

115

East Ham - Poplar - Aldgate

115		Mondays to Fridays																
East Ham White Horse	0445		0555	0604	0611	0617	0624	0630	0637	0643	0649	0656	0701	0706	0711	0715		
Upton Park Boleyn	0450		0600	0609	0616	0622	0629	0637	0644	0650	0656	0703	0708	0713	0718	0722		
Plaistow Greengate	0453	Then every 10 minutes until	0603	0612	0619	0625	0632	0640	0647	0653	0659	0706	0711	0716	0721	0725		
Canning Town Station	0500		0610	0619	0626	0632	0640	0648	0655	0701	0707	0714	0719	0724	0729	0733		
Poplar All Saints Station	0505		0615	0624	0631	0639	0647	0655	0702	0708	0714	0721	0727	0732	0737	0741		
Limehouse Burdett Road	0508		0618	0627	0634	0642	0650	0658	0706	0712	0718	0725	0731	0736	0741	0745		
Limehouse Station	0511		0621	0630	0637	0645	0653	0701	0709	0715	0721	0728	0734	0739	0744	0749		
Aldgate Station	0517	0627	0636	0644	0652	0700	0708	0716	0722	0728	0735	0741	0747	0753	0759			
East Ham White Horse	0719	0725	0731	0737	0743	0749	0755	0802	0808	0815	0822	0828	0835	0842	0848	0855	0901	
Upton Park Boleyn	0726	0733	0739	0745	0752	0759	0805	0812	0818	0825	0832	0838	0845	0852	0858	0905	0911	
Plaistow Greengate	0729	0736	0742	0749	0756	0803	0809	0816	0822	0829	0836	0842	0849	0856	0902	0909	0915	
Canning Town Station	0737	0744	0750	0757	0804	0811	0817	0824	0830	0837	0844	0850	0857	0904	0910	0917	0923	
Poplar All Saints Station	0745	0752	0758	0805	0812	0819	0825	0832	0838	0845	0852	0858	0905	0912	0918	0925	0931	
Limehouse Burdett Road	0752	0759	0805	0812	0819	0826	0832	0839	0845	0852	0859	0905	0912	0919	0925	0932	0938	
Limehouse Station	0756	0803	0809	0816	0823	0830	0836	0843	0849	0856	0903	0909	0916	0923	0929	0936	0942	
Aldgate Station	0806	0813	0819	0826	0833	0840	0846	0853	0859	0906	0913	0919	0926	0933	0939	0946	0952	
East Ham White Horse	0908	0915	0922	0929	0937	0945	0952	1000	Then every 8 minutes until	1328	1335	1342	1349	1356	1403	1410		
Upton Park Boleyn	0918	0925	0932	0939	0947	0955	1002	1009		1337	1344	1351	1358	1405	1412	1419		
Plaistow Greengate	0922	0929	0936	0943	0951	0959	1007	1014		1342	1349	1356	1403	1410	1417	1424		
Canning Town Station	0930	0937	0944	0951	0959	1007	1016	1023		1351	1358	1405	1412	1419	1426	1433		
Poplar All Saints Station	0938	0945	0952	0959	1007	1013	1022	1029		1357	1404	1411	1418	1425	1432	1440		
Limehouse Burdett Road	0945	0952	0959	1006	1013	1019	1026	1033	1401	1408	1415	1422	1429	1436	1444			
Limehouse Station	0949	0956	1003	1010	1017	1023	1030	1037	1405	1412	1419	1426	1433	1440	1448			
Aldgate Station	0959	1006	1012	1019	1026	1032	1039	1046	1414	1421	1428	1435	1442	1449	1457			
East Ham White Horse	1418	1425	1432	1440	1448	1456	1503	1510	1517	1523	1530	1537	1544	1551	1559	1605	1612	
Upton Park Boleyn	1427	1434	1442	1450	1458	1506	1513	1520	1527	1533	1540	1547	1554	1601	1609	1615	1622	
Plaistow Greengate	1432	1439	1447	1455	1503	1511	1518	1525	1532	1538	1545	1552	1559	1606	1614	1620	1627	
Canning Town Station	1441	1448	1456	1504	1512	1520	1527	1534	1541	1547	1554	1601	1608	1615	1623	1628	1635	
Poplar All Saints Station	1448	1455	1503	1511	1519	1527	1534	1541	1548	1554	1601	1608	1615	1622	1630	1635	1642	
