

173 Mondays to Fridays																	
King George Hospital	0515	0535	0550	0605	0620	0633	0645	0657	0706	0714	0722	0731	Then every 12 minutes until	0831	0843	0855	0907
Chadwell Heath Sainsbury's	0523	0543	0558	0613	0628	0641	0653	0705	0714	0722	0730	0742		0842	0854	0906	0918
Becontree Heath Morrisons	0529	0549	0604	0619	0634	0647	0659	0711	0720	0729	0739	0751		0851	0903	0915	0926
Dagenham Heathway Station	0533	0553	0608	0623	0638	0651	0703	0715	0724	0734	0746	0758		0858	0910	0923	0934
Dagenham Chequers	0536	0556	0611	0626	0641	0654	0706	0718	0728	0739	0751	0803		0903	0915	0929	0940
Lodge Ave. Flyover Junc. (West Side)	0542	0602	0617	0632	0647	0702	0714	0726	0736	0748	0800	0812		0912	0923	0937	0948
Beckton Bus Station	0550	0610	0625	0640	0656	0712	0724	0736	0748	0800	0812	0824	0924	0935	0947	0958	
King George Hospital	0919	Then every 12 minutes until	1431	1441	1451	1501	Then every 12 minutes until	1813	1825	1837	1849	1901	1913	1925	1940	1955	
Chadwell Heath Sainsbury's	0929		1441	1451	1502	1514		1826	1838	1850	1902	1911	1923	1935	1950	2005	
Becontree Heath Morrisons	0937		1449	1500	1512	1524		1836	1848	1900	1909	1918	1930	1942	1957	2011	
Dagenham Heathway Station	0945		1457	1508	1520	1532		1844	1856	1906	1913	1922	1934	1946	2001	2015	
Dagenham Chequers	0951		1503	1514	1526	1538		1850	1902	1909	1916	1925	1937	1949	2004	2018	
Lodge Ave. Flyover Junc. (West Side)	0959		1511	1522	1534	1546		1858	1909	1916	1923	1932	1944	1956	2010	2024	
Beckton Bus Station	1009	1521	1532	1544	1556	1908	1918	1925	1932	1941	1953	2005	2018	2032			
King George Hospital	2010	2030	Then every 20 minutes until	2350													
Chadwell Heath Sainsbury's	2019	2038		2358													
Becontree Heath Morrisons	2025	2044		0004													
Dagenham Heathway Station	2029	2048		0008													
Dagenham Chequers	2032	2051		0011													
Lodge Ave. Flyover Junc. (West Side)	2038	2057		0017													
Beckton Bus Station	2046	2105	0025														
173 Saturdays (also Good Friday)																	
King George Hospital	0515	Then every 20 minutes until	0715	0730	0745	0800	0813	0825	0837	Then every 12 mins. until	0925	0935	0945	0954	1004	Then every 12 mins. until	1116
Chadwell Heath Sainsbury's	0523		0723	0738	0753	0808	0821	0833	0845		0933	0943	0953	1002	1014		1126
Becontree Heath Morrisons	0529		0729	0744	0759	0814	0827	0839	0851		0939	0949	0959	1010	1022		1134
Dagenham Heathway Station	0533		0733	0748	0803	0818	0831	0843	0855		0943	0954	1005	1017	1029		1141
Dagenham Chequers	0536		0736	0751	0806	0821	0834	0846	0858		0946	0958	1010	1022	1034		1146
Lodge Ave. Flyover Junc. (West Side)	0542		0742	0757	0812	0827	0840	0852	0904		0952	1005	1018	1030	1042		1154
Beckton Bus Station	0550	0750	0805	0820	0835	0848	0900	0913	1001	1014	1027	1039	1051	1203			
King George Hospital	1128	1139	1150	Then every 12 minutes until	1714	1726	1738	1750	1802	1814	1826	1838	1850	1905	1920	1935	1950
Chadwell Heath Sainsbury's	1138	1149	1200		1724	1736	1748	1800	1811	1822	1834	1846	1858	1913	1928	1943	1958
Becontree Heath Morrisons	1146	1157	1208		1732	1744	1756	1807	1817	1828	1840	1852	1904	1919	1934	1949	2004
Dagenham Heathway Station	1153	1204	1216		1740	1752	1804	1812	1821	1832	1844	1856	1908	1923	1938	1953	2008
Dagenham Chequers	1158	1210	1222		1746	1758	1807	1815	1824	1835	1847	1859	1911	1926	1941	1956	2011
Lodge Ave. Flyover Junc. (West Side)	1206	1218	1230		1754	1806	1813	1821	1830	1841	1853	1905	1917	1932	1947	2002	2017
Beckton Bus Station	1216	1228	1240	1804	1815	1822	1830	1839	1850	1902	1914	1926	1941	1956	2010	2025	
King George Hospital	2010	Then every 20 minutes until	2350														
