

173	Mondays to Fridays																	
Little Heath King George Hospital	0515	0535	0555	0610	0625	0636	0646	0654	0704	0712	0722	0732	0742	0749	0757	0807	0817	0828
Chadwell Heath Sainsbury's	0523	0543	0604	0619	0634	0645	0655	0704	0715	0724	0734	0744	0754	0801	0810	0821	0831	0842
Becontree Heath Morrisons	0529	0549	0610	0626	0641	0652	0702	0714	0725	0734	0744	0754	0804	0813	0823	0834	0844	0855
Dagenham Heathway Station	0536	0556	0617	0633	0648	0659	0710	0722	0733	0742	0753	0803	0813	0824	0834	0845	0855	0905
Dagenham Chequers	0540	0600	0621	0638	0653	0704	0716	0728	0740	0750	0801	0811	0821	0831	0841	0852	0902	0912
Lodge Ave. Flyover Junc. (West Side)	0548	0609	0631	0648	0704	0716	0728	0740	0752	0802	0812	0822	0832	0842	0852	0902	0912	0922
Beckton Triangle Retail Park	0555	0616	0638	0655	0711	0724	0736	0748	0800	0810	0820	0830	0840	0850	0900	0910	0920	0930
Beckton Bus Station	0559	0620	0642	0659	0715	0728	0740	0752	0804	0814	0824	0834	0844	0854	0904	0914	0924	0934
Little Heath King George Hospital	0839	0850	0900	0910	0920	0931	0942	0953	1004	1015	Then every 11 minutes until	1154	1205	Then every 11 minutes until	1333	1344		
Chadwell Heath Sainsbury's	0853	0904	0914	0923	0933	0944	0955	1006	1017	1027		1206	1218		1346	1357		
Becontree Heath Morrisons	0905	0915	0923	0932	0942	0953	1004	1015	1026	1036		1215	1227		1355	1406		
Dagenham Heathway Station	0915	0925	0933	0941	0951	1002	1013	1024	1035	1045		1224	1236		1404	1415		
Dagenham Chequers	0921	0930	0938	0946	0956	1007	1018	1029	1040	1050		1229	1241		1409	1421		
Lodge Ave. Flyover Junc. (West Side)	0931	0940	0948	0956	1006	1016	1027	1038	1049	1059	1238	1250	1418	1430				
Beckton Triangle Retail Park	0939	0948	0956	1004	1014	1024	1034	1045	1056	1106	1245	1257	1425	1438				
Beckton Bus Station	0943	0952	1000	1008	1018	1028	1038	1049	1100	1110	1249	1301	1429	1442				
Little Heath King George Hospital	1355	1405	1415	1423	1432	1442	1452	1502	1512	1523	1534	1545	1556	Then every 11 minutes until	1651	1702	1713	
Chadwell Heath Sainsbury's	1408	1418	1428	1437	1446	1456	1507	1518	1530	1541	1552	1603	1615		1710	1721	1732	
Becontree Heath Morrisons	1418	1429	1439	1448	1457	1508	1519	1530	1542	1553	1604	1616	1628		1723	1734	1745	
Dagenham Heathway Station	1427	1438	1449	1459	1509	1520	1531	1542	1553	1604	1615	1627	1639		1734	1745	1756	
Dagenham Chequers	1433	1444	1455	1505	1515	1526	1537	1548	1559	1610	1621	1633	1645		1740	1751	1802	
Lodge Ave. Flyover Junc. (West Side)	1442	1454	1505	1516	1527	1538	1549	1600	1611	1622	1633	1645	1657	1752	1803	1813		
Beckton Triangle Retail Park	1450	1502	1513	1524	1535	1546	1557	1608	1619	1630	1641	1653	1705	1800	1810	1820		
Beckton Bus Station	1454	1506	1517	1528	1540	1551	1602	1613	1624	1635	1646	1658	1710	1805	1815	1825		
Little Heath King George Hospital	1724	1735	1746	1757	1808	1819	1830	1841	1852	1903	1915	1927	1939	1952	2005	2020	2035	2050
Chadwell Heath Sainsbury's	1743	1754	1805	1815	1824	1834	1845	1856	1906	1916	1927	1939	1951	2003	2015	2030	2045	2100
Becontree Heath Morrisons	1756	1807	1816	1826	1835	1845	1856	1907	1917	1926	1936	1947	1959	2011	2023	2037	2052	2107
Dagenham Heathway Station	1807	1816	1825	1835	1844	1854	1905	1915	1925	1934	1944	1954	2006	2018	2030	2043	2058	2113
