

115 Mondays to Fridays (Summer and Easter school holidays)																			
East Ham White Horse	0445	0455	0505	0515	0525	0535	0545	0554	0602	0610	0618	0625	0633	0641	0649	0656	0704	0712	
East Ham Newham Town Hall	0447	0457	0507	0517	0527	0537	0547	0556	0604	0612	0620	0627	0635	0643	0651	0658	0706	0714	
Upton Park The Boleyn (Barking Road)	0451	0501	0511	0521	0531	0541	0551	0600	0609	0617	0625	0632	0640	0648	0656	0703	0711	0719	
Plaistow Greengate	0454	0504	0514	0524	0534	0544	0554	0603	0612	0620	0628	0636	0644	0652	0700	0707	0715	0723	
Canning Town Bus Station	0500	0510	0520	0530	0540	0550	0600	0610	0619	0628	0636	0645	0653	0701	0709	0717	0725	0733	
Poplar All Saints (DLR) Station	0505	0515	0525	0535	0545	0555	0605	0615	0625	0634	0643	0652	0700	0708	0716	0724	0732	0740	
Limehouse East India Dock Road	0508	0518	0528	0538	0548	0558	0608	0618	0628	0637	0646	0655	0703	0711	0719	0727	0735	0743	
Limehouse Station	0511	0521	0531	0541	0551	0601	0612	0622	0632	0642	0651	0700	0709	0717	0725	0733	0741	0749	
Aldgate Station Aldgate High Street	0519	0529	0539	0549	0559	0610	0621	0632	0643	0653	0702	0712	0721	0729	0738	0746	0754	0803	
East Ham White Horse	0719	0727			0823	0831			0919	0927	0935	0943	0951			1135	1143	1151	
East Ham Newham Town Hall	0721	0729			0825	0833			0921	0929	0937	0945	0953			1137	1145	1153	
Upton Park The Boleyn (Barking Road)	0727	0735	Then		0831	0839	Then		0927	0935	0943	0951	0959	Then		1143	1152	1200	
Plaistow Greengate	0731	0739	every 8		0835	0843	every 8		0931	0939	0947	0955	1003	every 8		1147	1156	1204	
Canning Town Bus Station	0741	0749	minutes		0845	0853	minutes		0941	0949	0957	1005	1013	minutes		1157	1206	1214	
Poplar All Saints (DLR) Station	0748	0756	until		0852	0900	until		0948	0956	1004	1012	1020	until		1204	1213	1221	
Limehouse East India Dock Road	0752	0800			0856	0904			0952	1000	1008	1016	1024			1208	1217	1225	
Limehouse Station	0758	0806			0902	0909			0957	1005	1013	1021	1028			1212	1221	1229	
Aldgate Station Aldgate High Street	0812	0822			0918	0925			1013	1020	1028	1035	1042			1226	1235	1243	
East Ham White Horse	1159				1407	1415	1423	1431	1438	1446	1454	1501			1549	1556		1652	
East Ham Newham Town Hall	1201				1409	1417	1425	1433	1440	1448	1456	1503			1551	1558		1654	
Upton Park The Boleyn (Barking Road)	1208	Then			1416	1424	1432	1440	1447	1455	1503	1510	Then		1558	1605	Then	1701	
Plaistow Greengate	1212	every 8			1420	1428	1436	1444	1451	1459	1507	1514	every 8		1602	1609	every 8	1705	
Canning Town Bus Station	1222	minutes			1430	1438	1446	1454	1502	1510	1518	1526	minutes		1614	1621	minutes	1717	
Poplar All Saints (DLR) Station	1229	until			1437	1445	1453	1501	1509	1517	1525	1533	until		1621	1629	until	1725	
Limehouse East India Dock Road	1233				1441	1449	1457	1505	1513	1521	1529	1537			1625	1633		1729	
Limehouse Station	1237				1445	1453	1501	1509	1517	1526	1534	1542			1630	1638		1734	
Aldgate Station Aldgate High Street	1251				1459	1506	1514	1522	1530	1539	1547	1555			1643	1651		1747	
East Ham White Horse	1700				1740	1749	1757	1805	1813	1821	1829	1837	1845	1853	1901	1910	1920	1930	1940
East Ham Newham Town Hall	1702				1742	1751	1759	1807	1815	1823	1831	1839	1847	1855	1903	1912	1922	1932	1942
Upton Park The Boleyn (Barking Road)	1709	Then			1749	1758	1806	1814	1822	1830	1838	1846	1854	1902	1910	1919	1929	1939	1949
Plaistow Greengate	1713	every 8			1753	1802	1810	1818	1826	1834	1842	1850	1858	1906	1914	1923	1933	1943	1953
Canning Town Bus Station	1725	minutes			1805	1813	1821	1829	1837	1845	1853	1900	1908	1916	1924	1933	1943	1953	2002
