

| 115 | | Mondays to Fridays | | | | | | | | | | | | | | | | |
|--------------------------------------|------|--|----------|---------|------|------|----------|------|-------|----------|-------|----------|-------|------|------|------|------|------|
| East Ham White Horse | 0445 | | 0549 | | 1908 | 1918 | 1928 | 1938 | 1948 | 2001 | 2013 | 2025 | 2037 | 2049 | 2101 | 2113 | | |
| East Ham Newham Town Hall | 0446 | | 0550 | | 1910 | 1920 | 1930 | 1940 | 1950 | 2002 | 2014 | 2026 | 2038 | 2050 | 2102 | 2114 | | |
| Upton Park The Boleyn (Barking Road) | 0451 | Then | 0555 | Then | 1916 | 1926 | 1936 | 1946 | 1956 | 2008 | 2020 | 2032 | 2044 | 2056 | 2108 | 2120 | | |
| Plaistow Greengate | 0454 | about | 0558 | about | 1920 | 1930 | 1940 | 1950 | 2000 | 2012 | 2024 | 2036 | 2048 | 2100 | 2112 | 2124 | | |
| Canning Town Bus Station | 0500 | every 8 | 0606 | every 9 | 1929 | 1939 | 1949 | 1959 | 2009 | 2021 | 2033 | 2045 | 2057 | 2109 | 2121 | 2132 | | |
| Poplar All Saints (DLR) Station | 0505 | minutes | 0613 | minutes | 1936 | 1946 | 1956 | 2006 | 2016 | 2028 | 2040 | 2052 | 2104 | 2116 | 2128 | 2138 | | |
| Limehouse East India Dock Road | 0508 | until | 0616 | until | 1940 | 1950 | 2000 | 2010 | 2020 | 2031 | 2043 | 2055 | 2107 | 2119 | 2131 | 2141 | | |
| Limehouse Station | 0511 | | 0620 | | 1944 | 1954 | 2004 | 2014 | 2024 | 2035 | 2047 | 2059 | 2111 | 2123 | 2135 | 2145 | | |
| Aldgate Station Aldgate High Street | 0519 | | 0631 | | 1956 | 2005 | 2015 | 2025 | 2035 | 2046 | 2058 | 2110 | 2122 | 2134 | 2146 | 2155 | | |
| East Ham White Horse | 2125 | 2137 | 2149 | 2201 | 2213 | 2225 | 2237 | 2249 | 2301 | 2313 | 2325 | 2337 | 2349 | 0001 | 0013 | 0025 | | |
| East Ham Newham Town Hall | 2126 | 2138 | 2150 | 2202 | 2214 | 2226 | 2238 | 2250 | 2302 | 2314 | 2326 | 2338 | 2350 | 0002 | 0014 | 0026 | | |
| Upton Park The Boleyn (Barking Road) | 2131 | 2143 | 2155 | 2207 | 2219 | 2231 | 2243 | 2255 | 2307 | 2319 | 2331 | 2343 | 2355 | 0007 | 0019 | 0031 | | |
| Plaistow Greengate | 2135 | 2147 | 2159 | 2210 | 2222 | 2234 | 2246 | 2258 | 2310 | 2322 | 2334 | 2346 | 2358 | 0010 | 0022 | 0034 | | |
| Canning Town Bus Station | 2143 | 2155 | 2207 | 2217 | 2229 | 2241 | 2253 | 2305 | 2317 | 2329 | 2340 | 2352 | 0004 | 0016 | 0028 | 0040 | | |
| Poplar All Saints (DLR) Station | 2149 | 2201 | 2213 | 2223 | 2235 | 2247 | 2259 | 2311 | 2323 | 2335 | 2346 | 2358 | 0010 | 0022 | 0034 | 0046 | | |
| Limehouse East India Dock Road | 2152 | 2204 | 2216 | 2226 | 2238 | 2250 | 2302 | 2314 | 2326 | 2338 | 2349 | 0001 | 0013 | 0025 | 0037 | 0049 | | |
| Limehouse Station | 2156 | 2208 | 2220 | 2230 | 2242 | 2254 | 2306 | 2318 | 2330 | 2342 | 2353 | 0004 | 0016 | 0028 | 0040 | 0052 | | |