Dagenham Chequers	1813	1822	1831	1841	1850	1900	1911	1920	1930	1939	1949	1959	2011	2022	2034	2047	2102	2117
Lodge Ave. Flyover Junc. (West Side)	1823	1832	1841	1851	1900	1910	1919	1928	1938	1947	1957	2007	2019	2030	2042	2055	2110	2125
Beckton Triangle Retail Park	1830	1839	1848	1858	1907	1916	1925	1934	1944	1953	2003	2013	2025	2036	2048	2101	2116	2131
Beckton Bus Station	1835	1844	1853	1902	1911	1920	1929	1938	1948	1957	2007	2017	2028	2039	2051	2104	2119	2134
Little Heath King George Hospital	2105	2120	2135	2150	2205	2220	2235	2250	2305	2320	2335	2350						
Chadwell Heath Sainsbury's	2115	2130	2144	2159	2213	2228	2243	2258	2313	2328	2343	2357						
Becontree Heath Morrisons	2122	2136	2150	2205	2219	2234	2248	2303	2318	2333	2348	0002						
Dagenham Heathway Station	2128	2142	2156	2211	2225	2239	2253	2308	2323	2338	2353	0007						
Dagenham Chequers	2132	2146	2200	2215	2229	2243	2257	2312	2327	2341	2356	0010						
Lodge Ave. Flyover Junc. (West Side)	2140	2154	2207	2222	2236	2250	2304	2319	2334	2348	0002	0016						
Beckton Triangle Retail Park	2146	2200	2213	2227	2241	2255	2309	2324	2339	2353	0007	0021						
Beckton Bus Station	2149	2203	2216	2230	2244	2258	2312	2327	2342	2356	0010	0024						
173	Saturdays (also Good Friday)																	
Little Heath King George Hospital	0515	0535	0555	0615	0635	0655	0715	0730	0745	0800	0815	0828	0839	0850	0901	0912	0922	0932
Chadwell Heath Sainsbury's	0523	0543	0603	0623	0643	0703	0723	0738	0753	0809	0824	0837	0849	0900	0911	0922	0932	0942
Becontree Heath Morrisons	0529	0549	0609	0629	0649	0709	0729	0744	0800	0816	0831	0845	0857	0908	0919	0930	0940	0950
Dagenham Heathway Station	0534	0554	0614	0635	0655	0715	0735	0751	0807	0823	0838	0852	0904	0916	0927	0938	0948	0959
Dagenham Chequers	0538	0558	0618	0639	0659	0719	0739	0755	0811	0827	0842	0856	0908	0920	0931	0942	0953	1004
Lodge Ave. Flyover Junc. (West Side)	0543	0604	0625	0646	0706	0726	0747	0803	0819	0835	0850	0904	0916	0928	0939	0950	1001	1012
Beckton Triangle Retail Park	0549	0610	0631	0652	0712	0732	0753	0809	0825	0841	0856	0911	0923	0935	0946	0957	1008	1019
Beckton Bus Station	0552	0613	0634	0655	0715	0735	0756	0812	0828	0844	0859	0914	0926	0938	0950	1001	1012	1023
Little Heath King George Hospital	0942	0953	1003	1013	1023	1034	1045	1056	1107	1118	1129	1140	1151	1201	1212	1223	1234	1245
Chadwell Heath Sainsbury's	0952	1003	1013	1024	1034	1045	1057	1108	1119	1130	1141	1152	1203	1214	1225	1236	1247	1259
Becontree Heath Morrisons	1001	1012	1022	1033	1044	1055	1107	1118	1130	1141	1152	1203	1214	1225	1236	1247	1258	1310
Dagenham Heathway Station	1010	1021	1031	1042	1053	1104	1116	1127	1140	1151	1202	1214	1225	1236	1247	1258	1309	1321
Dagenham Chequers	1015	1026	1036	1047	1058	1109	1121	1133	1146	1157	1209	1221	1232	1243	1254	1305	1316	1328
Lodge Ave. Flyover Junc. (West Side)	1023	1034	1045	1056	1107	1118	1130	1142	1155	1206	1218	1230	1241	1252	1304	1316	1327	1339
Beckton Triangle Retail Park	1030	1041	1052	1103	1114	1125	1137	1149	1202	1213	1225	1237	1248	1300	1312	1324	1335	1347
Beckton Bus Station	1034	1045	1056	1107	1118	1129	1141	1153	1206	1218	1230	1242	1254	1306	1318	1330	1341	1353