Poplar All Saints (DLR) Station	1733	until			1813	1821	1829	1837	1845	1852	1900	1907	1915	1923	1931	1940	1950	2000	2009
Limehouse East India Dock Road	1737				1817	1825	1833	1841	1849	1856	1904	1911	1919	1927	1935	1944	1954	2004	2013
Limehouse Station	1741				1821	1829	1837	1845	1853	1900	1908	1915	1923	1931	1939	1948	1958	2008	2017
Aldgate Station Aldgate High Street	1754				1834	1842	1850	1857	1905	1912	1920	1927	1935	1943	1951	1959	2008	2018	2027
East Ham White Horse	1950	2000	2011	2023	2035	2047	2059	2112			2224	2237	2249	2301	2313			0025	
East Ham Newham Town Hall	1952	2002	2013	2025	2037	2049	2101	2114			2226	2239	2251	2303	2315			0027	
Upton Park The Boleyn (Barking Road)	1959	2008	2019	2031	2043	2055	2107	2119	Then		2231	2244	2256	2308	2319	Then		0031	
Plaistow Greengate	2003	2012	2023	2035	2047	2059	2111	2123	every 12		2235	2248	2300	2311	2322	every 12		0034	
Canning Town Bus Station	2011	2020	2030	2042	2054	2106	2118	2129	minutes		2241	2254	2306	2317	2328	minutes		0040	
Poplar All Saints (DLR) Station	2018	2027	2037	2049	2101	2112	2123	2134	until		2246	2259	2310	2321	2332	until		0044	
Limehouse East India Dock Road	2022	2031	2041	2053	2105	2116	2127	2138			2250	2303	2314	2325	2336			0048	
Limehouse Station	2026	2035	2045	2057	2109	2120	2131	2142			2254	2306	2317	2328	2339			0051	
Aldgate Station Aldgate High Street	2036	2045	2055	2107	2119	2130	2141	2152			2304	2315	2326	2337	2348			0100	

115		Saturdays (also Good Friday)																	
East Ham White Horse	0445	0455	0505	0515	0525				0625	0635	0645	0655	0705	0715	0725	0734	0744	0753	0803
East Ham Newham Town Hall	0447	0457	0507	0517	0527				0627	0637	0647	0657	0707	0717	0727	0736	0746	0755	0805
Upton Park The Boleyn (Barking Road)	0451	0501	0511	0521	0531			Then	0631	0642	0652	0702	0712	0722	0732	0741	0751	0800	0810
Plaistow Greengate	0454	0504	0514	0524	0534			every 10	0634	0645	0655	0705	0715	0725	0735	0745	0755	0804	0814
Canning Town Bus Station	0459	0509	0519	0529	0540			minutes	0640	0651	0701	0711	0722	0732	0742	0752	0802	0812	0822
Poplar All Saints (DLR) Station	0503	0513	0523	0533	0544			until	0644	0655	0705	0716	0728	0738	0748	0758	0808	0818	0828
Limehouse East India Dock Road	0507	0517	0527	0537	0548				0648	0659	0709	0720	0732	0742	0752	0802	0812	0822	0832
Limehouse Station	0510	0520	0530	0540	0551				0651	0702	0712	0723	0735	0745	0755	0806	0816	0826	0836
Aldgate Station Aldgate High Street	0517	0527	0538	0548	0559				0659	0710	0720	0732	0744	0754	0804	0816	0826	0836	0846
East Ham White Horse	0813	0823	0833	0843	0853	0901	0908		0915	0923	0931	0939	0947	0954	1001	1009	1017	1025	1032
East Ham Newham Town Hall	0815	0825	0835	0845	0855	0903	0910		0917	0925	0933	0941	0949	0956	1003	1011	1019	1027	1034
Upton Park The Boleyn (Barking Road)	0820	0830	0840	0850	0900	0908	0916		0923	0931	0939	0947	0955	1002	1010	1018	1026	1034	1041
Plaistow Greengate	0824	0834	0844	0854	0904	0912	0920		0927	0935	0943	0951	0959	1007	1015	1023	1031	1039	1046
Canning Town Bus Station	0832	0842	0852	0902	0912	0920	0928		0935	0943	0951	0959	1007	1015	1023	1031	1039	1047	1055
Poplar All Saints (DLR) Station	0838	0848	0858	0908	0918	0926	0934		0942	0950	0958	1006	1014	1022	1030	1038	1046	1054	1102
Limehouse East India Dock Road	0842	0852	0902	0912	0922	0930	0938		0946	0954	1002	1010	1018	1026	1034	1042	1050	1058	1106
Limehouse Station	0846	0856	0906	0916	0926	0934	0942		0950	0958	1006	1014	1022	1030	1038	1046	1054	1102	1110