Chadwell Heath Sainsbury's	2018		2358														
Becontree Heath Morrisons	2024		0004														
Dagenham Heathway Station	2028		0008														
Dagenham Chequers	2031		0011														
Lodge Ave. Flyover Junc. (West Side)	2037		0017														
Beckton Bus Station	2045	0025															
173 Sundays and other Public Holidays (except Christmas Day and Boxing Day)																	
King George Hospital	0610	Then every 30 minutes until	0840	0900	0920	0940	0957	1012	1029	1047	1107	1126	1145	Then every 20 minutes until	1705	1725	
Chadwell Heath Sainsbury's	0618		0848	0908	0928	0948	1005	1020	1037	1057	1117	1136	1155		1715	1735	
Becontree Heath Morrisons	0624		0854	0914	0934	0954	1011	1026	1045	1105	1125	1144	1203		1723	1743	
Dagenham Heathway Station	0628		0858	0918	0938	0958	1016	1033	1052	1112	1132	1151	1211		1731	1751	
Dagenham Chequers	0631		0901	0921	0941	1001	1021	1038	1057	1117	1137	1157	1217		1737	1757	
Lodge Ave. Flyover Junc. (West Side)	0637		0907	0927	0947	1007	1027	1046	1105	1125	1145	1205	1225		1745	1805	
Beckton Bus Station	0645	0915	0935	0955	1015	1035	1055	1115	1135	1155	1215	1235	1755	1814			
King George Hospital	1746	1808	1830	1850	1910	1930	1950	Then every 20 minutes until	2350								
Chadwell Heath Sainsbury's	1756	1817	1838	1858	1918	1938	1958		2358								
Becontree Heath Morrisons	1804	1825	1844	1904	1924	1944	2004		0004								
Dagenham Heathway Station	1812	1830	1848	1908	1928	1948	2008		0008								
Dagenham Chequers	1816	1833	1851	1911	1931	1951	2011		0011								
Lodge Ave. Flyover Junc. (West Side)	1822	1839	1857	1917	1937	1957	2017		0017								
Beckton Bus Station	1831	1848	1906	1926	1946	2006	2025	0025									

173 Mondays to Fridays																			
Beckton Bus Station	0525	0545	0605	0622	0635	0647	0657	0706	0715	0725	0735		0835	0845	0855	0905	0915		
Lodge Ave. Flyover Junc. (West Side)	0533	0553	0613	0630	0643	0655	0705	0714	0723	0734	0746	Then	0846	0856	0906	0916	0927		
Dagenham Chequers	0539	0559	0619	0636	0649	0701	0711	0720	0729	0741	0753	every 12	0853	0903	0913	0923	0934		
Dagenham Heathway Station	0542	0602	0622	0639	0652	0704	0714	0723	0734	0746	0758	minutes	0858	0908	0918	0929	0940		
Becontree Heath Morrisons	0546	0606	0626	0643	0656	0708	0718	0730	0742	0754	0806	until	0906	0916	0926	0937	0948		
Chadwell Heath Sainsbury's	0551	0611	0631	0648	0701	0713	0725	0737	0749	0801	0813		0913	0924	0934	0945	0956		
King George Hospital	0559	0619	0639	0656	0709	0722	0735	0747	0759	0811	0823		0923	0934	0944	0955	1006		
Beckton Bus Station	0927			1351	1402	1413	1425	1437	1447	1457	1507		1819	1831	1843	1855	1907		
Lodge Ave. Flyover Junc. (West Side)	0939	Then		1403	1414	1425	1437	1449	1459	1509	1521	Then	1833	1845	1857	1909	1918		
Dagenham Chequers	0946	every 12		1410	1421	1432	1444	1456	1507	1519	1531	every 12	1843	1855	1907	1916	1925		
Dagenham Heathway Station	0952	minutes		1416	1427	1438	1450	1502	1513	1525	1537	minutes	1849	1901	1912	1921	1930		
Becontree Heath Morrisons	1000	until		1424	1435	1446	1458	1510	1521	1533	1545	until	1857	1908	1917	1926	1935		
Chadwell Heath Sainsbury's	1008			1432	1443	1454	1506	1518	1529	1541	1553		1905	1914	1923	1932	1941		
King George Hospital	1018			1442	1453	1504	1516	1528	1539	1551	1603		1915	1924	1933	1942	1951		
Beckton Bus Station	1919	1931	1946	2001	2016	2031	2046	2105				Then	2345						
Lodge Ave. Flyover Junc. (West Side)	1930	1942	1957	2011	2024	2039	2054	2113				every 20	2353						
Dagenham Chequers	1937	1949	2004	2017	2030	2045	2100	2119				minutes	2359						
Dagenham Heathway Station	1942	1954	2007	2020	2033	2048	2103	2122				until	0002						