173		Saturdays (also Good Friday) (cont.)																	
Little Heath King George Hospital	1256	1307	1318	1329	1340	1351	1402	1413	1424	1435	1446	1457	1508	1519	1530	1541	1552	1603	
Chadwell Heath Sainsbury's	1310	1321	1332	1343	1354	1405	1416	1427	1438	1449	1500	1511	1521	1532	1543	1554	1605	1616	
Becontree Heath Morrisons	1321	1332	1343	1354	1405	1416	1427	1438	1449	1500	1510	1521	1531	1542	1553	1604	1615	1626	
Dagenham Heathway Station	1332	1343	1354	1405	1416	1426	1437	1448	1459	1510	1520	1530	1540	1551	1602	1613	1624	1635	
Dagenham Chequers	1339	1350	1401	1412	1423	1433	1444	1455	1506	1517	1527	1537	1547	1558	1609	1619	1630	1641	
Lodge Ave. Flyover Junc. (West Side)	1350	1401	1412	1422	1432	1442	1453	1504	1516	1527	1537	1547	1557	1608	1618	1628	1639	1650	
Beckton Triangle Retail Park	1358	1409	1420	1430	1440	1450	1501	1512	1524	1535	1545	1555	1605	1616	1626	1636	1647	1658	
Beckton Bus Station	1404	1415	1426	1436	1446	1456	1507	1518	1530	1541	1551	1601	1612	1623	1633	1643	1654	1705	
Little Heath King George Hospital	1614	1625	Then every 11 minutes until	1742	1753	1804	1815	1826	1837	1849	1902	1917	1932	1948	2004	2020	2035	2050	
Chadwell Heath Sainsbury's	1627	1638		1755	1806	1817	1828	1839	1850	1901	1914	1929	1944	1959	2015	2031	2046	2061	2076
Becontree Heath Morrisons	1637	1648		1805	1816	1826	1837	1848	1859	1910	1922	1937	1952	2007	2023	2039	2054	2069	2084
Dagenham Heathway Station	1646	1657		1814	1825	1835	1846	1856	1907	1917	1929	1944	1959	2014	2030	2046	2100	2115	2130
Dagenham Chequers	1652	1703		1820	1831	1841	1852	1902	1912	1922	1934	1949	2004	2019	2035	2050	2104	2119	2134
Lodge Ave. Flyover Junc. (West Side)	1701	1712		1829	1840	1850	1900	1910	1920	1930	1942	1957	2012	2027	2043	2058	2111	2126	2141
Beckton Triangle Retail Park	1709	1720		1837	1847	1857	1906	1916	1926	1936	1948	2003	2018	2033	2049	2104	2117	2132	2147
Beckton Bus Station	1716	1726	1843	1853	1902	1911	1921	1931	1941	1953	2008	2023	2038	2053	2107	2120	2135	2149	
Little Heath King George Hospital	2050	2105	2120	2135	2150	2205	2220	2235	2250	2305	2320	2335	2350						
Chadwell Heath Sainsbury's	2100	2114	2129	2144	2159	2214	2229	2244	2259	2314	2328	2343	2358						
Becontree Heath Morrisons	2107	2121	2136	2150	2205	2220	2235	2250	2305	2319	2333	2348	0003						
Dagenham Heathway Station	2113	2127	2142	2156	2211	2226	2241	2255	2310	2324	2338	2353	0008						
Dagenham Chequers	2117	2131	2146	2200	2215	2230	2245	2259	2313	2327	2341	2356	0011						
Lodge Ave. Flyover Junc. (West Side)	2124	2138	2152	2206	2221	2236	2251	2305	2319	2333	2347	0002	0017						
Beckton Triangle Retail Park	2130	2144	2158	2212	2227	2242	2256	2310	2324	2338	2352	0007	0022						
