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East Ham – Poplar – Aldgate

115		Mondays to Fridays																
East Ham White Horse	0445		0555	0603	0611	0617	0624	0630	0637		0929	0937	0945	0952	1000		1328	
East Ham Newham Town Hall	0447		0557	0605	0613	0619	0626	0632	0639	Then	0932	0940	0948	0955	1003		1331	
Upton Park The Boleyn (Barking Road)	0451	Then	0601	0609	0617	0623	0630	0637	0644	about	0939	0947	0955	1002	1009	Then	1337	
Plaistow Greengate	0453	every 10	0603	0611	0619	0625	0632	0640	0647	every	0943	0951	0959	1007	1014	every	1342	
Canning Town Bus Station	0500	minutes	0610	0618	0626	0632	0640	0648	0655	6-7	0951	0959	1007	1016	1023	8	1351	
Poplar All Saints DLR Station	0505	until	0615	0623	0631	0639	0647	0655	0702	mins.	0959	1007	1013	1022	1029	mins.	1357	
Limehouse East India Dock Road	0508		0618	0626	0634	0642	0650	0658	0706	until	1006	1013	1019	1026	1033	until	1401	
Limehouse Station	0511		0621	0629	0637	0645	0653	0701	0709		1010	1017	1023	1030	1037		1405	
Aldgate Station Minorities	0517		0627	0635	0644	0652	0700	0708	0716		1019	1026	1032	1039	1046		1414	
East Ham White Horse	1335		1841	1849	1857	1907	1917	1927	1937	1949	2001	2013	2025	2037	2049	2101	2113	
East Ham Newham Town Hall	1338		1844	1852	1900	1910	1920	1930	1940	1951	2003	2015	2027	2039	2051	2103	2115	
Upton Park The Boleyn (Barking Road)	1344	Then	1850	1858	1906	1916	1926	1936	1945	1956	2008	2020	2032	2044	2056	2108	2120	
Plaistow Greengate	1349	about	1855	1903	1911	1921	1931	1941	1950	2000	2012	2024	2036	2048	2100	2111	2123	
Canning Town Bus Station	1358	every 6-7	1903	1911	1919	1929	1939	1949	1958	2008	2020	2032	2044	2056	2107	2118	2130	
Poplar All Saints DLR Station	1404	minutes	1910	1918	1926	1936	1946	1956	2005	2015	2027	2039	2051	2103	2113	2123	2135	
Limehouse East India Dock Road	1408	until	1914	1922	1930	1940	1950	2000	2009	2019	2031	2043	2055	2107	2117	2127	2139	
Limehouse Station	1412		1917	1925	1933	1943	1953	2003	2012	2022	2034	2046	2058	2110	2120	2130	2142	
Aldgate Station Minorities	1421		1926	1934	1942	1952	2002	2012	2021	2031	2043	2055	2107	2117	2127	2137	2149	
East Ham White Horse	2125		2249	2301							0025							
East Ham Newham Town Hall	2127		2251	2303							0027							
Upton Park The Boleyn (Barking Road)	2132	Then	2256	2307	Then						0031							
Plaistow Greengate	2135	every 12	2259	2309	every 12						0033							
Canning Town Bus Station	2142	minutes	2306	2316	minutes						0040							
Poplar All Saints DLR Station	2147	until	2311	2321	until						0045							
Limehouse East India Dock Road	2151		2315	2325							0049							
Limehouse Station	2154		2318	2328							0052							
Aldgate Station Minorities	2201		2325	2335							0059							
115		Saturdays (also Good Friday)																
East Ham White Horse	0445		0655	0705	0715	0725	0735				0845	0855	0903	0911	0919	0927	0935	0943
East Ham Newham Town Hall	0447		0657	0707	0717	0727	0737				0847	0857	0905	0913	0921	0929	0937	0945
Upton Park The Boleyn (Barking Road)	0451	Then	0701	0711	0721	0731	0741	Then			0851	0901	0909	0917	0925	0933	0941	0949
Plaistow Greengate	0453	every 10	0703	0713	0723	0734	0745	every 10			0855	0905	0913	0921	0929	0937	0945	0953
Canning Town Bus Station	0459	minutes	0709	0719	0730	0742	0753	minutes			0903	0913	0921	0929	0937	0945	0953	1001
