

173 Mondays to Fridays																		
Little Heath King George Hospital	0515	0535	0550	0605	0620	0633	0644	0655	0705	0715		1013		1343	1353	1403		
Chadwell Heath Sainsbury's	0523	0543	0558	0614	0629	0642	0653	0704	0714	0725	Then	1025		1355	1405	1415		
Becontree Heath Morrisons	0529	0549	0604	0621	0636	0649	0700	0711	0722	0733	about	1034	Then	1404	1414	1425		
Dagenham Heathway Station	0535	0555	0610	0627	0642	0655	0706	0717	0729	0741	every 10	1043	every 10	1413	1423	1434		
Dagenham Chequers	0538	0558	0614	0631	0646	0659	0711	0723	0735	0747	minutes	1048	minutes	1418	1428	1440		
Lodge Ave. Flyover Junc. (West Side)	0546	0606	0624	0642	0657	0710	0722	0734	0746	0758	until	1057	until	1427	1438	1450		
Beckton Triangle Retail Park	0553	0613	0631	0649	0704	0717	0730	0742	0754	0806		1104		1434	1446	1458		
Beckton Bus Station	0556	0617	0635	0653	0708	0721	0734	0747	0759	0811		1108		1438	1450	1502		
Little Heath King George Hospital	1412		1931	1944	2000	2016	2032		2132	2147	2203	2218	2233	2248	2303	2319	2335	2350
Chadwell Heath Sainsbury's	1425	Then	1943	1955	2010	2025	2041	Then	2141	2156	2211	2226	2241	2256	2311	2327	2342	2357
Becontree Heath Morrisons	1436	about	1952	2004	2018	2032	2048	every	2148	2203	2217	2232	2247	2302	2317	2332	2347	0002
Dagenham Heathway Station	1445	every	1959	2011	2024	2038	2054	15	2154	2208	2222	2237	2252	2307	2322	2337	2352	0007
Dagenham Chequers	1451	10	2004	2015	2028	2042	2058	mins.	2158	2212	2226	2241	2256	2310	2325	2340	2355	0010
Lodge Ave. Flyover Junc. (West Side)	1501	mins.	2011	2022	2035	2049	2105	until	2205	2218	2232	2247	2302	2316	2331	2346	0001	0016
Beckton Triangle Retail Park	1509	until	2017	2028	2041	2055	2111		2211	2224	2238	2253	2307	2321	2336	2351	0006	0021
Beckton Bus Station	1513		2020	2031	2044	2058	2114		2214	2227	2241	2256	2310	2324	2339	2354	0009	0024
173 Saturdays (also Good Friday)																		
Little Heath King George Hospital	0515	0535	0555	0615	0635	0655	0715	0730	0745	0800	0815	0830	0842	0854		1850	1902	1915
Chadwell Heath Sainsbury's	0522	0542	0602	0623	0643	0703	0723	0738	0753	0809	0824	0839	0851	0903	Then	1902	1913	1926
Becontree Heath Morrisons	0527	0547	0607	0628	0648	0709	0729	0744	0759	0816	0831	0846	0858	0910	about	1910	1921	1934
Dagenham Heathway Station	0532	0552	0613	0634	0654	0715	0735	0750	0805	0822	0837	0852	0904	0917	every	1917	1928	1941
Dagenham Chequers	0535	0556	0617	0638	0658	0719	0739	0754	0809	0826	0841	0856	0908	0921	10	1922	1933	1946
Lodge Ave. Flyover Junc. (West Side)	0541	0603	0624	0645	0705	0726	0746	0801	0816	0833	0848	0903	0915	0928	mins.	1929	1940	1953
Beckton Triangle Retail Park	0547	0609	0630	0651	0711	0732	0752	0807	0822	0839	0854	0909	0921	0934	until	1935	1946	1959
Beckton Bus Station	0550	0612	0633	0654	0714	0735	0755	0810	0825	0842	0857	0912	0924	0937		1939	1950	2003
Little Heath King George Hospital	1930	1945	2000	2015	2030	2045	2100	2115	2131	2147	2203	2218	2233	2248	2303	2319	2335	2350
Chadwell Heath Sainsbury's	1941	1956	2010	2024	2039	2054	2109	2124	2140	2156	2211	2226	2241	2256	2311	2327	2342	2357
Becontree Heath Morrisons	1949	2004	2017	2031	2046	2100	2115	2130	2146	2202	2217	2232	2247	2302	2317	2332	2347	0002
Dagenham Heathway Station	1956	2011	2024	2037	2052	2106	2121	2136	2152	2207	2222	2237	2252	2307	2322	2337	2352	0007
Dagenham Chequers	2001	2015	2028	2041	2056	2110	2125	2140	2156	2211	2226	2241	2256	2310	2325	2340	2355	0010
Lodge Ave. Flyover Junc. (West Side)	2008	2022	2035	2048	2103	2117	2132	2147	2203	2217	2232	2247	2302	2316	2331	2346	0001	0016