| Aldgate Station Aldgate High Street | 2206 | 2218 | 2230 | 2240 | 2252 | 2304 | 2316 | 2328 | 2339 | 2351 | 0002 | 0012 | 0024 | 0036 | 0048 | 0100 | | |
| 115 | | Saturdays (also Good Friday) | | | | | | | | | | | | | | | | |
| East Ham White Horse | 0445 | 0457 | 0509 | 0521 | 0533 | 0545 | Then | 0855 | Then | 1805 | Then | 1925 | Then | 2001 | 2013 | 2025 | 2037 | 2049 |
| East Ham Newham Town Hall | 0446 | 0458 | 0510 | 0522 | 0534 | 0546 | about | 0856 | about | 1813 | about | 1927 | about | 2003 | 2015 | 2027 | 2039 | 2051 |
| Upton Park The Boleyn (Barking Road) | 0451 | 0503 | 0515 | 0527 | 0539 | 0551 | every | 0901 | every | 1822 | every | 1934 | every | 2010 | 2021 | 2033 | 2045 | 2057 |
| Plaistow Greengate | 0454 | 0506 | 0518 | 0530 | 0542 | 0554 | 10 | 0905 | 9 | 1827 | 10 | 1939 | 12 | 2015 | 2026 | 2037 | 2049 | 2101 |
| Canning Town Bus Station | 0500 | 0512 | 0524 | 0536 | 0548 | 0601 | mins. | 0914 | mins. | 1838 | mins. | 1949 | mins. | 2025 | 2036 | 2047 | 2059 | 2110 |
| Poplar All Saints (DLR) Station | 0505 | 0517 | 0529 | 0541 | 0554 | 0607 | until | 0921 | until | 1845 | until | 1956 | until | 2032 | 2043 | 2054 | 2106 | 2116 |
| Limehouse East India Dock Road | 0508 | 0520 | 0532 | 0544 | 0557 | 0610 | | 0925 | | 1849 | | 2000 | | 2036 | 2047 | 2058 | 2109 | 2119 |
| Limehouse Station | 0511 | 0523 | 0535 | 0547 | 0600 | 0613 | | 0929 | | 1854 | | 2005 | | 2041 | 2052 | 2103 | 2114 | 2124 |
| Aldgate Station Aldgate High Street | 0519 | 0531 | 0543 | 0555 | 0608 | 0621 | | 0940 | | 1906 | | 2017 | | 2053 | 2103 | 2114 | 2125 | 2135 |
| East Ham White Horse | 2101 | 2113 | 2125 | 2137 | 2149 | 2201 | 2213 | 2225 | 2237 | 2249 | 2301 | 2313 | 2325 | 2337 | 2349 | 0001 | 0013 | 0025 |
| East Ham Newham Town Hall | 2103 | 2115 | 2127 | 2138 | 2150 | 2202 | 2214 | 2226 | 2238 | 2250 | 2302 | 2314 | 2326 | 2338 | 2350 | 0002 | 0014 | 0026 |
| Upton Park The Boleyn (Barking Road) | 2109 | 2121 | 2133 | 2144 | 2156 | 2207 | 2219 | 2231 | 2243 | 2255 | 2307 | 2319 | 2331 | 2342 | 2354 | 0006 | 0018 | 0030 |
| Plaistow Greengate | 2113 | 2125 | 2137 | 2148 | 2200 | 2211 | 2222 | 2234 | 2246 | 2258 | 2310 | 2322 | 2334 | 2345 | 2357 | 0009 | 0021 | 0033 |
| Canning Town Bus Station | 2122 | 2134 | 2145 | 2156 | 2208 | 2219 | 2230 | 2242 | 2254 | 2306 | 2317 | 2329 | 2341 | 2352 | 0004 | 0016 | 0028 | 0040 |
| Poplar All Saints (DLR) Station | 2128 | 2140 | 2151 | 2202 | 2214 | 2225 | 2236 | 2248 | 2300 | 2312 | 2323 | 2335 | 2347 | 2358 | 0010 | 0022 | 0034 | 0046 |
| Limehouse East India Dock Road | 2131 | 2143 | 2154 | 2205 | 2217 | 2228 | 2239 | 2251 | 2303 | 2315 | 2326 | 2338 | 2350 | 0001 | 0013 | 0025 | 0037 | 0049 |