Poplar All Saints DLR Station	0504	until	0714	0725	0736	0748	0759	until			0909	0920	0928	0936	0944	0952	1000	1008
Limehouse East India Dock Road	0507		0717	0728	0740	0752	0803				0913	0924	0932	0940	0948	0956	1004	1012
Limehouse Station	0510		0720	0731	0743	0755	0806				0916	0927	0935	0943	0951	0959	1007	1015
Aldgate Station Minorities	0516		0726	0738	0750	0802	0813				0923	0934	0942	0950	0959	1008	1016	1024
East Ham White Horse	0951	0958	1005		1805		1925	1937		2025	2037	2049	2101		2249	2301		0025
East Ham Newham Town Hall	0953	1000	1008		1808		1928	1939		2027	2039	2051	2103		2251	2303		0027
Upton Park The Boleyn (Barking Road)	0957	1005	1013	Then	1813	Then	1933	1944	Then	2032	2044	2056	2108	Then	2256	2307	Then	0031
Plaistow Greengate	1001	1009	1017	every	1817	every	1937	1948	every	2036	2048	2100	2111	every	2259	2309	every	0033
Canning Town Bus Station	1009	1017	1025	8	1825	10	1945	1956	12	2044	2056	2107	2118	12	2306	2316	12	0040
Poplar All Saints DLR Station	1016	1024	1032	mins.	1832	mins.	1952	2003	mins.	2051	2103	2113	2123	mins.	2311	2321	mins.	0045
Limehouse East India Dock Road	1020	1028	1036	until	1836	until	1956	2007	until	2055	2107	2117	2127	until	2315	2325	until	0049
Limehouse Station	1023	1031	1039		1839		1959	2010		2058	2110	2120	2130		2318	2328		0052
Aldgate Station Minorities	1032	1040	1048		1848		2008	2019		2107	2117	2127	2137		2325	2335		0059
115		Sundays and other Public Holidays (except Christmas Day and Boxing Day)																
East Ham White Horse	0445		0733	0744	0755	0806				0906	0916	0926	0936	0944	0953	1001		1801
East Ham Newham Town Hall	0447		0735	0746	0757	0808				0908	0918	0928	0938	0946	0955	1003		1803
Upton Park The Boleyn (Barking Road)	0451	Then	0739	0750	0801	0812	Then			0912	0922	0932	0942	0950	0959	1008	Then	1808
Plaistow Greengate	0453	every 12	0741	0752	0803	0815	every 12			0915	0925	0935	0945	0953	1002	1012	every	1812
Canning Town Bus Station	0459	minutes	0747	0759	0811	0823	minutes			0923	0933	0943	0953	1001	1010	1020	10	1820
Poplar All Saints DLR Station	0504	until	0752	0804	0816	0828	until			0928	0938	0948	0958	1007	1017	1027	mins.	1827
Limehouse East India Dock Road	0507		0755	0807	0819	0831				0931	0941	0951	1001	1011	1021	1031	until	1831
Limehouse Station	0510		0758	0810	0822	0834				0934	0944	0954	1004	1014	1024	1034		1834
Aldgate Station Minorities	0516		0804	0817	0829	0841				0941	0952	1003	1013	1023	1033	1043		1843
East Ham White Horse	1813		2025	2037	2049	2101				2249	2301							0025
East Ham Newham Town Hall	1815		2027	2039	2051	2103				2251	2303							0027
Upton Park The Boleyn (Barking Road)	1820	Then	2032	2044	2056	2108	Then			2256	2307	Then						0031
Plaistow Greengate	1824	every 12	2036	2048	2100	2111	every 12			2259	2309	every 12						0033
Canning Town Bus Station	1832	minutes	2044	2056	2107	2118	minutes			2306	2316	minutes						0040
Poplar All Saints DLR Station	1839	until	2051	2103	2113	2123	until			2311	2321	until						0045
Limehouse East India Dock Road	1843		2055	2107	2117	2127				2315	2325							0049
Limehouse Station	1846		2058	2110	2120	2130				2318	2328							0052
Aldgate Station Minorities	1855		2107	2117	2127	2137				2325	2335							0059

115 Mondays to Fridays																	
