322	2337	2352	0007			
Cyprus Station Cyprus Place	2046	2059	2114	2128	2142	2157	2212	2227	2241	2255	2310	2325	2340	2355	0010			
North Woolwich Free Ferry	2052	2105	2120	2134	2148	2203	2218	2233	2247	2301	2316	2331	2346	0001	0015			
London City Airport	2058	2111	2126	2140	2154	2209	2224	2239	2253	2306	2321	2336	2351	0006	0020			
West Silvertown Station	2103	2115	2130	2144	2158	2213	2228	2243	2257	2310	2325	2340	2355	0010	0024			
Canning Town Bus Station	2106	2118	2133	2147	2201	2216	2231	2246	2300	2313	2328	2343	2358	0013	0027			
Canning Town Hermit Road	2108	2120	2135	2149	2203	2218	2233	2248	2302	2315	2330	2345	0000	0015	0029			

474		Sundays																
Manor Park Station	0006	0021	0041		0311	0340	0410	0440	0510		0730	0750	0810	0830	0850	0905		
East Ham Station	0011	0026	0045		0315	0344	0414	0444	0514		0734	0755	0815	0835	0855	0911		
East Ham Newham Town Hall	0015	0030	0049		0319	0348	0418	0448	0518		0738	0759	0820	0840	0900	0916		
Beckton Bus Station	0021	0036	0055	Then every 30 minutes until	0325	0354	0424	0454	0524	Then every 20 minutes until	0744	0805	0826	0846	0906	0922		
Cyprus Station Cyprus Place	0024	0039	0058		0328	0357	0427	0457	0527		0747	0808	0829	0849	0909	0925		
North Woolwich Free Ferry	0029	0044	0103		0333	0403	0433	0503	0533		0753	0814	0835	0855	0915	0931		
London City Airport	0034	0049	0108		0338	0408	0438	0509	0539		0759	0820	0841	0901	0921	0937		
West Silvertown Station	0038	0053	0112		0342	0412	0442	0514	0544		0804	0825	0846	0906	0926	0942		
Canning Town Bus Station	0041	0056	0115	0345	0415	0445	0517	0547	0807	0828	0850	0910	0930	0946				
Canning Town Hermit Road	0043	0058	0117	0347	0417	0447	0519	0549	0809	0830	0852	0912	0932	0948				
Manor Park Station	0920	0935	0950	1005	1018	1032	1046	1100	1112	1127	1142	1157	1212	1227	1242	1257	1312	1327
East Ham Station	0926	0941	0956	1011	1025	1039	1053	1108	1120	1135	1150	1205	1220	1235	1251	1306	1321	1336
East Ham Newham Town Hall	0931	0947	1002	1017	1031	1046	1100	1115	1128	1143	1158	1214	1229	1245	1301	1316	1331	1347
Beckton Bus Station	0938	0954	1009	1024	1039	1054	1108	1123	1137	1152	1207	1223	1238	1254	1310	1325	1341	1357
Cyprus Station Cyprus Place	0941	0957	1012	1027	1042	1057	1111	1126	1141	1156	1211	1227	1242	1258	1314	1329	1345	1401
North Woolwich Free Ferry	0947	1003	1018	1033	1048	1103	1118	1133	1148	1203	1218	1234	1249	1305	1321	1336	1353	1409
London City Airport	0953	1009	1025	1040	1055	1110	1125	1140	1155	1210	1225	1241	1256	1312	1328	1343	1400	1416
West Silvertown Station	0958	1014	1030	1045	1100	1115	1130	1145	1200	1215	1230	1246	1301	1317	1333	1348	1405	1421
Canning Town Bus Station	1002	1018	1035	1050	1105	1120	1135	1150	1205	1220	1235	1251	1306	1322	1337	1352	1409	1425
Canning Town Hermit Road	1004	1020	1037	1052	1107	1122	1137	1152	1207	1222	1237	1253	1308	1324	1339	1354	1411	1427