| Limehouse Station | 2136 | 2148 | 2159 | 2209 | 2221 | 2232 | 2243 | 2255 | 2307 | 2319 | 2330 | 2342 | 2354 | 0005 | 0017 | 0029 | 0041 | 0053 |
| Aldgate Station Aldgate High Street | 2147 | 2159 | 2210 | 2220 | 2232 | 2242 | 2253 | 2305 | 2317 | 2329 | 2340 | 2352 | 0004 | 0014 | 0026 | 0038 | 0050 | 0102 |
| 115 | | Sundays and other Public Holidays (except Christmas Day) | | | | | | | | | | | | | | | | |
| East Ham White Horse | 0445 | 0457 | 0509 | 0521 | 0533 | 0545 | 0557 | 0609 | 0621 | 0633 | 0645 | Then | 0757 | 0809 | 0821 | 0833 | 0845 | |
| East Ham Newham Town Hall | 0446 | 0458 | 0510 | 0522 | 0534 | 0546 | 0558 | 0610 | 0622 | 0634 | 0646 | every 12 | 0758 | 0810 | 0822 | 0834 | 0846 | |
| Upton Park The Boleyn (Barking Road) | 0451 | 0503 | 0515 | 0527 | 0539 | 0551 | 0603 | 0615 | 0627 | 0639 | 0651 | minutes | 0803 | 0815 | 0827 | 0839 | 0851 | |
| Plaistow Greengate | 0454 | 0506 | 0518 | 0530 | 0542 | 0554 | 0606 | 0618 | 0630 | 0642 | 0654 | until | 0806 | 0818 | 0830 | 0842 | 0854 | |
| Canning Town Bus Station | 0500 | 0512 | 0524 | 0536 | 0548 | 0601 | 0614 | 0626 | 0638 | 0650 | 0702 | | 0814 | 0826 | 0838 | 0850 | 0902 | |
| Poplar All Saints (DLR) Station | 0505 | 0517 | 0529 | 0541 | 0553 | 0606 | 0619 | 0631 | 0643 | 0655 | 0708 | | 0820 | 0832 | 0844 | 0856 | 0908 | |
| Limehouse East India Dock Road | 0508 | 0520 | 0532 | 0544 | 0556 | 0609 | 0622 | 0634 | 0646 | 0658 | 0711 | | 0823 | 0835 | 0847 | 0859 | 0911 | |
| Limehouse Station | 0511 | 0523 | 0535 | 0547 | 0559 | 0612 | 0625 | 0637 | 0649 | 0701 | 0714 | | 0826 | 0838 | 0850 | 0902 | 0915 | |
| Aldgate Station Aldgate High Street | 0519 | 0531 | 0543 | 0555 | 0607 | 0620 | 0633 | 0645 | 0657 | 0710 | 0723 | | 0835 | 0848 | 0900 | 0912 | 0926 | |
| East Ham White Horse | 0857 | 0909 | | 1807 | 1820 | 1832 | 1845 | 1857 | 1910 | 1922 | 1934 | 1946 | 1958 | 2010 | 2022 | 2035 | 2048 | |
| East Ham Newham Town Hall | 0858 | 0910 | | 1812 | 1824 | 1835 | 1847 | 1859 | 1911 | 1923 | 1935 | 1947 | 1959 | 2011 | 2023 | 2036 | 2049 | |
| Upton Park The Boleyn (Barking Road) | 0903 | 0915 | Then | 1820 | 1831 | 1842 | 1853 | 1905 | 1917 | 1929 | 1941 | 1953 | 2005 | 2017 | 2029 | 2041 | 2054 | |
| Plaistow Greengate | 0906 | 0918 | about | 1825 | 1836 | 1847 | 1858 | 1910 | 1922 | 1934 | 1946 | 1958 | 2009 | 2021 | 2033 | 2045 | 2057 | |
| Canning Town Bus Station | 0915 | 0927 | every 11 | 1835 | 1846 | 1856 | 1907 | 1919 | 1931 | 1943 | 1955 | 2007 | 2018 | 2030 | 2042 | 2054 | 2106 | |
| Poplar All Saints (DLR) Station | 0921 | 0933 | minutes | 1843 | 1854 | 1904 | 1915 | 1926 | 1938 | 1950 | 2002 | 2014 | 2025 | 2037 | 2049 | 2101 | 2113 | |
| Limehouse East India Dock Road | 0924 | 0937 | until | 1847 | 1858 | 1908 | 1919 | 1930 | 1942 | 1954 | 2006 | 2018 | 2029 | 2041 | 2053 | 2105 | 2117 | |