Beckton Bus Station	2133	2147	2201	2215	2230	2245	2259	2313	2327	2341	2355	0010	0025						
173		Sundays and other Public Holidays (except Christmas Day)																	
Little Heath King George Hospital	0610	0640	0710	0740	0810	0830	0850	0905	0920	0934	0948	1002	1016	1031	1046	1101	1116	1131	
Chadwell Heath Sainsbury's	0618	0648	0718	0748	0818	0839	0859	0914	0929	0943	0957	1011	1026	1041	1056	1111	1126	1141	
Becontree Heath Morrisons	0623	0653	0723	0753	0825	0846	0906	0921	0936	0950	1004	1019	1034	1049	1104	1119	1134	1150	
Dagenham Heathway Station	0628	0658	0728	0759	0831	0852	0913	0928	0943	0957	1012	1027	1042	1057	1112	1127	1143	1159	
Dagenham Chequers	0632	0702	0732	0803	0835	0857	0918	0933	0948	1002	1017	1032	1047	1102	1117	1132	1149	1206	
Lodge Ave. Flyover Junc. (West Side)	0638	0708	0739	0811	0843	0905	0926	0941	0956	1011	1026	1041	1056	1111	1126	1141	1158	1215	
Beckton Triangle Retail Park	0644	0714	0745	0817	0849	0911	0932	0947	1002	1018	1033	1048	1103	1118	1133	1148	1205	1222	
Beckton Bus Station	0647	0717	0748	0820	0852	0914	0935	0950	1006	1022	1037	1052	1107	1122	1138	1154	1211	1228	
Little Heath King George Hospital	1146	1201	1216	1231	1246	1301	1316	1331	1346	1401	1416	1431	1447	1503	1518	1533	1548	1603	
Chadwell Heath Sainsbury's	1157	1213	1228	1243	1258	1314	1329	1344	1359	1414	1429	1444	1500	1515	1530	1545	1600	1615	
Becontree Heath Morrisons	1206	1223	1238	1253	1308	1324	1339	1354	1409	1424	1439	1454	1510	1525	1540	1554	1609	1624	
Dagenham Heathway Station	1216	1233	1248	1302	1317	1333	1348	1403	1418	1433	1448	1503	1519	1533	1548	1602	1617	1632	
Dagenham Chequers	1223	1240	1255	1310	1325	1341	1356	1411	1426	1441	1455	1510	1525	1539	1554	1608	1623	1637	
Lodge Ave. Flyover Junc. (West Side)	1232	1249	1304	1319	1334	1350	1405	1420	1435	1450	1505	1520	1535	1549	1604	1618	1632	1646	
Beckton Triangle Retail Park	1239	1256	1312	1327	1342	1358	1413	1428	1443	1458	1513	1528	1543	1557	1612	1626	1640	1654	
Beckton Bus Station	1245	1302	1318	1333	1348	1404	1419	1434	1449	1504	1519	1534	1549	1603	1617	1631	1645	1659	
Little Heath King George Hospital	1618	1633	1648	1703	1719	1735	1750	1805	1820	1835	1850	1905	1920	1935	1950	2005	2020	2035	
Chadwell Heath Sainsbury's	1629	1644	1659	1714	1730	1745	1800	1815	1830	1845	1900	1914	1929	1944	1959	2014	2029	2044	
Becontree Heath Morrisons	1638	1653	1708	1723	1739	1754	1808	1823	1838	1853	1907	1921	1936	1951	2006	2021	2036	2051	
Dagenham Heathway Station	1646	1700	1715	1730	1746	1801	1815	1830	1845	1859	1913	1927	1942	1957	2012	2027	2042	2057	
Dagenham Chequers	1651	1705	1720	1735	1751	1806	1820	1835	1849	1903	1917	1931	1946	2001	2016	2031	2046	2101	