Aldgate Station Aldgate High Street	0856	0906	0916	0927	0937	0946	0954		1002	1010	1018	1026	1034	1042	1050	1058	1106	1114	1122
East Ham White Horse	1040	1048		1136	1144				1352	1400			1608	1616			1712	1721	
East Ham Newham Town Hall	1042	1050		1138	1146				1354	1402			1610	1618			1714	1723	
Upton Park The Boleyn (Barking Road)	1049	1058	Then	1146	1155	Then			1403	1410	Then		1618	1625	Then		1721	1730	
Plaistow Greengate	1054	1103	every 8	1151	1200	every 8			1408	1415	every 8		1623	1630	every 8		1726	1735	
Canning Town Bus Station	1103	1112	minutes	1200	1209	minutes			1417	1424	minutes		1632	1639	minutes		1735	1743	
Poplar All Saints (DLR) Station	1110	1119	until	1207	1216	until			1424	1431	until		1639	1646	until		1742	1750	
Limehouse East India Dock Road	1114	1123		1211	1220				1428	1435			1643	1650			1746	1754	
Limehouse Station	1118	1127		1215	1224				1432	1439			1647	1654			1750	1758	
Aldgate Station Aldgate High Street	1130	1139		1227	1236				1444	1451			1659	1706			1802	1810	
East Ham White Horse	1729	1737	1745	1753	1801	1810			1920	1931	1942	1954	2007	2019	2031	2043	2056	2109	
East Ham Newham Town Hall	1731	1739	1747	1755	1803	1812			1922	1933	1944	1956	2009	2021	2033	2045	2058	2111	
Upton Park The Boleyn (Barking Road)	1738	1746	1754	1802	1810	1819		Then	1929	1940	1951	2003	2015	2027	2039	2051	2104	2117	
Plaistow Greengate	1743	1751	1759	1807	1815	1824		every 10	1934	1945	1956	2008	2020	2032	2044	2056	2109	2121	
Canning Town Bus Station	1751	1759	1807	1815	1823	1832		minutes	1942	1953	2004	2016	2028	2040	2052	2104	2116	2128	
Poplar All Saints (DLR) Station	1758	1806	1814	1822	1830	1839		until	1949	2000	2011	2023	2035	2047	2059	2110	2121	2133	
Limehouse East India Dock Road	1802	1810	1818	1826	1834	1843			1953	2004	2015	2027	2039	2051	2103	2114	2125	2137	
Limehouse Station	1806	1814	1822	1830	1838	1847			1957	2008	2019	2031	2043	2055	2107	2118	2129	2141	
Aldgate Station Aldgate High Street	1818	1826	1834	1842	1850	1859			2009	2019	2030	2042	2054	2106	2118	2129	2140	2152	
East Ham White Horse	2121	2133	2145	2157	2210	2223	2235	2247	2259	2311	2323	2336	2348	0001	0013	0025			
East Ham Newham Town Hall	2123	2135	2147	2159	2212	2225	2237	2249	2301	2313	2325	2338	2350	0003	0015	0027			
Upton Park The Boleyn (Barking Road)	2129	2141	2153	2205	2218	2230	2242	2254	2306	2318	2330	2343	2355	0007	0019	0031			
Plaistow Greengate	2133	2145	2157	2209	2222	2234	2246	2258	2310	2322	2334	2347	2359	0011	0023	0035			
Canning Town Bus Station	2140	2152	2204	2216	2228	2240	2252	2304	2316	2328	2340	2353	0005	0017	0029	0041			
Poplar All Saints (DLR) Station	2145	2157	2209	2221	2233	2245	2257	2309	2321	2333	2345	2358	0010	0022	0034	0046			
Limehouse East India Dock Road	2149	2201	2213	2225	2237	2249	2301	2313	2325	2337	2349	0002	0014	0026	0038	0050			
Limehouse Station	2153	2205	2217	2229	2241	2253	2304	2316	2328	2340	2352	0005	0017	0029	0041	0053			
Aldgate Station Aldgate High Street	2204	2216	2227	2239	2251	2303	2314	2326	2338	2350	0002	0014	0026	0038	0050	0102			

115		Sundays and other Public Holidays (except Christmas Day)															
East Ham White Horse	0445		0709	0721	0733	0745	0757	0809	0821	0833	0845	0857	0909	0920	0930	0940	0950
East Ham Newham Town Hall	0447		0711	0723	0735	0747	0759	0811	0823	0835	0847	0859	0911	0922	0932	0942	0952
Upton Park The Boleyn (Barking Road)	0451	Then	0715	0727	0739	0751	0804	0816	0828	0840	0852	0904	0916	0927	0937	0947	0957
Plaistow Greengate	0454	every 12	0718	0730	0742	0754	0807	0819	0831	0843	0856	0908	0920	0931	0941	0951	1001