Aldgate Bus Station	0529	0539	0549	0559	0609	0619	0629	0637	0645	0653	0701	0709	0716	0724	0731	Then about every 6-7 minutes until	0935
Limehouse Station	0536	0546	0556	0606	0616	0626	0636	0644	0652	0700	0710	0718	0726	0734	0741		0946
Limehouse Commercial Road	0539	0549	0559	0609	0619	0629	0639	0647	0655	0703	0713	0721	0729	0737	0744		0950
Poplar All Saints DLR Station	0542	0552	0602	0612	0622	0632	0643	0651	0659	0708	0718	0726	0734	0742	0750		0956
Canning Town Bus Station	0549	0559	0609	0619	0629	0639	0650	0658	0708	0718	0728	0736	0744	0752	0800		1006
Plaistow Greengate	0556	0606	0616	0626	0636	0647	0658	0706	0716	0726	0736	0745	0754	0802	0810		1016
Upton Park The Boleyn (Barking Road)	0559	0609	0619	0629	0639	0650	0701	0709	0719	0729	0739	0748	0757	0805	0813		1020
East Ham Newham Town Hall	0603	0613	0623	0633	0644	0655	0706	0714	0724	0734	0744	0754	0803	0811	0819	1027	
East Ham White Horse	0605	0615	0625	0635	0646	0657	0708	0716	0726	0736	0746	0756	0805	0813	0821	1029	
Aldgate Bus Station	0942	0950	0958	1005	Then every 8 minutes until	1325	Then about every 6-7 minutes until	1934	1942	1950	2000	2010	2020	2031	2043	2055	
Limehouse Station	0954	1002	1010	1017		1337		1946	1953	2001	2011	2021	2031	2042	2054	2106	
Limehouse Commercial Road	0958	1006	1014	1021		1341		1950	1957	2005	2015	2025	2035	2046	2058	2109	
Poplar All Saints DLR Station	1004	1012	1019	1026		1346		1955	2002	2010	2020	2030	2040	2051	2103	2113	
Canning Town Bus Station	1013	1020	1027	1034		1354		2004	2011	2019	2029	2039	2049	2100	2110	2119	
Plaistow Greengate	1023	1030	1037	1044		1404		2012	2019	2027	2037	2047	2057	2107	2116	2125	
Upton Park The Boleyn (Barking Road)	1027	1034	1041	1048		1408		2015	2022	2030	2040	2050	2100	2109	2118	2127	
East Ham Newham Town Hall	1034	1041	1048	1055	1415	2020	2027	2035	2045	2055	2104	2113	2122	2131			
East Ham White Horse	1036	1043	1050	1057	1417	2022	2029	2037	2047	2057	2106	2115	2124	2133			
Aldgate Bus Station	2107	Then every 12 minutes until	2255	2307	Then every 12 minutes until	0055											
Limehouse Station	2116		2304	2315		0103											
Limehouse Commercial Road	2119		2307	2318		0106											
Poplar All Saints DLR Station	2123		2311	2322		0110											
Canning Town Bus Station	2129		2317	2328		0116											
Plaistow Greengate	2135		2323	2334		0122											
Upton Park The Boleyn (Barking Road)	2137		2325	2336		0124											
East Ham Newham Town Hall	2141	2329	2340	0128													
East Ham White Horse	2143	2331	2342	0130													
115 Saturdays (also Good Friday)																	
Aldgate Bus Station	0528	Then every 10 mins. until	0658	0708	0718	0728	0738	Then every 10 mins. until	0848	0858	Then every 10 mins. until	0928	0936	0944	0952	0959	1903
Limehouse Station	0535		0705	0715	0725	0736	0747		0857	0907		0937	0945	0953	1001	1009	1913
Limehouse Commercial Road	0538		0708	0718	0728	0739	0750		0900	0910		0940	0948	0956	1004	1012	1916
Poplar All Saints DLR Station	0541		0711	0721	0731	0743	0754		0904	0914		0944	0952	1001	1009	1017	1921
Canning Town Bus Station	0546		0716	0726	0738	0750	0801		0911	0922		0952	1001	1010	1018	1026	1930
Plaistow Greengate	0552		0722	0732	0745	0757	0808		0918	0929		0959	1009	1019	1027	1035	1939