Lodge Ave. Flyover Junc. (West Side)	1659	1713	1728	1743	1759	1814	1828	1843	1857	1911	1925	1939	1954	2008	2023	2038	2053	2107	
Beckton Triangle Retail Park	1707	1721	1736	1751	1806	1820	1834	1849	1903	1917	1931	1945	2000	2014	2029	2044	2059	2113	
Beckton Bus Station	1712	1726	1740	1755	1810	1824	1838	1852	1906	1920	1934	1948	2003	2017	2032	2047	2102	2116	
Little Heath King George Hospital	2050	2105	2120	2135	2150	2205	2220	2235	2250	2305	2320	2335	2350						
Chadwell Heath Sainsbury's	2059	2113	2128	2143	2158	2213	2228	2243	2257	2312	2327	2342	2357						
Becontree Heath Morrisons	2105	2119	2134	2149	2204	2219	2234	2249	2302	2317	2332	2347	0002						
Dagenham Heathway Station	2111	2125	2140	2155	2209	2224	2239	2254	2307	2322	2337	2352	0007						
Dagenham Chequers	2115	2129	2144	2159	2213	2228	2243	2257	2310	2325	2340	2355	0010						
Lodge Ave. Flyover Junc. (West Side)	2121	2135	2150	2205	2219	2234	2249	2303	2316	2331	2346	0001	0016						
Beckton Triangle Retail Park	2127	2141	2156	2211	2225	2240	2255	2308	2321	2336	2351	0006	0021						
Beckton Bus Station	2130	2144	2159	2214	2228	2243	2258	2311	2324	2339	2354	0009	0024						

173		Mondays to Fridays															
Beckton Bus Station	0525	0545	0605	0620	0635	0646	0656	0704	0712	0720	0729	0737	0746	Then every 10 minutes until	0826	0837	0848
Beckton Triangle Retail Park	0528	0549	0609	0624	0639	0650	0700	0708	0716	0724	0733	0741	0750		0830	0841	0852
Lodge Ave. Flyover Junc. (West Side)	0534	0555	0615	0630	0645	0656	0706	0715	0723	0731	0740	0749	0758		0838	0849	0900
Dagenham Chequers	0540	0601	0621	0637	0653	0704	0714	0723	0731	0739	0748	0757	0806		0846	0857	0908
Dagenham Heathway Station	0545	0606	0626	0643	0659	0710	0720	0730	0739	0748	0757	0807	0817		0857	0908	0917
Becontree Heath Morrisons	0550	0612	0632	0649	0706	0718	0728	0738	0748	0758	0807	0817	0827		0907	0918	0925
Chadwell Heath Sainsbury's	0556	0618	0639	0656	0713	0725	0736	0746	0757	0807	0817	0827	0837		0917	0926	0933
Little Heath King George Hospital	0604	0626	0648	0705	0723	0736	0747	0758	0809	0820	0830	0840	0850	0930	0938	0945	
Beckton Bus Station	0859	0909	0920	0931	Then every 11 minutes until	1300	1311	1322	1333	1344	1355	1406	1417	1427	1437	1447	1458
Beckton Triangle Retail Park	0903	0913	0924	0935		1304	1315	1326	1337	1349	1400	1411	1422	1432	1443	1453	1504
Lodge Ave. Flyover Junc. (West Side)	0911	0921	0932	0943		1312	1323	1334	1346	1358	1409	1420	1432	1442	1453	1503	1514
Dagenham Chequers	0919	0929	0940	0952		1321	1332	1343	1355	1407	1418	1429	1442	1452	1503	1513	1524
Dagenham Heathway Station	0927	0937	0948	0959		1328	1339	1350	1402	1414	1425	1439	1452	1502	1513	1523	1534
Becontree Heath Morrisons	0935	0945	0956	1007		1336	1347	1359	1411	1423	1434	1448	1501	1512	1523	1534	1545