Manor Park Station	1342	1357	1412	1427	1442	1457	1512	1527	1542	1557	1612	1627	1643	1658	1713	1728	1743	1758
East Ham Station	1352	1407	1422	1437	1451	1506	1521	1536	1551	1606	1621	1636	1651	1706	1721	1736	1751	1806
East Ham Newham Town Hall	1403	1418	1433	1448	1502	1517	1532	1547	1601	1616	1631	1646	1701	1716	1730	1745	1800	1814
Beckton Bus Station	1413	1428	1443	1458	1511	1526	1541	1556	1610	1625	1640	1655	1709	1724	1738	1753	1808	1822
Cyprus Station Cyprus Place	1417	1432	1447	1502	1515	1530	1545	1600	1614	1629	1644	1659	1713	1728	1742	1757	1812	1826
North Woolwich Free Ferry	1425	1440	1455	1510	1523	1538	1553	1608	1622	1637	1652	1707	1721	1735	1749	1804	1819	1833
London City Airport	1432	1447	1502	1517	1530	1545	1600	1615	1629	1644	1659	1714	1728	1742	1756	1811	1826	1840
West Silvertown Station	1437	1452	1507	1522	1535	1550	1605	1620	1634	1649	1704	1719	1733	1747	1801	1816	1831	1845
Canning Town Bus Station	1441	1456	1511	1526	1539	1554	1609	1624	1638	1653	1708	1723	1737	1751	1805	1820	1835	1849
Canning Town Hermit Road	1443	1458	1513	1528	1541	1556	1611	1626	1640	1655	1710	1725	1739	1753	1807	1822	1837	1851
Manor Park Station	1813	1828	1843	1859	1914	1930	1946	2001	2016	2032	2047	2102	2117	2133	2149	2204	2219	2234
East Ham Station	1821	1836	1851	1907	1922	1937	1953	2008	2023	2039	2054	2109	2123	2139	2155	2210	2225	2239
East Ham Newham Town Hall	1829	1844	1859	1914	1929	1944	2000	2015	2030	2045	2100	2115	2129	2145	2200	2215	2230	2244
Beckton Bus Station	1837	1852	1907	1922	1937	1951	2007	2022	2037	2052	2107	2122	2136	2151	2206	2221	2236	2250
Cyprus Station Cyprus Place	1841	1856	1910	1925	1940	1954	2010	2025	2040	2055	2110	2125	2139	2154	2209	2224	2239	2253
North Woolwich Free Ferry	1848	1903	1916	1931	1946	2000	2016	2031	2046	2101	2116	2131	2145	2200	2215	2230	2245	2259
London City Airport	1855	1910	1923	1937	1952	2006	2022	2037	2052	2107	2122	2137	2151	2205	2220	2235	2250	2304
West Silvertown Station	1900	1915	1928	1942	1957	2011	2027	2042	2057	2112	2127	2142	2155	2209	2224	2239	2254	2308
Canning Town Bus Station	1904	1919	1932	1946	2001	2015	2031	2045	2100	2115	2130	2145	2158	2212	2227	2242	2257	2311
Canning Town Hermit Road	1906	1921	1934	1948	2003	2017	2033	2047	2102	2117	2132	2147	2200	2214	2229	2244	2259	2313
Manor Park Station	2250	2305	2320	2336	2351													
East Ham Station	2255	2310	2325	2341	2356													
East Ham Newham Town Hall	2300	2315	2329	2345	0000													
Beckton Bus Station	2306	2321	2335	2351	0006													
Cyprus Station Cyprus Place	2309	2324	2338	2354	0009													
North Woolwich Free Ferry	2315	2329	2343	2359	0014													
London City Airport	2320	2334	2348	0004	0019													
West Silvertown Station	2324	2338	2352	0008	0023													
Canning Town Bus Station	2327	2341	2355	0011	0026													
Canning Town Hermit Road	2329	2343	2357	0013	0028													

474		Mondays to Fridays																										