| Limehouse Station | 0928 | 0941 | | 1852 | 1903 | 1913 | 1924 | 1934 | 1946 | 1958 | 2010 | 2022 | 2033 | 2045 | 2057 | 2109 | 2121 | |
| Aldgate Station Aldgate High Street | 0939 | 0952 | | 1904 | 1915 | 1925 | 1936 | 1946 | 1957 | 2009 | 2021 | 2033 | 2044 | 2055 | 2107 | 2119 | 2131 | |
| East Ham White Horse | 2101 | 2113 | 2125 | 2137 | 2149 | 2201 | | 2313 | 2325 | | | | 0025 | | | | | |
| East Ham Newham Town Hall | 2102 | 2114 | 2126 | 2138 | 2150 | 2202 | | 2314 | 2326 | | | | 0026 | | | | | |
| Upton Park The Boleyn (Barking Road) | 2107 | 2119 | 2131 | 2143 | 2155 | 2207 | Then | 2319 | 2331 | Then | | | 0031 | | | | | |
| Plaistow Greengate | 2110 | 2122 | 2134 | 2146 | 2158 | 2210 | every 12 | 2322 | 2334 | every 12 | | | 0034 | | | | | |
| Canning Town Bus Station | 2118 | 2130 | 2142 | 2154 | 2206 | 2217 | minutes | 2329 | 2340 | minutes | | | 0040 | | | | | |
| Poplar All Saints (DLR) Station | 2125 | 2137 | 2148 | 2200 | 2212 | 2223 | until | 2335 | 2346 | until | | | 0046 | | | | | |
| Limehouse East India Dock Road | 2128 | 2140 | 2151 | 2203 | 2215 | 2226 | | 2338 | 2349 | | | | 0049 | | | | | |
| Limehouse Station | 2132 | 2144 | 2155 | 2207 | 2219 | 2230 | | 2342 | 2352 | | | | 0052 | | | | | |
| Aldgate Station Aldgate High Street | 2141 | 2153 | 2204 | 2216 | 2228 | 2239 | | 2351 | 0000 | | | | 0100 | | | | | |

| 115 | | Mondays to Fridays | | | | | | | | | | | | | | | | |
|--------------------------------------|------|--|----------|---------|------|---------|----------|------|-------|------|----------|------|------|------|------|------|------|------|
| Aldgate Station Bus Station | 0530 | | 0650 | | 1903 | | 1951 | 2001 | 2011 | 2021 | 2031 | 2043 | 2055 | 2107 | 2119 | | | |
| Limehouse Station | 0538 | | 0659 | | 1915 | | 2002 | 2012 | 2022 | 2032 | 2042 | 2054 | 2106 | 2118 | 2130 | | | |
| Limehouse Commercial Road | 0540 | Then | 0701 | Then | 1918 | Then | 2005 | 2015 | 2025 | 2035 | 2045 | 2057 | 2109 | 2121 | 2133 | | | |
| Poplar All Saints (DLR) Station | 0543 | about | 0704 | about | 1922 | about | 2009 | 2019 | 2029 | 2039 | 2049 | 2101 | 2113 | 2125 | 2137 | | | |
| Canning Town Bus Station | 0550 | every 8 | 0712 | every 9 | 1931 | every 8 | 2018 | 2028 | 2038 | 2047 | 2057 | 2109 | 2121 | 2133 | 2145 | | | |
| Plaistow Greengate | 0557 | minutes | 0720 | minutes | 1943 | minutes | 2028 | 2038 | 2048 | 2057 | 2107 | 2119 | 2131 | 2142 | 2154 | | | |
| Upton Park The Boleyn (Barking Road) | 0559 | until | 0722 | until | 1946 | until | 2031 | 2041 | 2051 | 2100 | 2110 | 2122 | 2134 | 2145 | 2157 | | | |
| East Ham Newham Town Hall | 0604 | | 0730 | | 1954 | | 2038 | 2048 | 2058 | 2107 | 2117 | 2129 | 2141 | 2152 | 2203 | | | |