Chadwell Heath Sainsbury's	0943	0953	1004	1015		1344	1356	1408	1420	1432	1444	1458	1511	1522	1533	1544	1555
Little Heath King George Hospital	0955	1005	1015	1026	1355	1407	1419	1431	1444	1457	1511	1524	1535	1546	1557	1608	
Beckton Bus Station	1509	1520	1531	Then every 11 minutes until	1710	1721	1732	1743	1753	1803	1814	1824	1834	1845	1856	1907	1918
Beckton Triangle Retail Park	1515	1526	1537		1716	1727	1738	1749	1759	1809	1820	1830	1840	1851	1902	1913	1923
Lodge Ave. Flyover Junc. (West Side)	1525	1536	1548		1727	1738	1749	1800	1810	1820	1830	1840	1850	1900	1910	1921	1931
Dagenham Chequers	1535	1546	1558		1737	1748	1759	1810	1820	1830	1840	1850	1859	1908	1918	1929	1939
Dagenham Heathway Station	1545	1556	1608		1747	1758	1809	1820	1830	1840	1850	1859	1907	1916	1926	1937	1947
Becontree Heath Morrisons	1556	1607	1618		1757	1808	1819	1829	1839	1849	1859	1907	1915	1924	1934	1944	1954
Chadwell Heath Sainsbury's	1606	1617	1628		1807	1817	1827	1837	1847	1857	1907	1915	1923	1931	1941	1951	2001
Little Heath King George Hospital	1619	1630	1641	1820	1830	1840	1850	1900	1909	1917	1925	1933	1941	1951	2001	2011	
Beckton Bus Station	1929	1941	1953	2005	2020	2035	2050	2105	2120	2135	2150	2205	2220	2235	2250	Then every 15 minutes until	2350
Beckton Triangle Retail Park	1933	1945	1957	2009	2024	2039	2054	2109	2124	2139	2154	2209	2224	2238	2253		2353
Lodge Ave. Flyover Junc. (West Side)	1940	1952	2004	2016	2031	2045	2100	2115	2130	2145	2200	2214	2229	2243	2258		2358
Dagenham Chequers	1948	2000	2010	2022	2037	2051	2106	2121	2136	2151	2207	2220	2235	2249	2303		0003
Dagenham Heathway Station	1955	2005	2015	2027	2042	2056	2111	2126	2141	2156	2211	2224	2239	2253	2307		0007
Becontree Heath Morrisons	2002	2012	2022	2034	2049	2103	2118	2133	2148	2203	2217	2230	2244	2258	2312		0012
Chadwell Heath Sainsbury's	2009	2019	2029	2041	2056	2110	2125	2140	2154	2209	2223	2236	2249	2303	2317		0017
Little Heath King George Hospital	2019	2029	2039	2051	2105	2119	2134	2149	2203	2217	2231	2244	2257	2311	2325	0025	
173		Saturdays (also Good Friday)															
Beckton Bus Station	0525	0545	0605	0625	0645	0700	0715	0730	0745	0800	0815	0827	0839	0850	Then every 11 minutes until	1029	1040
Beckton Triangle Retail Park	0528	0548	0608	0628	0648	0703	0718	0733	0748	0803	0819	0831	0843	0854		1033	1044
Lodge Ave. Flyover Junc. (West Side)	0533	0553	0613	0633	0653	0708	0724	0739	0754	0809	0825	0837	0849	0900		1039	1050
Dagenham Chequers	0539	0559	0619	0639	0659	0714	0730	0745	0800	0815	0831	0844	0857	0908		1047	1058
Dagenham Heathway Station	0543	0603	0623	0643	0703	0718	0734	0749	0804	0820	0836	0851	0904	0915		1054	1105