Canning Town Hermit Road	0005	0020	0035	0050	0105	0125												0425	0455	0515	0530	0545	0600	0615	0627	0637	0648	
Canning Town Bus Station	0007	0022	0037	0052	0107	0127												0427	0457	0518	0533	0548	0603	0618	0630	0640	0652	
West Silvertown Station	0011	0026	0041	0056	0111	0131												0431	0501	0522	0537	0552	0607	0622	0635	0645	0657	
London City Airport	0015	0030	0045	0100	0115	0136												Then every 30 minutes until	0436	0506	0527	0542	0557	0612	0627	0641	0651	0703
North Woolwich Free Ferry	0021	0036	0051	0106	0121	0142											0442		0512	0533	0548	0603	0618	0633	0648	0659	0711	
Cyprus Station Cyprus Place	0026	0041	0056	0111	0126	0147											0447		0518	0539	0554	0609	0624	0640	0655	0706	0718	
Beckton Bus Station	0028	0043	0058	0113	0128	0149											0449		0520	0541	0557	0612	0627	0643	0658	0709	0721	
East Ham Newham Town Hall	0033	0048	0103	0118	0133	0154											0454		0527	0548	0605	0620	0635	0651	0706	0718	0730	
East Ham Station	0037	0052	0107	0122	0137	0158											0458		0531	0553	0610	0625	0640	0656	0712	0724	0736	
Manor Park Station	0041	0056	0111	0126	0141	0202											0502	0535	0557	0614	0629	0644	0701	0717	0729	0741		
Canning Town Hermit Road	0659	0711	0721	0732	0744	0756	0808	0820	0832	0844	0856	0908	0919	0930				Then every 12 minutes until	1218	1228								
Canning Town Bus Station	0703	0715	0725	0736	0748	0800	0812	0824	0836	0848	0900	0912	0923	0934			1222		1232									
West Silvertown Station	0708	0720	0730	0741	0753	0805	0817	0829	0842	0854	0906	0918	0929	0940			1228		1238									
London City Airport	0714	0726	0736	0747	0759	0811	0823	0835	0848	0900	0912	0924	0935	0946			1234		1244									
North Woolwich Free Ferry	0722	0734	0745	0756	0808	0820	0832	0843	0856	0908	0920	0932	0943	0954			1242		1252									
Cyprus Station Cyprus Place	0730	0742	0753	0804	0816	0828	0840	0851	0904	0915	0927	0939	0950	1001			1249		1259									
Beckton Bus Station	0733	0745	0757	0808	0820	0832	0844	0855	0908	0919	0931	0943	0954	1005			1253	1303										
East Ham Newham Town Hall	0742	0754	0806	0818	0830	0842	0854	0905	0917	0928	0940	0952	1003	1014			1302	1312										
East Ham Station	0748	0800	0813	0825	0837	0849	0901	0912	0924	0935	0947	0959	1010	1021			1309	1319										
Manor Park Station	0754	0806	0819	0831	0844	0856	0908	0919	0931	0942	0954	1006	1017	1028			1316	1326										
Canning Town Hermit Road	1240	1252	1303	1315	1326	1337	1348	1400	1412	1425	1437	1449	1502	1514	1526	1537	1550	1603										
Canning Town Bus Station	1244	1256	1307	1319	1330	1341	1352	1404	1416	1429	1441	1453	1506	1518	1530	1542	1555	1608										
West Silvertown Station	1250	1302	1313	1325	1336	1347	1358	1410	1422	1435	1447	1459	1512	1524	1536	1548	1601	1614										
London City Airport	1256	1308	1319	1331	1342	1353	1404	1416	1428	1441	1453	1505	1518	1530	1542	1554	1607	1620										