Canning Town Bus Station	0459	minutes	0723	0736	0748	0800	0813	0825	0837	0850	0903	0915	0927	0938	0948	0958	1009
Poplar All Saints (DLR) Station	0503	until	0727	0740	0753	0805	0818	0830	0842	0855	0908	0920	0932	0943	0953	1004	1016
Limehouse East India Dock Road	0506		0730	0743	0756	0808	0821	0833	0845	0858	0911	0923	0935	0946	0956	1008	1020
Limehouse Station	0509		0733	0746	0759	0811	0824	0836	0848	0901	0914	0926	0938	0950	1000	1012	1024
Aldgate Station Aldgate High Street	0517		0741	0754	0807	0820	0833	0845	0858	0911	0924	0936	0948	1001	1011	1023	1035
East Ham White Horse	1000	1010	1020	1029													
East Ham Newham Town Hall	1002	1012	1022	1031													
Upton Park The Boleyn (Barking Road)	1007	1017	1027	1037	Then												
Plaistow Greengate	1011	1021	1031	1041	every 01												
Canning Town Bus Station	1019	1029	1039	1049	minutes												
Poplar All Saints (DLR) Station	1026	1036	1046	1056	until												
Limehouse East India Dock Road	1030	1040	1050	1100													
Limehouse Station	1034	1044	1054	1104													
Aldgate Station Aldgate High Street	1046	1056	1106	1116													
East Ham White Horse	1436		1736	1747	1757	1810	1822	1834	1847	1859	1911	1923	1935	1947	1959	2011	2023
East Ham Newham Town Hall	1438		1738	1749	1759	1812	1824	1836	1849	1901	1913	1925	1937	1949	2001	2013	2025
Upton Park The Boleyn (Barking Road)	1446	Then	1746	1756	1806	1819	1831	1843	1855	1907	1919	1931	1943	1955	2007	2019	2031
Plaistow Greengate	1451	every 10	1751	1801	1811	1824	1836	1848	1900	1912	1924	1936	1948	2000	2012	2024	2036
Canning Town Bus Station	1459	minutes	1759	1809	1819	1832	1844	1855	1907	1919	1931	1943	1955	2007	2019	2031	2043
Poplar All Saints (DLR) Station	1506	until	1806	1816	1826	1839	1851	1902	1914	1926	1938	1950	2002	2014	2026	2038	2050
Limehouse East India Dock Road	1510		1810	1820	1830	1843	1855	1906	1918	1930	1942	1954	2006	2018	2030	2042	2054
Limehouse Station	1514		1814	1824	1834	1847	1859	1910	1922	1934	1946	1958	2010	2022	2034	2046	2058
Aldgate Station Aldgate High Street	1526		1826	1836	1846	1858	1910	1921	1933	1945	1957	2009	2020	2032	2044	2056	2107
East Ham White Horse	2035	2047	2100	2112	2124	2136	2148	2200	2212	2224	2236	2248	2301				0025
East Ham Newham Town Hall	2037	2049	2102	2114	2126	2138	2150	2202	2214	2226	2238	2250	2303				0027
Upton Park The Boleyn (Barking Road)	2043	2055	2108	2119	2131	2143	2155	2207	2219	2231	2243	2255	2307	Then			0031
Plaistow Greengate	2048	2100	2112	2123	2135	2147	2159	2211	2223	2235	2247	2259	2310	every 12			0034
Canning Town Bus Station	2055	2106	2118	2129	2141	2153	2205	2217	2229	2241	2253	2305	2316	minutes			0040
Poplar All Saints (DLR) Station	2102	2112	2123	2134	2146	2158	2210	2222	2234	2246	2258	2309	2320	until			0044
Limehouse East India Dock Road	2106	2116	2127	2138	2150	2202	2214	2226	2238	2250	2302	2313	2324				0048
Limehouse Station	2109	2119	2130	2141	2153	2205	2217	2229	2241	2253	2305	2316	2327				0051
Aldgate Station Aldgate High Street	2118	2128	2139	2150	2202	2214	2225	2237	2249	2301	2313	2324	2335				0059

115 Mondays to Fridays (Summer and Easter school holidays)																		
Aldgate Station Bus Station	0530	0540	0550	0600	0610	0620	0629	0637	0645	0652	0700	0708	0715	0722	0730	0738	0745	0753
Limehouse Station	0538	0548	0558	0608	0618	0628	0637	0646	0654	0701	0709	0717	0725	0732	0740	0748	0756	0804
Limehouse Commercial Road	0540	0550	0600	0610	0620	0630	0640	0649	0657	0704	0712	0720	0728	0735	0743	0751	0759	0807