Becontree Heath Morrisons	0548	0608	0629	0649	0709	0724	0740	0755	0811	0827	0843	0858	0912	0923		1102	1113
Chadwell Heath Sainsbury's	0553	0613	0634	0655	0715	0730	0746	0801	0817	0833	0849	0904	0919	0930		1109	1121
Little Heath King George Hospital	0600	0621	0642	0703	0723	0738	0754	0809	0825	0842	0858	0913	0928	0941	1120	1132	
Beckton Bus Station	1051	1102	1113	1124	1135	1146	1157	Then every 11 minutes until	1811	1822	1833	1844	1856	1908	1920	1935	1950
Beckton Triangle Retail Park	1055	1106	1117	1128	1139	1150	1202		1816	1827	1838	1849	1901	1913	1925	1940	1955
Lodge Ave. Flyover Junc. (West Side)	1101	1112	1124	1135	1146	1157	1209		1823	1834	1845	1856	1908	1920	1932	1947	2002
Dagenham Chequers	1109	1120	1133	1144	1155	1206	1218		1832	1843	1854	1905	1915	1927	1939	1954	2008
Dagenham Heathway Station	1116	1129	1142	1153	1204	1215	1227		1841	1852	1903	1913	1922	1934	1946	2001	2015
Becontree Heath Morrisons	1125	1138	1151	1202	1213	1224	1236		1850	1901	1911	1920	1929	1941	1953	2008	2022
Chadwell Heath Sainsbury's	1133	1146	1200	1211	1222	1233	1245		1859	1909	1918	1927	1936	1948	2000	2015	2029
Little Heath King George Hospital	1144	1157	1211	1222	1233	1244	1256	1910	1919	1928	1937	1946	1958	2010	2025	2039	
Beckton Bus Station	2005	2020	Then every 15 minutes until	2150	2205	2220	2235	2250	2305	2320	2335	2350					
Beckton Triangle Retail Park	2010	2025		2155	2210	2223	2238	2253	2308	2323	2338	2353					
Lodge Ave. Flyover Junc. (West Side)	2016	2031		2201	2216	2229	2244	2259	2314	2329	2344	2359					
Dagenham Chequers	2022	2037		2207	2222	2235	2250	2305	2320	2334	2349	0004					
Dagenham Heathway Station	2028	2043		2213	2228	2239	2254	2309	2324	2338	2353	0008					
Becontree Heath Morrisons	2035	2050		2220	2235	2245	2300	2315	2329	2343	2358	0013					
Chadwell Heath Sainsbury's	2042	2056		2226	2241	2251	2305	2320	2334	2348	0003	0018					
Little Heath King George Hospital	2052	2105	2235	2249	2259	2313	2328	2342	2356	0011	0026						

173	Sundays and other Public Holidays (except Christmas Day)																	
Beckton Bus Station	0625	0655	0725	0755	0825	0845	0900	0915	0930	0944	0959	1014	1029	1044	1059	1113	1128	1142
Beckton Triangle Retail Park	0628	0658	0728	0758	0828	0849	0904	0919	0934	0948	1003	1018	1033	1048	1103	1117	1132	1146
Lodge Ave. Flyover Junc. (West Side)	0633	0703	0733	0804	0834	0855	0910	0925	0940	0954	1009	1024	1039	1054	1109	1123	1139	1153
Dagenham Chequers	0638	0708	0739	0810	0840	0901	0916	0931	0946	1002	1016	1031	1046	1101	1116	1131	1147	1201
Dagenham Heathway Station	0642	0712	0743	0814	0845	0906	0921	0936	0952	1008	1022	1037	1052	1107	1122	1137	1153	1208
Becontree Heath Morrisons	0648	0718	0749	0820	0851	0912	0928	0943	0959	1015	1030	1045	1100	1115	1130	1145	1201	1217