North Woolwich Free Ferry	1304	1316	1327	1339	1350	1401	1412	1424	1436	1449	1501	1513	1526	1539	1551	1603	1616	1629										
Cyprus Station Cyprus Place	1311	1323	1334	1346	1358	1409	1420	1432	1444	1457	1509	1521	1534	1547	1559	1611	1624	1637										
Beckton Bus Station	1315	1327	1338	1350	1402	1413	1424	1436	1448	1501	1513	1525	1538	1551	1603	1615	1628	1641										
East Ham Newham Town Hall	1324	1336	1347	1359	1411	1423	1435	1448	1500	1513	1525	1537	1550	1603	1615	1627	1640	1653										
East Ham Station	1331	1343	1355	1407	1419	1431	1443	1456	1508	1521	1533	1546	1559	1612	1624	1636	1649	1702										
Manor Park Station	1338	1350	1402	1414	1426	1438	1450	1503	1516	1529	1541	1554	1607	1620	1632	1644	1657	1710										
Canning Town Hermit Road	1616	1629	1642	1654	1706	1718	1730	1742	1754	1806	1819	1831	1844	1856	1908	1921	1933	1945										
Canning Town Bus Station	1621	1634	1647	1659	1711	1723	1735	1747	1759	1811	1823	1835	1848	1900	1912	1924	1936	1948										
West Silvertown Station	1627	1640	1653	1705	1717	1729	1741	1753	1805	1817	1829	1841	1853	1905	1917	1929	1941	1953										
London City Airport	1633	1646	1659	1711	1723	1735	1747	1759	1811	1823	1835	1847	1858	1910	1922	1934	1946	1958										
North Woolwich Free Ferry	1642	1655	1708	1720	1732	1743	1755	1807	1819	1831	1843	1855	1906	1917	1929	1941	1953	2005										
Cyprus Station Cyprus Place	1650	1703	1716	1728	1740	1751	1803	1815	1827	1839	1851	1902	1913	1924	1936	1948	1959	2011										
Beckton Bus Station	1654	1707	1720	1732	1744	1755	1807	1819	1831	1843	1855	1906	1917	1928	1939	1951	2002	2014										
East Ham Newham Town Hall	1706	1719	1732	1744	1756	1807	1819	1830	1842	1854	1905	1915	1926	1937	1947	1958	2009	2021										
East Ham Station	1715	1728	1741	1753	1805	1816	1828	1839	1851	1903	1914	1923	1934	1944	1954	2005	2015	2027										
Manor Park Station	1723	1736	1749	1801	1813	1824	1836	1847	1859	1911	1921	1930	1941	1951	2001	2011	2021	2033										
Canning Town Hermit Road	1958	2010	2022	2035	2047	2102	2117	2132	2147	2203	2218	2233	2248	2303	2319	2335	2350											
Canning Town Bus Station	2001	2013	2025	2038	2050	2105	2120	2135	2150	2205	2220	2235	2250	2305	2321	2337	2352											
West Silvertown Station	2006	2018	2030	2042	2054	2109	2124	2139	2154	2209	2224	2239	2254	2309	2325	2341	2356											
London City Airport	2011	2023	2035	2047	2059	2114	2129	2144	2159	2214	2229	2244	2259	2314	2329	2345	0000											
North Woolwich Free Ferry	2017	2029	2041	2053	2105	2120	2135	2150	2205	2220	2235	2250	2305	2320	2335	2351	0006											
Cyprus Station Cyprus Place	2023	2035	2047	2059	2111	2126	2141	2156	2211	2226	2241	2256	2311	2326	2341	2356	0011											
Beckton Bus Station	2026	2038	2050	2102	2114	2129	2144	2159	2214	2229	2244	2259	2314	2329	2344	2358	0013											
East Ham Newham Town Hall	2033	2045	2057	2109	2121	2136	2151	2206	2221	2236	2250	2305	2320	2335	2350	0003	0018											