Poplar All Saints (DLR) Station	0543	0553	0603	0613	0623	0633	0643	0652	0700	0708	0716	0724	0732	0739	0747	0755	0803	0811
Canning Town Bus Station	0548	0558	0608	0619	0629	0639	0650	0659	0708	0716	0724	0732	0740	0748	0756	0804	0812	0820
Plaistow Greengate	0554	0604	0614	0625	0635	0646	0657	0706	0715	0724	0732	0740	0748	0756	0804	0813	0821	0829
Upton Park The Boleyn (Barking Road)	0556	0606	0616	0627	0637	0648	0659	0708	0717	0726	0734	0742	0750	0758	0806	0815	0823	0831
East Ham Newham Town Hall	0600	0610	0620	0631	0642	0653	0704	0713	0722	0731	0739	0747	0755	0804	0813	0822	0830	0838
East Ham White Horse	0602	0612	0622	0633	0644	0655	0706	0715	0724	0733	0741	0749	0757	0806	0815	0824	0832	0840
Aldgate Station Bus Station	0800			0920	0927	0934	0941	0949	0957	1004			1356	1404	1412	1419	1427	1434
Limehouse Station	0812			0932	0940	0947	0954	1002	1010	1018			1410	1418	1426	1433	1441	1449
Limehouse Commercial Road	0815	Then		0935	0943	0950	0957	1005	1013	1021	Then		1413	1421	1429	1436	1444	1452
Poplar All Saints (DLR) Station	0819	every 8		0939	0947	0954	1001	1009	1017	1025	every 8		1417	1425	1433	1441	1449	1457
Canning Town Bus Station	0828	minutes		0948	0956	1003	1010	1018	1026	1034	minutes		1426	1434	1442	1450	1458	1506
Plaistow Greengate	0837	until		0957	1005	1012	1020	1028	1036	1044	until		1436	1445	1453	1501	1509	1517
Upton Park The Boleyn (Barking Road)	0839			0959	1007	1014	1022	1030	1038	1046			1438	1447	1455	1503	1511	1519
East Ham Newham Town Hall	0846			1006	1014	1022	1030	1038	1046	1054			1446	1455	1503	1511	1519	1528
East Ham White Horse	0848			1008	1016	1024	1032	1040	1048	1056			1448	1457	1505	1513	1521	1530
Aldgate Station Bus Station	1442	1450	1457			1553	1601			1705	1713			1753	1802	1811	1819	1827
Limehouse Station	1457	1505	1512			1608	1615			1719	1727			1807	1816	1825	1833	1841
Limehouse Commercial Road	1500	1508	1515	Then		1611	1618	Then		1722	1730	Then		1810	1819	1828	1836	1844
Poplar All Saints (DLR) Station	1505	1513	1520	every 8		1616	1623	every 8		1727	1735	every 8		1815	1824	1833	1841	1849
Canning Town Bus Station	1514	1522	1530	minutes		1626	1633	minutes		1737	1745	minutes		1825	1834	1842	1850	1858
Plaistow Greengate	1525	1534	1542	until		1638	1645	until		1749	1757	until		1837	1845	1853	1901	1908
Upton Park The Boleyn (Barking Road)	1527	1536	1544			1640	1647			1751	1759			1839	1847	1855	1903	1910
East Ham Newham Town Hall	1536	1545	1553			1649	1656			1800	1807			1847	1855	1903	1911	1918
East Ham White Horse	1538	1547	1555			1651	1658			1802	1809			1849	1857	1905	1913	1920
Aldgate Station Bus Station	1836	1844	1852	1900	1908	1916	1924	1932	1941	1950	2000	2010	2020	2030	2042	2055	2107	2119
Limehouse Station	1849	1857	1905	1913	1921	1929	1937	1944	1953	2001	2011	2021	2031	2041	2053	2106	2118	2130
Limehouse Commercial Road	1852	1900	1908	1916	1924	1932	1940	1947	1956	2004	2014	2024	2034	2044	2056	2109	2121	2133
Poplar All Saints (DLR) Station	1857	1905	1913	1921	1929	1937	1945	1952	2000	2008	2018	2028	2038	2048	2100	2113	2125	2137
Canning Town Bus Station	1906	1914	1922	1930	1938	1946	1954	2001	2009	2017	2027	2037	2047	2057	2108	2120	2131	2143
Plaistow Greengate	1916	1924	1932	1940	1948	1956	2004	2011	2019	2027	2036	2046	2056	2106	2117	2128	2139	2151
Upton Park The Boleyn (Barking Road)	1918	1926	1934	1942	1950	1958	2006	2013	2021	2029	2038	2048	2058	2108	2119	2130	2141	2153
East Ham Newham Town Hall	1926	1934	1941	1949	1957	2005	2013	2020	2027	2035	2044	2054	2104	2114	2125	2136	2147	2159
