

173 Mondays to Fridays																			
King George Hospital	0515	0535	0550	0605	0620	0633	0645	0657	0706	0714	0722	0731		0831	0843	0855	0907		
Chadwell Heath Sainsbury's	0523	0543	0558	0613	0628	0641	0653	0705	0714	0722	0730	0742	Then	0842	0854	0906	0918		
Becontree Heath Morrisons	0529	0549	0604	0619	0634	0647	0659	0711	0720	0729	0739	0751	every 12	0851	0903	0915	0926		
Dagenham Heathway Station	0533	0553	0608	0623	0638	0651	0703	0715	0724	0734	0746	0758	minutes	0858	0910	0923	0934		
Dagenham Chequers	0536	0556	0611	0626	0641	0654	0706	0718	0728	0739	0751	0803	until	0903	0915	0929	0940		
Lodge Ave. Flyover Junc. (West Side)	0542	0602	0617	0632	0647	0700	0712	0725	0736	0748	0800	0812		0912	0923	0937	0948		
Beckton Bus Station	0550	0610	0625	0640	0655	0708	0722	0735	0748	0800	0812	0824		0924	0935	0947	0958		
King George Hospital	0919			1431	1441	1451	1501			1813	1825	1837	1849	1901	1913	1925	1940	1955	
Chadwell Heath Sainsbury's	0929	Then		1441	1451	1502	1514	Then		1826	1838	1850	1902	1911	1923	1935	1950	2005	
Becontree Heath Morrisons	0937	every 12		1449	1500	1512	1524	every 12		1836	1848	1900	1909	1918	1930	1942	1957	2011	
Dagenham Heathway Station	0945	minutes		1457	1508	1520	1532	minutes		1844	1856	1906	1913	1922	1934	1946	2001	2015	
Dagenham Chequers	0951	until		1503	1514	1526	1538	until		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					2350												
Chadwell Heath Sainsbury's	2019	2038	Then				2358												
Becontree Heath Morrisons	2025	2044	every 20				0004												
Dagenham Heathway Station	2029	2048	minutes				0008												
Dagenham Chequers	2032	2051	until				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			0715	0730	0745	0800	0813	0825	0837			Then	0925	0935	0945	0954	1004	1016
Chadwell Heath Sainsbury's	0523	Then		0723	0738	0753	0808	0821	0833	0845	Then		every 12	0933	0943	0953	1002	1014	1026
Becontree Heath Morrisons	0529	every 20		0729	0744	0759	0814	0827	0839	0851	minutes		minutes	0939	0949	0959	1010	1022	1034
Dagenham Heathway Station	0533	minutes		0733	0748	0803	0818	0831	0843	0855	until		until	0943	0954	1005	1017	1029	1041
Dagenham Chequers	0536	until		0736	0751	0806	0821	0834	0846	0858				0946	0958	1010	1022	1034	1046
Lodge Ave. Flyover Junc. (West Side)	0542			0742	0757	0812	0827	0840	0852	0904				0952	1005	1018	1030	1042	1054
Beckton Bus Station	0550			0750	0805	0820	0835	0848	0900	0913				1001	1014	1027	1039	1051	1103
King George Hospital	1028			1116	1128	1139	1150			1638	1650	1702	1714	1726	1738	1750	1802	1814	
Chadwell Heath Sainsbury's	1038	Then		1126	1138	1149	1200	Then		1648	1700	1712	1724	1736	1747	1758	1810	1822	
Becontree Heath Morrisons	1046	every 12		1134	1146	1157	1208	every 12		1656	1708	1720	1732	1742	1753	1804	1816	1828	
Dagenham Heathway Station	1053	minutes		1141	1153	1204	1216	minutes		1704	1716	1728	1739	1746	1757	1808	1820	1832	
Dagenham Chequers	1058	until		1146	1158	1210	1222	until		1710	1722	1734	1742	1749	1800	1811	1823	1835	
Lodge Ave. Flyover Junc. (West Side)	1106			1154	1206	1218	1230			1718	1730	1740	1748	1755	1806	1817	1829	1841	
Beckton Bus Station	1115			1203	1216	1228	1240			1728	1739	1749	1757	1804	1815	1826	1838	1850	
King George Hospital	1826	1838	1850	1905	1920	1935	1950			2350									
Chadwell Heath Sainsbury's	1834	1846	1858	1913	1928	1943	1958	Then		2358									
Becontree Heath Morrisons	1840	1852	1904	1919	1934	1949	2004	every 20		0004									
Dagenham Heathway Station	1844	1856	1908	1923	1938	1953	2008	minutes		0008									
Dagenham Chequers	1847	1859	1911	1926	1941	1956	2011	until		0011									
Lodge Ave. Flyover Junc. (West Side)	1853	1905	1917	1932	1947	2002	2017			0017									