| East Ham White Horse | 0605 | | 0735 | | 1955 | | 2039 | 2049 | 2059 | 2108 | 2118 | 2130 | 2142 | 2153 | 2204 | | | |
| Aldgate Station Bus Station | 2131 | 2143 | 2155 | 2207 | 2219 | 2231 | 2243 | 2255 | 2307 | 2319 | 2331 | 2343 | 2355 | 0007 | 0019 | 0031 | 0043 | 0055 |
| Limehouse Station | 2142 | 2154 | 2206 | 2218 | 2230 | 2242 | 2254 | 2306 | 2318 | 2330 | 2342 | 2354 | 0005 | 0017 | 0028 | 0040 | 0052 | 0104 |
| Limehouse Commercial Road | 2145 | 2157 | 2209 | 2221 | 2233 | 2245 | 2256 | 2308 | 2320 | 2332 | 2344 | 2356 | 0007 | 0019 | 0030 | 0042 | 0054 | 0106 |
| Poplar All Saints (DLR) Station | 2149 | 2201 | 2213 | 2225 | 2237 | 2249 | 2300 | 2312 | 2324 | 2336 | 2348 | 0000 | 0011 | 0022 | 0033 | 0045 | 0057 | 0109 |
| Canning Town Bus Station | 2157 | 2209 | 2221 | 2233 | 2245 | 2257 | 2308 | 2320 | 2332 | 2344 | 2356 | 0008 | 0019 | 0030 | 0040 | 0052 | 0104 | 0116 |
| Plaistow Greengate | 2206 | 2218 | 2230 | 2242 | 2254 | 2306 | 2317 | 2329 | 2340 | 2352 | 0004 | 0016 | 0026 | 0037 | 0047 | 0059 | 0111 | 0123 |
| Upton Park The Boleyn (Barking Road) | 2209 | 2221 | 2233 | 2245 | 2256 | 2308 | 2319 | 2331 | 2342 | 2354 | 0006 | 0018 | 0028 | 0039 | 0049 | 0101 | 0113 | 0125 |
| East Ham Newham Town Hall | 2215 | 2227 | 2238 | 2250 | 2301 | 2313 | 2324 | 2336 | 2347 | 2359 | 0011 | 0023 | 0033 | 0044 | 0054 | 0106 | 0118 | 0130 |
| East Ham White Horse | 2216 | 2228 | 2239 | 2251 | 2302 | 2314 | 2325 | 2337 | 2348 | 0000 | 0012 | 0024 | 0034 | 0045 | 0055 | 0107 | 0119 | 0131 |
| 115 | | Saturdays (also Good Friday) | | | | | | | | | | | | | | | | |
| Aldgate Station Bus Station | 0530 | 0542 | 0554 | 0606 | 0618 | 0630 | Then | 0928 | Then | 1905 | | 1955 | 2007 | 2019 | 2031 | 2043 | 2055 | |
| Limehouse Station | 0538 | 0550 | 0602 | 0614 | 0626 | 0638 | about | 0939 | about | 1918 | | 2007 | 2019 | 2031 | 2043 | 2055 | 2107 | |
| Limehouse Commercial Road | 0540 | 0552 | 0604 | 0616 | 0628 | 0640 | every | 0942 | every | 1921 | Then | 2010 | 2022 | 2034 | 2046 | 2058 | 2110 | |
| Poplar All Saints (DLR) Station | 0543 | 0555 | 0607 | 0619 | 0631 | 0643 | 10 | 0946 | 9 | 1926 | about | 2015 | 2026 | 2038 | 2050 | 2102 | 2114 | |
| Canning Town Bus Station | 0549 | 0601 | 0613 | 0625 | 0638 | 0650 | mins. | 0954 | mins. | 1935 | every 10 | 2024 | 2035 | 2047 | 2058 | 2110 | 2122 | |
| Plaistow Greengate | 0556 | 0608 | 0620 | 0632 | 0645 | 0657 | until | 1003 | until | 1946 | minutes | 2034 | 2045 | 2057 | 2108 | 2120 | 2132 | |
| Upton Park The Boleyn (Barking Road) | 0558 | 0610 | 0622 | 0634 | 0647 | 0659 | 1005 | 1005 | until | 1949 | until | 2037 | 2048 | 2100 | 2111 | 2123 | 2135 | |