Beckton Triangle Retail Park	2014	2028	2041	2054	2109	2123	2138	2153	2208	2222	2237	2252	2307	2321	2336	2351	0006	0021
Beckton Bus Station	2017	2031	2044	2057	2112	2126	2141	2156	2211	2225	2240	2255	2310	2324	2339	2354	0009	0024
173 Sundays and other Public Holidays (except Christmas Day)																		
Little Heath King George Hospital	0610	0640	0710	0740	0810	0840	0900	0915	0930	0945	0959	1013	1028	1042	1057	1111	1126	1140
Chadwell Heath Sainsbury's	0617	0647	0717	0748	0818	0848	0908	0923	0938	0953	1007	1022	1037	1051	1106	1121	1136	1150
Becontree Heath Morrisons	0622	0652	0722	0753	0824	0854	0914	0930	0945	1000	1015	1030	1045	1059	1114	1129	1144	1159
Dagenham Heathway Station	0628	0658	0728	0759	0830	0900	0920	0937	0952	1007	1022	1037	1052	1107	1122	1137	1152	1208
Dagenham Chequers	0632	0702	0732	0803	0834	0904	0924	0942	0957	1012	1027	1042	1057	1112	1127	1142	1158	1214
Lodge Ave. Flyover Junc. (West Side)	0638	0708	0738	0810	0841	0911	0931	0949	1004	1019	1034	1049	1104	1120	1135	1150	1206	1222
Beckton Triangle Retail Park	0644	0714	0744	0816	0847	0917	0937	0955	1010	1025	1040	1055	1111	1127	1142	1157	1213	1229
Beckton Bus Station	0647	0717	0747	0819	0850	0920	0940	0958	1014	1029	1044	1059	1115	1131	1146	1201	1217	1233
Little Heath King George Hospital	1155	1210			1425	1440	1455	1510	1525	1540	1555	1610	1625	1640	1655	1710	1725	1740
Chadwell Heath Sainsbury's	1206	1222			1437	1452	1507	1522	1537	1552	1607	1621	1636	1651	1706	1720	1735	1750
Becontree Heath Morrisons	1216	1232	Then		1447	1502	1516	1531	1546	1601	1616	1630	1645	1700	1714	1728	1743	1758
Dagenham Heathway Station	1225	1241	every 15		1456	1510	1524	1539	1554	1608	1623	1637	1652	1707	1721	1735	1750	1805
Dagenham Chequers	1231	1247	minutes		1502	1516	1530	1545	1600	1613	1628	1642	1657	1712	1726	1740	1755	1810
Lodge Ave. Flyover Junc. (West Side)	1239	1255	until		1510	1524	1538	1553	1608	1621	1636	1650	1705	1719	1733	1747	1802	1817
Beckton Triangle Retail Park	1246	1302			1517	1531	1545	1600	1615	1628	1643	1657	1711	1725	1739	1753	1808	1823
Beckton Bus Station	1250	1306			1521	1535	1549	1604	1619	1632	1647	1701	1715	1729	1743	1757	1812	1827
Little Heath King George Hospital	1755	1807	1820	1834	1848	1903	1918	1933	1948	2003			2133	2148	2203	2218	2234	2250
Chadwell Heath Sainsbury's	1805	1817	1830	1843	1857	1912	1927	1942	1957	2011			2141	2156	2211	2226	2241	2257
Becontree Heath Morrisons	1813	1824	1836	1849	1903	1918	1933	1948	2003	2017			2147	2202	2216	2231	2246	2302
Dagenham Heathway Station	1820	1831	1842	1855	1909	1924	1939	1954	2009	2023			2153	2207	2221	2236	2251	2306
Dagenham Chequers	1825	1835	1846	1859	1913	1928	1943	1958	2013	2027			2157	2210	2224	2239	2254	2309
Lodge Ave. Flyover Junc. (West Side)	1832	1842	1853	1906	1920	1935	1950	2005	2019	2033			2203	2216	2230	2245	2300	2314
Beckton Triangle Retail Park	1838	1848	1859	1912	1926	1941	1956	2010	2024	2038			2208	2221	2235	2250	2305	2319
Beckton Bus Station	1841	1851	1902	1915	1929	1944	1959	2013	2027	2041			2211	2224	2238	2253	2308	2322
Little Heath King George Hospital	2305	2320	2335	2350														
Chadwell Heath Sainsbury's	2312	2327	2342	2357														
Becontree Heath Morrisons	2317	2332	2347	0002														
Dagenham Heathway Station	2321	2336	2351	0006														
Dagenham Chequers	2324	2339	2354	0009														
Lodge Ave. Flyover Junc. (West Side)	2329	2344	2359	0014														
Beckton Triangle Retail Park	2334	2349	0004	0019														
Beckton Bus Station	2337	2352	0007	0022														