East Ham Station	2038	2050	2102	2114	2126	2141	2156	2211	2226	2240	2254	2309	2324	2339	2354	0007	0022											
Manor Park Station	2044	2056	2108	2120	2131	2146	2201	2216	2231	2245	2259	2314	2329	2344	2358	0011	0026											

474	Sundays																	
Canning Town Hermit Road	0005	0020	0035	0050	0105	0125	0155	0225	0255	0325	0355	0425	0455	0520	0540	0600	0620	0640
Canning Town Bus Station	0007	0022	0037	0052	0107	0128	0158	0228	0258	0328	0358	0428	0458	0523	0543	0603	0623	0643
West Silvertown Station	0011	0026	0041	0056	0111	0132	0202	0232	0302	0332	0402	0432	0502	0527	0547	0607	0627	0647
London City Airport	0015	0030	0045	0100	0115	0137	0207	0237	0307	0337	0406	0436	0506	0531	0551	0612	0632	0652
North Woolwich Free Ferry	0021	0036	0051	0106	0121	0143	0213	0243	0313	0343	0412	0442	0512	0537	0557	0618	0638	0658
Cyprus Station Cyprus Place	0026	0041	0056	0111	0126	0148	0218	0248	0318	0348	0417	0447	0517	0542	0602	0624	0644	0704
Beckton Bus Station	0028	0043	0058	0113	0128	0150	0220	0250	0320	0350	0419	0449	0519	0544	0604	0626	0646	0706
East Ham Newham Town Hall	0033	0048	0103	0118	0133	0155	0225	0255	0325	0355	0424	0454	0524	0550	0610	0633	0653	0713
East Ham Station	0037	0052	0107	0122	0137	0159	0229	0259	0329	0359	0428	0458	0528	0554	0614	0637	0657	0717
Manor Park Station	0041	0056	0111	0126	0141	0203	0233	0303	0333	0403	0432	0502	0532	0558	0618	0641	0701	0721
Canning Town Hermit Road	0700	0720	0740	0800	0820	0835	0850	0905	0920	0935	0950	1005	1020	1034	1049	1102	1117	1132
Canning Town Bus Station	0703	0723	0743	0803	0823	0838	0853	0908	0923	0938	0953	1008	1023	1037	1052	1105	1120	1135
West Silvertown Station	0707	0727	0747	0807	0827	0842	0857	0912	0927	0942	0957	1012	1027	1042	1057	1110	1125	1140
London City Airport	0712	0732	0752	0812	0832	0847	0902	0917	0932	0947	1002	1017	1032	1047	1102	1115	1130	1145
North Woolwich Free Ferry	0718	0738	0758	0818	0838	0853	0909	0924	0939	0954	1009	1024	1039	1054	1109	1122	1137	1152
Cyprus Station Cyprus Place	0724	0744	0804	0824	0844	0859	0915	0930	0945	1000	1016	1031	1046	1101	1116	1129	1144	1159
Beckton Bus Station	0726	0747	0807	0827	0847	0902	0918	0933	0948	1003	1019	1034	1049	1104	1119	1132	1148	1203
East Ham Newham Town Hall	0733	0754	0814	0835	0855	0910	0926	0941	0956	1011	1027	1042	1057	1112	1127	1141	1157	1212
East Ham Station	0737	0758	0818	0840	0900	0915	0931	0946	1002	1017	1033	1048	1103	1118	1134	1148	1204	1219
Manor Park Station	0742	0803	0823	0845	0905	0920	0937	0952	1008	1023	1039	1054	1109	1124	1141	1155	1211	1226
Canning Town Hermit Road	1146	1200	1215	1230	1244	1259	1312	1327	1342	1357	1412	1427	1442	1457	1512	1529	1544	1559
Canning Town Bus Station	1149	1203	1218	1233	1247	1302	1316	1331	1346	1401	1416	1431	1446	1501	1516	1533	1548	1603
West Silvertown Station	1154	1208	1223	1238	1252	1307	1321	1336	1351	1406	1421	1436	1451	1506	1521	1538	1553	1608