Limehouse Burdett Road	1452	1459	1507	1515	1523	1531	1538	1545	1552	1558	1605	1612	1619	1626	1634	1639	1646	
Limehouse Station	1456	1503	1511	1519	1527	1535	1542	1549	1556	1602	1609	1616	1622	1629	1637	1642	1649	
Aldgate Station	1505	1512	1520	1528	1536	1544	1551	1558	1605	1611	1618	1625	1631	1638	1646	1651	1658	
East Ham White Horse	1619	1626	Then every 6-7 minutes at these minutes past the hour	33	40	46	53	00	06	13	20	26	1820	1827	1834	1841	1849	1857
Upton Park Boleyn	1629	1635		42	49	55	02	09	15	22	29	35	1829	1836	1843	1850	1858	1906
Plaistow Greengate	1634	1640		47	54	00	07	14	20	27	34	40	1834	1841	1848	1855	1903	1911
Canning Town Station	1642	1648		55	02	08	15	22	28	35	42	48	1842	1849	1856	1903	1911	1919
Poplar All Saints Station	1649	1655		02	09	15	22	29	35	42	49	55	1849	1856	1903	1910	1918	1926
Limehouse Burdett Road	1653	1659	06	13	19	26	33	39	46	53	59	1853	1900	1907	1914	1922	1930	
Limehouse Station	1656	1702	09	16	22	29	36	42	49	56	02	1856	1903	1910	1917	1925	1933	
Aldgate Station	1705	1711	18	25	31	38	45	51	58	05	11	1905	1912	1919	1926	1934	1942	
East Ham White Horse	1907	1917	1927	1937	1949	Then every 12 minutes until	2025	2037	2049	2101	Then every 12 minutes until	2249	2301	Then every 12 mins. until	0025			
Upton Park Boleyn	1916	1926	1936	1945	1956		2032	2044	2056	2107		2255	2306		0030			
Plaistow Greengate	1921	1931	1941	1950	2000		2036	2048	2100	2111		2259	2309		0033			
Canning Town Station	1929	1939	1949	1958	2008		2044	2056	2107	2118		2306	2316		0040			
Poplar All Saints Station	1936	1946	1956	2005	2015		2051	2103	2113	2123		2311	2321		0045			
Limehouse Burdett Road	1940	1950	2000	2009	2019	2055	2107	2117	2127	2315	2325	0049						
Limehouse Station	1943	1953	2003	2012	2022	2058	2110	2120	2130	2318	2328	0052						
Aldgate Station	1952	2002	2012	2021	2031	2107	2117	2127	2137	2325	2335	0059						

115 Saturdays (also Good Friday)															
East Ham White Horse	0445		0645	0655	0705	0715	0725	0735		0855	0904	0912	0920	0928	0936
Upton Park Boleyn	0450		0650	0700	0710	0720	0730	0741		0901	0910	0918	0926	0934	0942
Plaistow Greengate	0453	Then	0653	0703	0713	0723	0734	0745	Then	0905	0914	0922	0930	0938	0946
Canning Town Station	0459	every 10	0659	0709	0719	0730	0742	0753	every 10	0913	0922	0930	0938	0946	0954
Poplar All Saints Station	0504	minutes	0704	0714	0725	0736	0748	0759	minutes	0919	0928	0936	0944	0952	1000
Limehouse Burdett Road	0507	until	0707	0717	0728	0740	0752	0803	until	0923	0932	0940	0948	0956	1004
Limehouse Station	0510		0710	0720	0731	0743	0755	0806		0926	0935	0943	0951	0959	1007
Aldgate Station	0516		0716	0726	0738	0750	0802	0813		0933	0942	0950	0959	1008	1016
East Ham White Horse	0943	0951	0958	1005		1805		1925	1937		2025	2037	2049	2101	
Upton Park Boleyn	0949	0957	1005	1013		1813		1933	1944		2032	2044	2056	2107	
Plaistow Greengate	0953	1001	1009	1017	Then	1817	Then	1937	1948	Then	2036	2048	2100	2111	
Canning Town Station	1001	1009	1017	1025	every 8	1825	every 10	1945	1956	every 12	2044	2056	2107	2118	
Poplar All Saints Station	1008	1016	1024	1032	minutes	1832	minutes	1952	2003	minutes	2051	2103	2113	2123	
Limehouse Burdett Road	1012	1020	1028	1036	until	1836	until	1956	2007	until	2055	2107	2117	2127	