Becontree Heath Morrisons	1947	1959	2011	2024	2037	2052	2107	2126					0006						
Chadwell Heath Sainsbury's	1953	2005	2016	2029	2042	2057	2112	2131					0011						
King George Hospital	2003	2013	2024	2037	2050	2105	2120	2139					0019						
173 Saturdays (also Good Friday)																			
Beckton Bus Station	0525			0705	0723	0738	0753	0808	0822	0833	0844	0855	0906	0916	0926	0937	0949	1001	
Lodge Ave. Flyover Junc. (West Side)	0533	Then		0713	0731	0746	0801	0816	0830	0841	0853	0904	0916	0926	0936	0947	1000	1013	
Dagenham Chequers	0539	every 20		0719	0737	0752	0807	0822	0836	0847	0859	0910	0922	0932	0942	0953	1007	1020	
Dagenham Heathway Station	0542	minutes		0722	0740	0755	0810	0825	0839	0851	0903	0914	0926	0936	0947	0958	1012	1025	
Becontree Heath Morrisons	0546	until		0726	0744	0759	0814	0829	0843	0856	0908	0919	0931	0942	0954	1006	1020	1033	
Chadwell Heath Sainsbury's	0551			0731	0749	0804	0819	0834	0849	0902	0914	0925	0937	0948	1000	1012	1026	1041	
King George Hospital	0559			0739	0757	0812	0827	0842	0857	0912	0924	0935	0947	0958	1010	1022	1036	1051	
Beckton Bus Station	1013			1125	1135	1146			1722	1734	1746	1758	1810	1822	1834			1922	
Lodge Ave. Flyover Junc. (West Side)	1025	Then		1137	1147	1158	Then		1734	1746	1758	1810	1821	1833	1844	Then		1932	
Dagenham Chequers	1032	every 12		1144	1154	1205	every 12		1741	1753	1805	1817	1827	1839	1850	every 12		1938	
Dagenham Heathway Station	1037	minutes		1149	1159	1211	minutes		1747	1759	1810	1821	1831	1843	1854	minutes		1942	
Becontree Heath Morrisons	1045	until		1157	1207	1219	until		1755	1807	1816	1826	1836	1848	1859	until		1947	
Chadwell Heath Sainsbury's	1053			1205	1215	1227			1803	1813	1822	1832	1842	1854	1905			1953	
King George Hospital	1103			1215	1225	1237			1813	1823	1832	1842	1852	1904	1915			2003	
Beckton Bus Station	1934	1949	2005						2345										
Lodge Ave. Flyover Junc. (West Side)	1944	1959	2013				Then		2353										
Dagenham Chequers	1950	2005	2019				every 20		2359										
Dagenham Heathway Station	1954	2008	2022				minutes		0002										
Becontree Heath Morrisons	1959	2012	2026				until		0006										
Chadwell Heath Sainsbury's	2005	2017	2031						0011										
King George Hospital	2013	2025	2039						0019										
173 Sundays and other Public Holidays (except Christmas Day and Boxing Day)																			
Beckton Bus Station	0625	0655	0725	0750					0930	0950	1006	1022	1040	1100	1117	1135		1715	1737
Lodge Ave. Flyover Junc. (West Side)	0633	0703	0733	0758			Then		0938	0958	1014	1030	1052	1112	1129	1147	Then	1727	1749
Dagenham Chequers	0639	0709	0739	0804			every 20		0944	1004	1020	1037	1059	1119	1136	1154	every 20	1734	1756
Dagenham Heathway Station	0642	0712	0742	0807			minutes		0947	1007	1023	1042	1104	1124	1141	1200	minutes	1740	1802
Becontree Heath Morrisons	0646	0716	0746	0811			until		0951	1011	1030	1050	1112	1132	1149	1208	until	1748	1808
Chadwell Heath Sainsbury's	0651	0721	0751	0816					0956	1017	1036	1056	1118	1138	1156	1216		1756	1814
King George Hospital	0659	0729	0759	0824					1004	1025	1046	1106	1128	1148	1206	1226		1806	1824
Beckton Bus Station	1759	1821	1841	1901	1921	1943	2005							2345					
Lodge Ave. Flyover Junc. (West Side)	1811	1831	1851	1911	1931	1953	2013		Then					2353					
Dagenham Chequers	1817	1837	1857	1917	1937	1959	2019		every 20					2359					
Dagenham Heathway Station	1821	1841	1901	1921	1941	2003	2022		minutes					0002					
Becontree Heath Morrisons	1826	1846	1906	1926	1946	2007	2026		until					0006					
Chadwell Heath Sainsbury's	1832	1852	1912	1932	1952	2012	2031							0011					
King George Hospital	1842	1902	1922	1942	2002	2020	2039							0019					