| East Ham Newham Town Hall | 0602 | 0614 | 0626 | 0639 | 0652 | 0704 | 1012 | 1012 | | 1958 | | 2045 | 2056 | 2107 | 2118 | 2130 | 2142 | |
| East Ham White Horse | 0603 | 0615 | 0627 | 0640 | 0653 | 0705 | 1013 | 1013 | | 1959 | | 2046 | 2057 | 2108 | 2119 | 2131 | 2143 | |
| Aldgate Station Bus Station | 2107 | 2119 | | 2219 | 2231 | 2243 | 2255 | 2307 | 2319 | 2331 | 2343 | 2355 | 0007 | 0019 | 0031 | 0043 | 0055 | |
| Limehouse Station | 2119 | 2131 | | 2231 | 2243 | 2255 | 2307 | 2318 | 2330 | 2342 | 2354 | 0006 | 0017 | 0029 | 0041 | 0053 | 0105 | |
| Limehouse Commercial Road | 2122 | 2134 | Then | 2234 | 2246 | 2258 | 2310 | 2321 | 2332 | 2344 | 2356 | 0008 | 0019 | 0031 | 0043 | 0055 | 0107 | |
| Poplar All Saints (DLR) Station | 2126 | 2138 | every 12 | 2238 | 2250 | 2302 | 2314 | 2325 | 2336 | 2348 | 0000 | 0012 | 0023 | 0035 | 0047 | 0058 | 0110 | |
| Canning Town Bus Station | 2134 | 2146 | minutes | 2246 | 2258 | 2310 | 2322 | 2333 | 2343 | 2355 | 0007 | 0019 | 0030 | 0042 | 0054 | 0105 | 0117 | |
| Plaistow Greengate | 2144 | 2155 | until | 2255 | 2307 | 2318 | 2330 | 2341 | 2351 | 0003 | 0014 | 0026 | 0037 | 0049 | 0101 | 0112 | 0124 | |
| Upton Park The Boleyn (Barking Road) | 2147 | 2158 | | 2258 | 2309 | 2320 | 2332 | 2343 | 2353 | 0005 | 0016 | 0028 | 0039 | 0051 | 0103 | 0114 | 0126 | |
| East Ham Newham Town Hall | 2154 | 2205 | | 2305 | 2316 | 2327 | 2339 | 2350 | 0000 | 0010 | 0021 | 0033 | 0044 | 0056 | 0108 | 0119 | 0131 | |
| East Ham White Horse | 2155 | 2206 | | 2306 | 2317 | 2328 | 2340 | 2351 | 0001 | 0011 | 0022 | 0034 | 0045 | 0057 | 0109 | 0120 | 0132 | |
| 115 | | Sundays and other Public Holidays (except Christmas Day) | | | | | | | | | | | | | | | | |
| Aldgate Station Bus Station | 0530 | 0542 | 0554 | 0606 | 0618 | | Then | 0718 | 0730 | 0742 | 0754 | 0806 | 0818 | 0830 | 0842 | 0854 | 0906 | 0918 |
| Limehouse Station | 0538 | 0550 | 0602 | 0614 | 0626 | | every 12 | 0726 | 0738 | 0750 | 0802 | 0814 | 0827 | 0839 | 0851 | 0903 | 0915 | 0928 |
| Limehouse Commercial Road | 0540 | 0552 | 0604 | 0616 | 0628 | | minutes | 0728 | 0740 | 0752 | 0804 | 0816 | 0829 | 0841 | 0853 | 0905 | 0917 | 0930 |
| Poplar All Saints (DLR) Station | 0543 | 0555 | 0607 | 0619 | 0631 | | until | 0731 | 0743 | 0755 | 0807 | 0819 | 0832 | 0844 | 0856 | 0908 | 0920 | 0933 |
| Canning Town Bus Station | 0549 | 0601 | 0613 | 0625 | 0638 | | | 0738 | 0750 | 0802 | 0815 | 0827 | 0840 | 0852 | 0904 | 0916 | 0928 | 0941 |
| Plaistow Greengate | 0556 | 0608 | 0620 | 0632 | 0645 | | | 0745 | 0758 | 0810 | 0823 | 0835 | 0848 | 0900 | 0912 | 0924 | 0937 | 0950 |
| Upton Park The Boleyn (Barking Road) | 0558 | 0610 | 0622 | 0634 | 0647 | | | 0747 | 0800 | 0812 | 0825 | 0837 | 0850 | 0902 | 0914 | 0926 | 0939 | 0952 |