Limehouse Station	1015	1023	1031	1039		1839		1959	2010		2058	2110	2120	2130	
Aldgate Station	1024	1032	1040	1048		1848		2008	2019		2107	2117	2127	2137	
East Ham White Horse	2113		2249	2301				0025							
Upton Park Boleyn	2119		2255	2306				0030							
Plaistow Greengate	2123	Then	2259	2309	Then			0033							
Canning Town Station	2130	every 12	2306	2316	every 12			0040							
Poplar All Saints Station	2135	minutes	2311	2321	minutes			0045							
Limehouse Burdett Road	2139	until	2315	2325	until			0049							
Limehouse Station	2142		2318	2328				0052							
Aldgate Station	2149		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	1011
Upton Park Boleyn	0450		0738	0749	0800	0812		0912	0922	0932	0942	0950	0959	1008	1018
Plaistow Greengate	0453	Then	0741	0752	0803	0815	Then	0915	0925	0935	0945	0953	1002	1012	1022
Canning Town Station	0459	every 12	0747	0759	0811	0823	every 12	0923	0933	0943	0953	1001	1010	1020	1030
Poplar All Saints Station	0504	minutes	0752	0804	0816	0828	minutes	0928	0938	0948	0958	1007	1017	1027	1037
Limehouse Burdett Road	0507	until	0755	0807	0819	0831	until	0931	0941	0951	1001	1011	1021	1031	1041
Limehouse Station	0510		0758	0810	0822	0834		0934	0944	0954	1004	1014	1024	1034	1044
Aldgate Station	0516		0804	0817	0829	0841		0941	0952	1003	1013	1023	1033	1043	1053
East Ham White Horse	1021		1801		2025	2037	2049	2101		2249	2301				0025
Upton Park Boleyn	1028		1808		2032	2044	2056	2107		2255	2306				0030
Plaistow Greengate	1032	Then	1812	Then	2036	2048	2100	2111	Then	2259	2309	Then			0033
Canning Town Station	1040	every 10	1820	every 12	2044	2056	2107	2118	every 12	2306	2316	every 12			0040
Poplar All Saints Station	1047	minutes	1827	minutes	2051	2103	2113	2123	minutes	2311	2321	minutes			0045
Limehouse Burdett Road	1051	until	1831	until	2055	2107	2117	2127	until	2315	2325	until			0049
Limehouse Station	1054		1834		2058	2110	2120	2130		2318	2328				0052
Aldgate Station	1103		1843		2107	2117	2127	2137		2325	2335				0059

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115		Saturdays (also Good Friday)															
Aldgate Station	0528		0648	0658	0708	0718	0728	0739			0929	0937	0945	0952	0959	1007	
Limehouse Station	0535		0655	0705	0715	0725	0736	0748			0938	0946	0954	1001	1009	1017	
Limehouse Burdett Road	0538	Then	0658	0708	0718	0728	0739	0751	Then		0941	0949	0957	1004	1012	1020	
Poplar All Saints Station	0541	every 10	0701	0711	0721	0731	0743	0755	every 10		0945	0953	1001	1009	1017	1025	
Canning Town Station	0546	minutes	0706	0716	0726	0738	0750	0802	minutes		0952	1001	1010	1018	1026	1034	
Plaistow Greengate	0552	until	0712	0722	0732	0745	0757	0809	until		0959	1010	1019	1027	1035	1043	
Upton Park Priory Road	0555		0715	0725	0736	0749	0801	0813			1003	1014	1023	1031	1039	1047	
East Ham White Horse	0600		0720	0730	0742	0755	0807	0819			1009	1020	1029	1037	1045	1053	
Aldgate Station	1015		1903	1912	1921	1930	1940	1950	2000	2010	2020	2030	2042	2055	2107	2119	
Limehouse Station	1025		1913	1922	1931	1940	1950	2000	2010	2020	2029	2039	2051	2104	2116	2128	