Beckton Bus Station	1902	1914	1926	1940	1955	2010	2025			0025									
173 Sundays and other Public Holidays (except Christmas Day and Boxing Day)																			
King George Hospital	0610			0840	0900	0920	0940	0958	1013	1029	1049	1109	1128	1145			Then	1545	1606
Chadwell Heath Sainsbury's	0618	Then		0848	0908	0928	0948	1006	1021	1039	1059	1119	1138	1155	Then		every 20	1555	1616
Becontree Heath Morrisons	0624	every 30		0854	0914	0934	0954	1012	1027	1047	1107	1127	1146	1203	minutes		minutes	1603	1624
Dagenham Heathway Station	0628	minutes		0858	0918	0938	0958	1016	1034	1054	1114	1134	1153	1211	until		until	1611	1632
Dagenham Chequers	0631	until		0901	0921	0941	1001	1021	1039	1059	1119	1139	1158	1217				1617	1635
Lodge Ave. Flyover Junc. (West Side)	0637			0907	0927	0947	1007	1027	1047	1107	1127	1147	1206	1225				1625	1641
Beckton Bus Station	0645			0915	0935	0955	1015	1035	1056	1116	1136	1156	1216	1235				1635	1650
King George Hospital	1628	1650		1850	1910					2350									
Chadwell Heath Sainsbury's	1638	1658	Then	1858	1918	Then				2358									
Becontree Heath Morrisons	1644	1704	every 20	1904	1924	every 20				0004									
Dagenham Heathway Station	1648	1708	minutes	1908	1928	minutes				0008									
Dagenham Chequers	1651	1711	until	1911	1931	until				0011									
Lodge Ave. Flyover Junc. (West Side)	1657	1717		1917	1937					0017									
Beckton Bus Station	1706	1726		1926	1945					0025									
173 Boxing Day																			
A Sunday service operates, commencing with the 0810 journey from King George Hospital.																			

173 Mondays to Fridays																		
Beckton Bus Station	0525	0545	0605	0620	0635	0647	0657	0706	0715	0725	0735	Then every 12 minutes until	0835	0845	0855	0905	0915	
Lodge Ave. Flyover Junc. (West Side)	0533	0553	0613	0628	0643	0655	0705	0714	0723	0734	0746		0846	0856	0906	0916	0927	
Dagenham Chequers	0539	0559	0619	0634	0649	0701	0711	0720	0729	0741	0753		0853	0903	0913	0923	0934	
Dagenham Heathway Station	0542	0602	0622	0637	0652	0704	0714	0723	0734	0746	0758		0858	0908	0918	0929	0940	
Becontree Heath Morrisons	0546	0606	0626	0641	0656	0708	0718	0730	0742	0754	0806		0906	0916	0926	0937	0948	
Chadwell Heath Sainsbury's	0551	0611	0631	0646	0701	0713	0725	0737	0749	0801	0813		0913	0924	0934	0945	0956	
King George Hospital	0559	0619	0639	0654	0709	0722	0735	0747	0759	0811	0823	0923	0934	0944	0955	1006		
Beckton Bus Station	0926	0937	Then every 12 minutes until	1437	1447	1457	1507	Then every 12 minutes until	1819	1831	1843	1855	1907	1919	1931	1946		
Lodge Ave. Flyover Junc. (West Side)	0938	0949		1449	1459	1509	1521		1833	1845	1857	1909	1918	1930	1942	1957		
Dagenham Chequers	0945	0956		1456	1507	1519	1531		1843	1855	1907	1916	1925	1937	1949	2004		
Dagenham Heathway Station	0951	1002		1502	1513	1525	1537		1849	1901	1912	1921	1930	1942	1954	2007		
Becontree Heath Morrisons	0959	1010		1510	1521	1533	1545		1857	1908	1917	1926	1935	1947	1959	2011		
Chadwell Heath Sainsbury's	1007	1018		1518	1529	1541	1553		1905	1914	1923	1932	1941	1953	2005	2016		
King George Hospital	1017	1028	1528	1539	1551	1603	1915	1924	1933	1942	1951	2003	2013	2024				
Beckton Bus Station	2001	2016	2031	2046	2105	Then every 20 minutes until	2345	Then every 20 minutes until										
Lodge Ave. Flyover Junc. (West Side)	2011	2024	2039	2054	2113		2353											
Dagenham Chequers	2017	2030	2045	2100	2119		2359											
Dagenham Heathway Station	2020	2033	2048	2103	2122		0002											
Becontree Heath Morrisons	2024	2037	2052	2107	2126		0006											
Chadwell Heath Sainsbury's	2029	2042	2057	2112	2131		0011											
King George Hospital	2037	2050	2105	2120	2139	0019												
173 Saturdays (also Good Friday)																		