East Ham White Horse	1928	1936	1943	1951	1959	2007	2015	2022	2029	2037	2046	2056	2106	2116	2127	2138	2149	2201
Aldgate Station Bus Station	2131	2143	2155	2207	2219	2231	2243	2255	2307	2319			0055					
Limehouse Station	2142	2154	2206	2218	2229	2241	2252	2304	2315	2327			0103					
Limehouse Commercial Road	2145	2157	2209	2221	2232	2243	2254	2306	2317	2329	Then		0105					
Poplar All Saints (DLR) Station	2149	2201	2213	2225	2236	2247	2258	2310	2321	2333	every 12		0109					
Canning Town Bus Station	2155	2207	2219	2231	2242	2253	2304	2316	2327	2339	minutes		0115					
Plaistow Greengate	2203	2215	2227	2239	2250	2301	2311	2323	2334	2346	until		0122					
Upton Park The Boleyn (Barking Road)	2205	2217	2229	2241	2252	2303	2313	2325	2336	2348			0124					
East Ham Newham Town Hall	2211	2223	2235	2246	2257	2308	2318	2330	2341	2352			0128					
East Ham White Horse	2213	2225	2237	2248	2259	2310	2320	2332	2343	2354			0130					

115		Saturdays (also Good Friday)																	
Aldgate Station Bus Station	0528	0538		0658	0708	0718	0728	0738	0748	0758	0808	0818	0828	0838	0848	0858	0908		
Limehouse Station	0536	0546		0706	0716	0726	0737	0747	0757	0807	0817	0827	0838	0848	0858	0908	0918		
Limehouse Commercial Road	0538	0548	Then	0708	0718	0728	0739	0749	0759	0809	0819	0829	0840	0850	0900	0910	0920		
Poplar All Saints (DLR) Station	0541	0551	every 10	0711	0721	0732	0743	0753	0803	0813	0823	0833	0844	0854	0904	0914	0924		
Canning Town Bus Station	0546	0556	minutes	0716	0727	0739	0750	0800	0810	0820	0830	0840	0851	0901	0911	0921	0931		
Plaistow Greengate	0552	0602	until	0722	0734	0746	0757	0807	0817	0827	0838	0848	0859	0909	0920	0930	0941		
Upton Park The Boleyn (Barking Road)	0554	0604		0724	0736	0748	0759	0809	0819	0829	0840	0850	0901	0911	0922	0933	0944		
East Ham Newham Town Hall	0557	0608		0728	0740	0752	0803	0813	0823	0834	0845	0855	0906	0917	0928	0939	0950		
East Ham White Horse	0559	0610		0730	0742	0754	0805	0815	0825	0836	0847	0857	0908	0919	0930	0941	0952		
Aldgate Station Bus Station	0918	0928	0936	0943	0950	0957	1004	1011	1019	1027	1035		1227	1235	1243	1251	1259		
Limehouse Station	0928	0938	0946	0953	1000	1007	1014	1022	1030	1038	1046	Then	1238	1246	1255	1303	1311		
Limehouse Commercial Road	0930	0940	0948	0955	1002	1009	1017	1025	1033	1041	1049	every 8	1241	1250	1259	1307	1315		
Poplar All Saints (DLR) Station	0934	0944	0952	0959	1006	1014	1022	1030	1038	1046	1054	minutes	1246	1255	1304	1312	1320		
Canning Town Bus Station	0941	0951	0959	1007	1015	1023	1031	1039	1047	1055	1103	until	1255	1304	1313	1321	1329		
Plaistow Greengate	0951	1001	1009	1017	1025	1033	1041	1049	1057	1105	1114		1306	1315	1324	1332	1340		
Upton Park The Boleyn (Barking Road)	0954	1004	1012	1020	1028	1036	1044	1052	1100	1108	1117		1309	1318	1327	1335	1343		
East Ham Newham Town Hall	1000	1010	1019	1027	1035	1043	1051	1059	1107	1115	1124		1316	1325	1334	1342	1350		
East Ham White Horse	1002	1012	1021	1029	1037	1045	1053	1101	1109	1117	1126		1318	1327	1336	1344	1352		
Aldgate Station Bus Station	1307	1315		1355	1403				1531	1539	1547	1555	1603	1611	1619		1723		
Limehouse Station	1319	1327		1407	1416				1544	1552	1600	1608	1616	1624	1631		1735		
Limehouse Commercial Road	1323	1331	Then	1411	1419	Then			1547	1555	1603	1611	1619	1627	1634	Then	1738		
Poplar All Saints (DLR) Station	1328	1336	every 8	1416	1424	every 8			1552	1600	1608	1616	1624	1632	1639	every 8	1743		
Canning Town Bus Station	1337	1345	minutes	1425	1433	minutes			1601	1609	1617	1625	1633	1641	1648	minutes	1752		