Chadwell Heath Sainsbury's	0653	0724	0755	0826	0857	0918	0934	0950	1006	1022	1037	1052	1108	1123	1138	1153	1209	1225
Little Heath King George Hospital	0701	0732	0803	0834	0905	0926	0942	0958	1015	1031	1046	1101	1117	1133	1148	1203	1219	1235
Beckton Bus Station	1156	1210	1224	1238	1252	Then every 15 minutes until	1422	1437	1452	1508	1523	1538	1553	1608	1623	1636	1651	
Beckton Triangle Retail Park	1201	1215	1229	1243	1258		1428	1443	1458	1514	1529	1544	1559	1614	1629	1642	1657	
Lodge Ave. Flyover Junc. (West Side)	1208	1222	1236	1250	1305		1435	1450	1505	1521	1536	1551	1606	1621	1636	1649	1704	
Dagenham Chequers	1216	1230	1244	1259	1314		1444	1459	1513	1529	1544	1559	1614	1629	1644	1657	1712	
Dagenham Heathway Station	1224	1239	1253	1308	1323		1453	1508	1522	1537	1552	1607	1622	1637	1651	1704	1719	
Becontree Heath Morrisons	1233	1248	1302	1317	1332		1502	1516	1530	1545	1600	1615	1630	1645	1659	1711	1726	
Chadwell Heath Sainsbury's	1241	1256	1310	1325	1340		1510	1524	1538	1553	1608	1623	1638	1653	1706	1718	1733	
Little Heath King George Hospital	1251	1306	1321	1336	1351		1521	1535	1549	1604	1619	1634	1649	1704	1716	1728	1743	
Beckton Bus Station	1705	1720	1735	1750	1805	1820	1835	Then every 15 minutes until	1950	2005	2020	2035	2050	2105	2120	2135	2150	
Beckton Triangle Retail Park	1711	1726	1741	1756	1811	1824	1839		1954	2009	2024	2039	2054	2108	2123	2138	2153	
Lodge Ave. Flyover Junc. (West Side)	1718	1733	1748	1803	1817	1830	1845		2000	2015	2030	2044	2059	2113	2128	2143	2158	
Dagenham Chequers	1726	1741	1756	1811	1825	1838	1852		2007	2022	2037	2050	2105	2119	2134	2149	2204	
Dagenham Heathway Station	1733	1748	1802	1817	1830	1843	1857		2012	2027	2042	2055	2110	2124	2139	2153	2208	
Becontree Heath Morrisons	1740	1755	1809	1824	1837	1850	1904		2019	2034	2049	2101	2116	2130	2145	2159	2214	
Chadwell Heath Sainsbury's	1747	1802	1816	1831	1844	1857	1911		2026	2040	2054	2106	2121	2135	2150	2204	2219	
Little Heath King George Hospital	1757	1812	1826	1840	1853	1906	1920		2035	2049	2102	2114	2129	2143	2158	2212	2227	
Beckton Bus Station	2205	2220	2235	2250	2305	2320	2335	2350										
Beckton Triangle Retail Park	2208	2223	2238	2253	2308	2323	2338	2353										
Lodge Ave. Flyover Junc. (West Side)	2213	2228	2243	2258	2313	2328	2343	2358										
Dagenham Chequers	2219	2234	2249	2304	2319	2333	2348	0003										
Dagenham Heathway Station	2223	2238	2253	2308	2323	2337	2352	0007										
Becontree Heath Morrisons	2229	2244	2259	2314	2328	2342	2357	0012										
Chadwell Heath Sainsbury's	2234	2249	2304	2319	2333	2347	0002	0017										
Little Heath King George Hospital	2242	2256	2311	2326	2340	2354	0009	0024										