

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	1011	1022	1032	1043	1054	1105	1116	1127	1138	1149	1200	1210	1220	1231	1242	1252	1303
East Ham Newham Town Hall	1003	1015	1027	1038	1050	1101	1112	1123	1134	1145	1156	1207	1217	1227	1238	1249	1259	1310
Upton Park The Boleyn (Barking Road)	1008	1021	1033	1045	1057	1108	1119	1130	1141	1153	1204	1215	1225	1236	1247	1258	1309	1320
Plaistow Greengate	1012	1025	1037	1049	1101	1112	1123	1134	1146	1158	1209	1220	1230	1241	1252	1303	1314	1325
Canning Town Bus Station	1020	1033	1045	1057	1109	1120	1131	1142	1154	1206	1217	1228	1239	1250	1301	1312	1323	1334
Poplar All Saints (DLR) Station	1027	1040	1052	1104	1116	1127	1138	1149	1201	1213	1224	1235	1246	1257	1308	1319	1330	1341
Limehouse East India Dock Road	1031	1044	1056	1108	1120	1131	1142	1153	1205	1217	1228	1239	1250	1301	1312	1323	1334	1345
Limehouse Station	1035	1048	1100	1112	1124	1135	1146	1157	1209	1221	1232	1243	1254	1305	1316	1327	1338	1349
Aldgate Station Aldgate High Street	1047	1100	1112	1124	1136	1147	1158	1209	1221	1233	1244	1255	1306	1317	1328	1339	1350	1401
East Ham White Horse	1314		1431	1442	1453	1504	1515	1526				1738	1750	1801	1815	1828	1842	1855
East Ham Newham Town Hall	1321		1438	1449	1500	1511	1522	1532				1744	1756	1807	1821	1834	1847	1859
Upton Park The Boleyn (Barking Road)	1331	Then	1448	1459	1510	1521	1532	1542				1754	1805	1816	1830	1843	1855	1907
Plaistow Greengate	1336	every 11	1453	1504	1515	1526	1537	1547				1759	1810	1821	1835	1848	1900	1912
Canning Town Bus Station	1345	minutes	1502	1512	1523	1534	1545	1555				1807	1818	1829	1843	1856	1907	1919
Poplar All Saints (DLR) Station	1352	until	1509	1519	1530	1541	1552	1602				1814	1825	1836	1850	1903	1914	1926
Limehouse East India Dock Road	1356		1513	1523	1534	1545	1556	1606				1818	1829	1840	1854	1907	1918	1930
Limehouse Station	1400		1517	1527	1538	1549	1600	1610				1822	1833	1844	1858	1911	1922	1934
Aldgate Station Aldgate High Street	1412		1529	1539	1550	1601	1612	1622				1834	1845	1856	1909	1922	1933	1945
East Ham White Horse	1908	1921	1934	1947	1959	2011	2023	2035	2047	2100	2112	2124	2136	2148	2200	2212	2224	2236
East Ham Newham Town Hall	1911	1923	1936	1949	2001	2013	2025	2037	2049	2102	2114	2126	2138	2150	2202	2214	2226	2238
Upton Park The Boleyn (Barking Road)	1918	1929	1942	1955	2007	2019	2031	2043	2055	2108	2119	2131	2143	2155	2207	2219	2231	2243
Plaistow Greengate	1923	1934	1947	2000	2012	2024	2036	2048	2100	2112	2123	2135	2147	2159	2211	2223	2235	2247
Canning Town Bus Station	1930	1941	1954	2007	2019	2031	2043	2055	2106	2118	2129	2141	2153	2205	2217	2229	2241	2253
Poplar All Saints (DLR) Station	1937	1948	2001	2014	2026	2038	2050	2102	2112	2123	2134	2146	2158	2210	2222	2234	2246	2258
Limehouse East India Dock Road	1941	1952	2005	2018	2030	2042	2054	2106	2116	2127	2138	2150	2202	2214	2226	2238	2250	2302
Limehouse Station	1945	1956	2009	2022	2034	2046	2058	2109	2119	2130	2141	2153	2205	2217	2229	2241	2253	2305
Aldgate Station Aldgate High Street	1956	2007	2019	2032	2044	2056	2107	2118	2128	2139	2150	2202	2214	2225	2237	2249	2301	2313
East Ham White Horse	2248	2301																0025
East Ham Newham Town Hall	2250	2303																0027
Upton Park The Boleyn (Barking Road)	2255	2307	Then															0031
Plaistow Greengate	2259	2310	every 12															0034
Canning Town Bus Station	2305	2316	minutes															0040
Poplar All Saints (DLR) Station	2309	2320	until															0044
Limehouse East India Dock Road	2313	2324																0048
Limehouse Station	2316	2327																0051
Aldgate Station Aldgate High Street	2324	2335																0059