Limehouse Burdett Road	1028	Then	1916	1925	1934	1943	1953	2003	2013	2023	2032	2042	2054	2107	2119	2131	
Poplar All Saints Station	1033	every 8	1921	1930	1939	1948	1958	2008	2018	2027	2037	2047	2059	2111	2123	2135	
Canning Town Station	1042	minutes	1930	1939	1948	1957	2007	2017	2026	2035	2045	2055	2107	2117	2129	2141	
Plaistow Greengate	1051	until	1939	1947	1956	2005	2015	2025	2034	2043	2053	2103	2113	2123	2135	2147	
Upton Park Priory Road	1055		1943	1951	2000	2009	2018	2028	2037	2046	2056	2106	2116	2126	2138	2150	
East Ham White Horse	1101		1949	1957	2006	2015	2024	2033	2042	2051	2101	2111	2121	2131	2143	2155	
Aldgate Station	2131		2255	2307				0055									
Limehouse Station	2140		2304	2315				0103									
Limehouse Burdett Road	2143	Then	2307	2318	Then			0106									
Poplar All Saints Station	2147	every 12	2311	2322	every 12			0110									
Canning Town Station	2153	minutes	2317	2328	minutes			0116									
Plaistow Greengate	2159	until	2323	2334	until			0122									
Upton Park Priory Road	2202		2326	2337				0125									
East Ham White Horse	2207		2331	2342				0130									
115		Sundays and other Public Holidays (except Christmas Day and Boxing Day)															
Aldgate Station	0528		0716	0726	0736	0746	0756	0806	0816			0904	0914	0924	0934	0945	
Limehouse Station	0535		0723	0733	0743	0753	0803	0815	0825			0913	0923	0933	0943	0954	
Limehouse Burdett Road	0538	Then	0726	0736	0746	0756	0806	0818	0828	Then		0916	0926	0936	0946	0957	
Poplar All Saints Station	0541	every 12	0729	0739	0749	0759	0811	0823	0833	every 12		0921	0931	0941	0951	1002	
Canning Town Station	0546	minutes	0734	0744	0756	0807	0819	0831	0841	minutes		0929	0939	0949	1000	1011	
Plaistow Greengate	0552	until	0740	0750	0802	0814	0826	0838	0848	until		0936	0946	0957	1008	1019	
Upton Park Priory Road	0555		0743	0753	0805	0817	0829	0841	0851			0939	0950	1002	1013	1024	
East Ham White Horse	0600		0748	0758	0810	0822	0834	0846	0856			0944	0956	1008	1019	1030	
Aldgate Station	0955		1715	1726			1856				1932	1944	1956	2007	2019	2030	2042
Limehouse Station	1005		1725	1736			1906				1942	1954	2006	2017	2028	2039	2051
Limehouse Burdett Road	1008	Then	1728	1739	Then		1909	Then			1945	1957	2009	2020	2031	2042	2054
Poplar All Saints Station	1013	every 10	1733	1744	every 10		1914	every 12			1950	2002	2014	2025	2036	2047	2059
Canning Town Station	1022	minutes	1742	1753	minutes		1923	minutes			1959	2011	2023	2033	2044	2055	2107
Plaistow Greengate	1030	until	1750	1801	until		1931	until			2007	2019	2031	2041	2052	2103	2113
Upton Park Priory Road	1035		1755	1805			1935				2011	2022	2034	2044	2055	2106	2116
East Ham White Horse	1041		1801	1811			1941				2017	2027	2039	2049	2100	2111	2121
Aldgate Station	2055		2255	2307				0055									
Limehouse Station	2104		2304	2315				0103									
Limehouse Burdett Road	2107	Then	2307	2318	Then			0106									
Poplar All Saints Station	2111	every 12	2311	2322	every 12			0110									
Canning Town Station	2117	minutes	2317	2328	minutes			0116									
Plaistow Greengate	2123	until	2323	2334	until			0122									
Upton Park Priory Road	2126		2326	2337				0125									
East Ham White Horse	2131		2331	2342				0130									