Plaistow Greengate	1348	1356	until	1436	1444	until			1612	1620	1628	1636	1644	1652	1659	until	1803		
Upton Park The Boleyn (Barking Road)	1351	1359		1439	1447				1615	1623	1631	1639	1647	1655	1702		1806		
East Ham Newham Town Hall	1358	1407		1447	1455				1623	1630	1638	1646	1654	1702	1709		1813		
East Ham White Horse	1400	1409		1449	1457				1625	1632	1640	1648	1656	1704	1711		1815		
Aldgate Station Bus Station	1731	1739	1747	1755	1803				1859	1907	1915	1923	1931	1940	1950	2000	2010	2020	2031
Limehouse Station	1742	1750	1758	1806	1814				1910	1918	1926	1934	1942	1951	2001	2011	2021	2031	2041
Limehouse Commercial Road	1745	1753	1801	1809	1816	Then			1912	1920	1928	1936	1944	1953	2003	2013	2023	2033	2043
Poplar All Saints (DLR) Station	1750	1758	1806	1814	1821	every 8			1917	1925	1933	1941	1949	1958	2008	2018	2028	2038	2048
Canning Town Bus Station	1759	1807	1815	1823	1830	minutes			1926	1934	1942	1950	1958	2007	2017	2026	2036	2046	2056
Plaistow Greengate	1810	1818	1826	1834	1841	until			1937	1944	1952	2000	2008	2017	2027	2036	2046	2056	2106
Upton Park The Boleyn (Barking Road)	1813	1821	1829	1837	1844				1940	1947	1955	2003	2011	2020	2030	2039	2049	2059	2109
East Ham Newham Town Hall	1820	1828	1836	1844	1851				1947	1954	2002	2010	2018	2027	2036	2045	2055	2105	2115
East Ham White Horse	1822	1830	1838	1846	1853				1949	1956	2004	2012	2020	2029	2038	2047	2057	2107	2117
Aldgate Station Bus Station	2043	2055	2107	2119	2131				2231	2243	2255	2307	2319	2331	2343	2355	0007		0055
Limehouse Station	2053	2105	2117	2129	2141				2241	2253	2305	2317	2329	2341	2353	0005	0016		0104
Limehouse Commercial Road	2055	2107	2119	2131	2143	Then			2243	2255	2307	2319	2331	2343	2355	0007	0018	Then	0106
Poplar All Saints (DLR) Station	2100	2112	2123	2135	2147	every 12			2247	2259	2311	2323	2335	2347	2359	0011	0022	every	0110
Canning Town Bus Station	2107	2118	2129	2141	2153	minutes			2253	2305	2317	2329	2341	2353	0005	0017	0028	12	0116
Plaistow Greengate	2116	2127	2138	2150	2202	until			2302	2313	2325	2337	2349	0001	0013	0025	0036	mins.	0124
Upton Park The Boleyn (Barking Road)	2119	2130	2141	2153	2204				2304	2315	2327	2339	2351	0003	0015	0027	0038	until	0126
East Ham Newham Town Hall	2125	2136	2147	2159	2210				2310	2321	2333	2344	2356	0007	0019	0031	0042		0130
East Ham White Horse	2127	2138	2149	2201	2212				2312	2323	2335	2346	2358	0009	0021	0033	0044		0132

115		Sundays and other Public Holidays (except Christmas Day)																
Aldgate Station Bus Station	0528		0716	0728	0740	0752	0804	0816	0828	0840	0852	0904	0914	0924	0934	0943	0953	
Limehouse Station	0536		0724	0736	0748	0800	0812	0824	0836	0848	0900	0913	0923	0933	0943	0953	1003	
Limehouse Commercial Road	0539	Then	0727	0739	0751	0803	0815	0827	0839	0851	0903	0916	0926	0936	0946	0956	1006	
Poplar All Saints (DLR) Station	0542	every 12	0730	0742	0755	0807	0819	0831	0843	0855	0907	0920	0930	0940	0950	1000	1010	
Canning Town Bus Station	0547	minutes	0735	0748	0802	0815	0827	0839	0851	0903	0915	0928	0938	0949	0959	1009	1019	
Plaistow Greengate	0553	until	0741	0754	0809	0822	0834	0846	0858	0911	0923	0936	0946	0957	1008	1018	1028	
Upton Park The Boleyn (Barking Road)	0555		0743	0756	0811	0824	0836	0848	0900	0913	0925	0938	0948	0959	1010	1021	1031	
East Ham Newham Town Hall	0559		0747	0800	0815	0828	0840	0852	0906	0919	0931	0944	0954	1005	1016	1027	1037	
East Ham White Horse	0601		0749	0802	0817	0830	0842	0854	0908	0921	0933	0946	0956	1007	1018	1029	1039	