| East Ham Newham Town Hall | 0602 | 0614 | 0626 | 0639 | 0652 | | | 0752 | 0805 | 0817 | 0830 | 0842 | 0855 | 0907 | 0919 | 0931 | 0944 | 0958 |
| East Ham White Horse | 0603 | 0615 | 0627 | 0640 | 0653 | | | 0753 | 0806 | 0818 | 0831 | 0843 | 0856 | 0908 | 0920 | 0932 | 0945 | 0959 |
| Aldgate Station Bus Station | 0930 | | 1907 | 1919 | 1931 | 1943 | 1955 | 2007 | 2019 | 2031 | 2043 | 2055 | 2107 | 2119 | 2131 | 2143 | 2155 | |
| Limehouse Station | 0940 | | 1920 | 1932 | 1943 | 1955 | 2007 | 2019 | 2030 | 2042 | 2054 | 2106 | 2118 | 2130 | 2141 | 2153 | 2205 | |
| Limehouse Commercial Road | 0942 | Then | 1923 | 1935 | 1946 | 1958 | 2010 | 2022 | 2033 | 2045 | 2057 | 2109 | 2121 | 2133 | 2144 | 2156 | 2208 | |
| Poplar All Saints (DLR) Station | 0945 | about | 1928 | 1940 | 1950 | 2002 | 2014 | 2026 | 2037 | 2049 | 2101 | 2113 | 2125 | 2137 | 2148 | 2200 | 2212 | |
| Canning Town Bus Station | 0953 | every 11 | 1937 | 1949 | 1959 | 2010 | 2022 | 2034 | 2045 | 2057 | 2109 | 2121 | 2133 | 2145 | 2156 | 2208 | 2220 | |
| Plaistow Greengate | 1002 | minutes | 1947 | 1959 | 2009 | 2020 | 2032 | 2043 | 2054 | 2106 | 2118 | 2130 | 2142 | 2154 | 2205 | 2216 | 2228 | |
| Upton Park The Boleyn (Barking Road) | 1005 | until | 1950 | 2002 | 2012 | 2023 | 2035 | 2046 | 2057 | 2109 | 2121 | 2133 | 2145 | 2157 | 2207 | 2218 | 2230 | |
| East Ham Newham Town Hall | 1011 | | 1958 | 2010 | 2020 | 2031 | 2043 | 2054 | 2105 | 2116 | 2128 | 2140 | 2152 | 2204 | 2212 | 2223 | 2235 | |
| East Ham White Horse | 1012 | | 1959 | 2011 | 2021 | 2032 | 2044 | 2055 | 2106 | 2117 | 2129 | 2141 | 2153 | 2205 | 2213 | 2224 | 2236 | |
| Aldgate Station Bus Station | 2207 | 2219 | 2231 | 2243 | 2255 | 2307 | 2319 | 2331 | 2343 | 2355 | | 0055 | | | | | | |
| Limehouse Station | 2217 | 2229 | 2240 | 2252 | 2304 | 2316 | 2328 | 2340 | 2352 | 0004 | | 0104 | | | | | | |
| Limehouse Commercial Road | 2220 | 2232 | 2243 | 2255 | 2307 | 2319 | 2331 | 2342 | 2354 | 0006 | Then | 0106 | | | | | | |
| Poplar All Saints (DLR) Station | 2224 | 2236 | 2247 | 2259 | 2311 | 2323 | 2335 | 2346 | 2358 | 0009 | every 12 | 0109 | | | | | | |
| Canning Town Bus Station | 2232 | 2244 | 2255 | 2307 | 2318 | 2330 | 2342 | 2353 | 0005 | 0016 | minutes | 0116 | | | | | | |
| Plaistow Greengate | 2240 | 2252 | 2303 | 2315 | 2326 | 2338 | 2350 | 0001 | 0012 | 0023 | until | 0123 | | | | | | |
| Upton Park The Boleyn (Barking Road) | 2242 | 2254 | 2305 | 2317 | 2328 | 2340 | 2352 | 0003 | 0014 | 0025 | | 0125 | | | | | | |
| East Ham Newham Town Hall | 2247 | 2259 | 2310 | 2322 | 2333 | 2345 | 2357 | 0008 | 0019 | 0030 | | 0130 | | | | | | |
| East Ham White Horse | 2248 | 2300 | 2311 | 2323 | 2334 | 2346 | 2358 | 0009 | 0020 | 0031 | | 0131 | | | | | | |