Beckton Bus Station	0525	Then every 20 minutes until	0705	0723	0738	0753	0808	0822	0833	0844	0855	0906	0916	0926	0937	0948	0959	
Lodge Ave. Flyover Junc. (West Side)	0533		0713	0731	0746	0801	0816	0830	0841	0852	0904	0916	0926	0936	0947	0959	1010	
Dagenham Chequers	0539		0719	0737	0752	0807	0822	0836	0847	0858	0910	0922	0932	0942	0953	1005	1017	
Dagenham Heathway Station	0542		0722	0740	0755	0810	0825	0839	0850	0902	0914	0926	0936	0947	0958	1010	1022	
Becontree Heath Morrisons	0546		0726	0744	0759	0814	0829	0843	0855	0907	0919	0931	0942	0954	1006	1018	1030	
Chadwell Heath Sainsbury's	0551		0731	0749	0804	0819	0834	0849	0901	0913	0925	0937	0948	1000	1012	1024	1036	
King George Hospital	0559	0739	0757	0812	0827	0842	0857	0911	0923	0935	0947	0958	1010	1022	1034	1046		
Beckton Bus Station	1010	Then every 12 minutes until	1110	1122	1134	1145	1156	Then every 12 minutes until	1656	1708	1720	1732	1744	Then every 12 minutes until	1856			
Lodge Ave. Flyover Junc. (West Side)	1022		1122	1134	1146	1157	1208		1708	1720	1732	1743	1754		1906			
Dagenham Chequers	1029		1129	1141	1153	1204	1215		1715	1727	1738	1749	1800		1912			
Dagenham Heathway Station	1034		1134	1146	1158	1210	1221		1721	1733	1743	1753	1804		1916			
Becontree Heath Morrisons	1042		1142	1154	1206	1218	1229		1729	1739	1749	1758	1809		1921			
Chadwell Heath Sainsbury's	1048		1148	1201	1214	1226	1237		1737	1746	1755	1804	1815		1927			
King George Hospital	1058	1158	1211	1224	1236	1247	1747	1756	1805	1814	1825	1937						
Beckton Bus Station	1908	1920	1932	1945	Then every 20 minutes until	2345	Then every 20 minutes until											
Lodge Ave. Flyover Junc. (West Side)	1918	1930	1941	1953		2353												
Dagenham Chequers	1924	1936	1947	1959		2359												
Dagenham Heathway Station	1928	1939	1950	2002		0002												
Becontree Heath Morrisons	1933	1943	1954	2006		0006												
Chadwell Heath Sainsbury's	1938	1948	1959	2011		0011												
King George Hospital	1946	1956	2007	2019	0019													
173 Sundays and other Public Holidays (except Christmas Day and Boxing Day)																		
Beckton Bus Station	0625	0655	0725	0755	0820	0845	0905	0925	0945	1003	1018	1033	1048	1103	1118	1135	1155	1215
Lodge Ave. Flyover Junc. (West Side)	0633	0703	0733	0803	0828	0853	0913	0933	0953	1011	1026	1045	1100	1115	1130	1147	1207	1227
Dagenham Chequers	0639	0709	0739	0809	0834	0859	0919	0939	0959	1017	1032	1052	1107	1122	1137	1154	1214	1234
Dagenham Heathway Station	0642	0712	0742	0812	0837	0902	0922	0942	1002	1020	1037	1057	1112	1127	1142	1200	1220	1240
Becontree Heath Morrisons	0646	0716	0746	0816	0841	0906	0926	0946	1006	1025	1045	1105	1120	1135	1150	1208	1228	1248
Chadwell Heath Sainsbury's	0651	0721	0751	0821	0846	0911	0931	0951	1011	1031	1051	1111	1126	1141	1157	1216	1236	1256
King George Hospital	0659	0729	0759	0829	0854	0919	0939	0959	1019	1041	1101	1121	1136	1151	1207	1226	1246	1306
Beckton Bus Station	1235	Then every 20 minutes until	1555	1617	1639	1701	Then every 20 minutes until	1841	1903	1925	1945	Then every 20 minutes until	2345					
Lodge Ave. Flyover Junc. (West Side)	1247		1607	1629	1650	1711		1851	1913	1935	1953		2353					
Dagenham Chequers	1254		1614	1636	1656	1717		1857	1919	1941	1959		2359					
Dagenham Heathway Station	1300		1620	1642	1700	1721		1901	1923	1944	2002		0002					
Becontree Heath Morrisons	1308		1628	1648	1706	1726		1906	1928	1948	2006		0006					
Chadwell Heath Sainsbury's	1316		1636	1654	1712	1732		1912	1934	1953	2011		0011					
King George Hospital	1326	1646	1704	1722	1742	1922	1942	2001	2019	0019								
173 Boxing Day																		
A Sunday service operates, commencing with the 0820 journey from Beckton.																		