London City Airport	1159	1213	1228	1243	1257	1312	1326	1341	1356	1411	1426	1441	1456	1511	1526	1543	1558	1613
North Woolwich Free Ferry	1207	1221	1236	1251	1305	1320	1334	1349	1404	1419	1433	1448	1503	1518	1533	1550	1605	1620
Cyprus Station Cyprus Place	1214	1228	1243	1258	1312	1327	1341	1356	1411	1426	1440	1455	1510	1525	1540	1557	1612	1627
Beckton Bus Station	1218	1232	1247	1302	1316	1331	1345	1400	1415	1430	1444	1459	1514	1529	1544	1601	1616	1631
East Ham Newham Town Hall	1227	1241	1256	1311	1326	1341	1355	1410	1425	1440	1454	1509	1524	1539	1554	1610	1625	1640
East Ham Station	1234	1249	1304	1319	1334	1349	1404	1419	1434	1449	1503	1518	1533	1548	1603	1618	1633	1648
Manor Park Station	1241	1256	1311	1326	1341	1356	1411	1426	1441	1456	1510	1525	1540	1555	1610	1625	1640	1655
Canning Town Hermit Road	1614	1629	1644	1700	1716	1732	1747	1802	1817	1832	1847	1902	1917	1932	1947	2002	2017	2032
Canning Town Bus Station	1618	1633	1648	1704	1720	1735	1750	1805	1820	1835	1850	1905	1920	1935	1950	2005	2020	2035
West Silvertown Station	1623	1638	1653	1709	1725	1740	1755	1810	1825	1840	1855	1910	1925	1940	1955	2010	2025	2040
London City Airport	1628	1643	1658	1714	1730	1745	1800	1815	1830	1845	1900	1915	1930	1945	2000	2015	2030	2045
North Woolwich Free Ferry	1635	1650	1705	1721	1737	1752	1807	1822	1837	1852	1907	1922	1936	1951	2006	2021	2036	2051
Cyprus Station Cyprus Place	1642	1657	1712	1728	1744	1759	1814	1829	1843	1858	1913	1928	1942	1957	2012	2027	2042	2057
Beckton Bus Station	1646	1701	1716	1732	1748	1802	1817	1832	1846	1901	1916	1931	1945	2000	2015	2030	2045	2100
East Ham Newham Town Hall	1655	1710	1725	1741	1756	1810	1825	1840	1854	1908	1923	1938	1952	2007	2022	2037	2052	2107
East Ham Station	1703	1718	1733	1748	1803	1817	1832	1847	1901	1914	1929	1944	1958	2013	2028	2043	2057	2112
Manor Park Station	1710	1725	1740	1755	1810	1824	1839	1854	1908	1921	1936	1951	2004	2019	2034	2049	2103	2118
Canning Town Hermit Road	2048	2103	2118	2133	2148	2204	2219	2234	2249	2304	2319	2334	2350					
Canning Town Bus Station	2051	2106	2121	2136	2151	2206	2221	2236	2251	2306	2321	2336	2352					
West Silvertown Station	2055	2110	2125	2140	2155	2210	2225	2240	2255	2310	2325	2340	2356					
London City Airport	2100	2115	2130	2145	2200	2214	2229	2244	2259	2314	2329	2344	0000					
North Woolwich Free Ferry	2106	2121	2136	2151	2206	2220	2235	2250	2305	2320	2335	2350	0006					
Cyprus Station Cyprus Place	2112	2127	2142	2157	2212	2226	2241	2256	2310	2325	2340	2355	0011					
Beckton Bus Station	2115	2130	2145	2200	2215	2229	2244	2259	2313	2328	2343	2358	0013					
East Ham Newham Town Hall	2122	2137	2151	2206	2221	2235	2250	2305	2319	2334	2349	0004	0018					
East Ham Station	2127	2142	2156	2211	2226	2240	2255	2309	2323	2338	2353	0008	0022					
Manor Park Station	2133	2148	2201	2216	2231	2245	2300	2314	2328	2343	2358	0012	0026					