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	1004	1015	1026	1037	1048	1059	1110	1121	1132	1143	1154	1205	1216	1227	1238	1249	1300	1311
Limehouse Station	1014	1025	1036	1047	1058	1109	1120	1131	1142	1153	1204	1216	1227	1238	1249	1300	1312	1323
Limehouse Commercial Road	1017	1028	1039	1050	1101	1112	1123	1134	1145	1156	1207	1219	1230	1241	1252	1303	1315	1326
Poplar All Saints (DLR) Station	1021	1032	1043	1054	1105	1116	1127	1138	1149	1200	1211	1223	1234	1245	1256	1307	1319	1330
Canning Town Bus Station	1030	1041	1052	1103	1114	1125	1136	1147	1158	1209	1220	1232	1243	1254	1305	1316	1328	1339
Plaistow Greengate	1039	1050	1101	1112	1123	1135	1146	1157	1208	1219	1230	1242	1253	1304	1316	1327	1339	1350
Upton Park The Boleyn (Barking Road)	1042	1053	1104	1115	1126	1138	1149	1200	1212	1223	1234	1246	1257	1307	1319	1330	1342	1353
East Ham Newham Town Hall	1048	1100	1111	1122	1133	1145	1156	1209	1221	1232	1243	1255	1306	1316	1328	1340	1352	1403
East Ham White Horse	1051	1104	1116	1128	1140	1152	1203	1216	1228	1239	1250	1302	1313	1323	1335	1347	1359	1410
Aldgate Station Bus Station	1322	1333	1344	1355	1406	1417	1428	1439	1450	1501		1545	1556		1757	1809		
Limehouse Station	1334	1345	1356	1407	1418	1429	1440	1451	1502	1513		1557	1608		1809	1820		
Limehouse Commercial Road	1337	1348	1359	1410	1421	1432	1443	1454	1505	1516	Then	1600	1611	Then	1812	1823		
Poplar All Saints (DLR) Station	1341	1352	1403	1414	1425	1436	1447	1458	1509	1520	every 11	1604	1615	every 11	1816	1827		
Canning Town Bus Station	1350	1401	1412	1423	1434	1445	1456	1507	1518	1529	minutes	1613	1624	minutes	1825	1836		
Plaistow Greengate	1401	1412	1423	1434	1445	1456	1507	1518	1529	1540	until	1624	1634	until	1835	1846		
Upton Park The Boleyn (Barking Road)	1404	1415	1426	1437	1448	1459	1510	1521	1532	1543		1627	1637		1838	1849		
East Ham Newham Town Hall	1414	1425	1436	1447	1459	1510	1520	1531	1542	1552		1636	1646		1847	1857		
East Ham White Horse	1421	1432	1443	1454	1506	1517	1527	1538	1549	1559		1643	1653		1854	1903		
Aldgate Station Bus Station	1820	1831	1842	1853	1904	1916	1928	1940	1952	2004	2017	2029	2041	2053	2106		2218	
Limehouse Station	1831	1842	1853	1904	1915	1927	1939	1951	2003	2015	2027	2039	2051	2103	2116		2228	
Limehouse Commercial Road	1834	1845	1856	1907	1918	1930	1942	1954	2006	2018	2030	2042	2054	2106	2118	Then	2230	
Poplar All Saints (DLR) Station	1838	1849	1900	1911	1922	1934	1946	1958	2010	2022	2034	2046	2058	2110	2122	every 12	2234	
Canning Town Bus Station	1847	1858	1909	1920	1931	1943	1955	2007	2019	2030	2042	2053	2105	2116	2128	minutes	2240	
Plaistow Greengate	1857	1908	1919	1930	1941	1953	2005	2017	2029	2040	2052	2102	2113	2124	2136	until	2248	
Upton Park The Boleyn (Barking Road)	1900	1911	1922	1933	1944	1956	2008	2020	2032	2043	2055	2104	2115	2126	2138		2250	
East Ham Newham Town Hall	1908	1919	1930	1940	1950	2002	2014	2025	2037	2048	2100	2109	2120	2131	2143		2255	
East Ham White Horse	1914	1924	1934	1943	1952	2004	2016	2027	2039	2050	2102	2111	2122	2133	2145		2257	
Aldgate Station Bus Station	2230	2242	2254	2307													0055	
Limehouse Station	2240	2252	2304	2316													0104	
Limehouse Commercial Road	2242	2254	2306	2318													0106	
Poplar All Saints (DLR) Station	2246	2258	2310	2322													0110	
Canning Town Bus Station	2252	2304	2316	2328													0116	
Plaistow Greengate	2300	2311	2323	2335													0123	
Upton Park The Boleyn (Barking Road)	2302	2313	2325	2337													0125	
East Ham Newham Town Hall	2306	2317	2329	2341													0129	
East Ham White Horse	2308	2319	2331	2343													0131	