Aldgate Station Bus Station	1003	1013	1023	1033	1043	1053	1103	1113	1123	1133	1143	1153	1203	1213	1223	1233	1243	1253
Limehouse Station	1013	1023	1033	1043	1053	1103	1113	1123	1133	1143	1153	1203	1214	1224	1234	1244	1254	1304
Limehouse Commercial Road	1016	1026	1036	1046	1056	1106	1116	1126	1136	1146	1156	1206	1217	1227	1237	1247	1257	1307
Poplar All Saints (DLR) Station	1020	1030	1040	1050	1100	1110	1120	1130	1140	1150	1200	1210	1221	1231	1241	1251	1301	1311
Canning Town Bus Station	1029	1039	1049	1059	1109	1119	1129	1139	1149	1159	1209	1219	1230	1240	1250	1300	1310	1320
Plaistow Greengate	1038	1048	1058	1108	1118	1129	1139	1149	1159	1209	1219	1229	1240	1250	1300	1311	1321	1331
Upton Park The Boleyn (Barking Road)	1041	1051	1101	1111	1121	1132	1142	1152	1202	1213	1223	1233	1244	1254	1303	1314	1324	1334
East Ham Newham Town Hall	1047	1057	1107	1117	1127	1138	1148	1158	1210	1221	1231	1241	1252	1302	1311	1322	1332	1343
East Ham White Horse	1049	1059	1109	1119	1129	1140	1150	1200	1212	1223	1233	1243	1254	1304	1313	1324	1334	1345
Aldgate Station Bus Station	1303		1413	1423	1433	1443	1453	1503	1513	1523	1533	1543	1553		1743	1753		
Limehouse Station	1315		1425	1435	1445	1455	1505	1515	1525	1535	1545	1555	1605		1755	1805		
Limehouse Commercial Road	1318	Then	1428	1438	1448	1458	1508	1518	1528	1538	1548	1558	1608	Then	1758	1808		
Poplar All Saints (DLR) Station	1322	every 10	1432	1442	1452	1502	1512	1522	1532	1542	1552	1602	1612	every 10	1802	1812		
Canning Town Bus Station	1331	minutes	1441	1451	1501	1511	1521	1531	1541	1551	1601	1611	1621	minutes	1811	1821		
Plaistow Greengate	1342	until	1452	1502	1512	1522	1532	1542	1552	1602	1612	1622	1631	until	1821	1831		
Upton Park The Boleyn (Barking Road)	1345		1455	1505	1515	1525	1535	1545	1555	1605	1615	1625	1634		1824	1834		
East Ham Newham Town Hall	1354		1504	1513	1523	1533	1543	1552	1602	1612	1622	1632	1641		1831	1841		
East Ham White Horse	1356		1506	1515	1525	1535	1545	1554	1604	1614	1624	1634	1643		1833	1843		
Aldgate Station Bus Station	1804		1904	1916	1928	1940	1952	2004	2017	2029	2041	2053	2106		2218	2230		
Limehouse Station	1815		1915	1927	1939	1951	2003	2015	2027	2039	2051	2103	2116		2228	2240		
Limehouse Commercial Road	1818	Then	1918	1930	1942	1954	2006	2018	2030	2042	2054	2106	2118	Then	2230	2242		
Poplar All Saints (DLR) Station	1822	every 10	1922	1934	1946	1958	2010	2022	2034	2046	2058	2110	2122	every 12	2234	2246		
Canning Town Bus Station	1831	minutes	1931	1943	1955	2007	2019	2030	2042	2053	2105	2116	2128	minutes	2240	2252		
Plaistow Greengate	1841	until	1941	1953	2005	2017	2029	2040	2052	2102	2113	2124	2136	until	2248	2300		
Upton Park The Boleyn (Barking Road)	1844		1944	1956	2008	2020	2032	2043	2055	2104	2115	2126	2138		2250	2302		
East Ham Newham Town Hall	1850		1950	2002	2014	2025	2037	2048	2100	2109	2120	2131	2143		2255	2306		
East Ham White Horse	1852		1952	2004	2016	2027	2039	2050	2102	2111	2122	2133	2145		2257	2308		
Aldgate Station Bus Station	2242	2254	2307						0055									
Limehouse Station	2252	2304	2316						0104									
Limehouse Commercial Road	2254	2306	2318	Then					0106									
Poplar All Saints (DLR) Station	2258	2310	2322	every 12					0110									
Canning Town Bus Station	2304	2316	2328	minutes					0116									
Plaistow Greengate	2311	2323	2335	until					0123									
Upton Park The Boleyn (Barking Road)	2313	2325	2337						0125									
East Ham Newham Town Hall	2317	2329	2341						0129									
East Ham White Horse	2319	2331	2343						0131									