Upton Park The Boleyn (Barking Road)	0554		0724	0735	0748	0800	0811		0921	0932		1002	1012	1022	1030	1038	1942
East Ham Newham Town Hall	0558	0728	0740	0753	0805	0816	0926	0937	1007	1017	1027	1035	1043	1947			
East Ham White Horse	0600	0730	0742	0755	0807	0818	0928	0939	1009	1019	1029	1037	1045	1949			
Aldgate Bus Station	1912	1921	1930	1940	1950	2000	2010	2020	2030	2042	2055	Then every 12 minutes until	2255	2307	Then every 12 minutes until	0055	
Limehouse Station	1922	1931	1940	1950	2000	2010	2020	2029	2039	2051	2104		2304	2315		0103	
Limehouse Commercial Road	1925	1934	1943	1953	2003	2013	2023	2032	2042	2054	2107		2307	2318		0106	
Poplar All Saints DLR Station	1930	1939	1948	1958	2008	2018	2028	2037	2047	2059	2111		2311	2322		0110	
Canning Town Bus Station	1939	1948	1957	2007	2017	2026	2036	2045	2055	2107	2117		2317	2328		0116	
Plaistow Greengate	1947	1956	2005	2015	2025	2034	2044	2053	2103	2113	2123		2323	2334		0122	
Upton Park The Boleyn (Barking Road)	1950	1959	2008	2018	2027	2036	2046	2055	2105	2115	2125		2325	2336		0124	
East Ham Newham Town Hall	1955	2004	2013	2022	2031	2040	2050	2059	2109	2119	2129	2329	2340	0128			
East Ham White Horse	1957	2006	2015	2024	2033	2042	2052	2101	2111	2121	2131	2331	2342	0130			
115 Sundays and other Public Holidays (except Christmas Day and Boxing Day)																	
Aldgate Bus Station	0528	Then every 12 mins. until	0716	0726	0736	0746	0756	0806	0816	0828	0840	0852	0904	0915	0925	0935	1715
Limehouse Station	0535		0723	0733	0743	0753	0803	0815	0825	0837	0849	0901	0913	0924	0935	0945	1725
Limehouse Commercial Road	0538		0726	0736	0746	0756	0806	0818	0828	0840	0852	0904	0916	0927	0938	0948	1728
Poplar All Saints DLR Station	0541		0729	0739	0749	0759	0811	0823	0833	0845	0857	0909	0921	0932	0943	0953	1733
Canning Town Bus Station	0546		0734	0744	0756	0807	0819	0831	0841	0853	0905	0917	0929	0940	0952	1002	1742
Plaistow Greengate	0552		0740	0750	0802	0814	0826	0838	0848	0900	0912	0924	0936	0948	1000	1010	1750
Upton Park The Boleyn (Barking Road)	0554		0742	0752	0804	0816	0828	0840	0850	0902	0914	0926	0938	0951	1004	1014	1754
East Ham Newham Town Hall	0558	0746	0756	0808	0820	0832	0844	0854	0906	0918	0930	0942	0955	1008	1019	1759	
East Ham White Horse	0600	0748	0758	0810	0822	0834	0846	0856	0908	0920	0932	0944	0957	1010	1021	1801	
Aldgate Bus Station	1726	Then every 10 mins. until	1856	1908	1920	1932	1944	1956	2007	2019	2030	2042	2055	Then every 12 mins. until	2255	2307	0055
Limehouse Station	1736		1906	1918	1930	1942	1954	2006	2017	2028	2039	2051	2104		2304	2315	0103
Limehouse Commercial Road	1739		1909	1921	1933	1945	1957	2009	2020	2031	2042	2054	2107		2307	2318	0106
Poplar All Saints DLR Station	1744		1914	1926	1938	1950	2002	2014	2025	2036	2047	2059	2111		2311	2322	0110
Canning Town Bus Station	1753		1923	1935	1947	1959	2011	2023	2033	2044	2055	2107	2117		2317	2328	0116
Plaistow Greengate	1801		1931	1943	1955	2007	2019	2031	2041	2052	2103	2113	2123		2323	2334	0122
Upton Park The Boleyn (Barking Road)	1804		1934	1946	1958	2010	2021	2033	2043	2054	2105	2115	2125		2325	2336	0124
East Ham Newham Town Hall	1809	1939	1951	2003	2015	2025	2037	2047	2058	2109	2119	2129	2329	2340	0128		
East Ham White Horse	1811	1941	1953	2005	2017	2027	2039	2049	2100	2111	2121	2131	2331	2342	0130		