

262		Mondays to Fridays																	
East Beckton Showcase Cinemas	0433	0449	0504	0519	0534	0548	0558	0608	0618	0628			0718	0726	0735			0905	
East Beckton Sainsbury's	0436	0452	0507	0522	0537	0551	0601	0611	0621	0631			0721	0730	0739			0909	
Gallions Retail Park	0441	0457	0512	0527	0542	0556	0606	0616	0626	0636	Then		0726	0735	0744	Then		0914	
Cyprus Winsor Park	0446	0502	0517	0532	0547	0601	0611	0621	0631	0641	every 10		0731	0740	0750	every 10		0920	
Beckton Asda	0449	0505	0520	0535	0550	0604	0614	0624	0635	0645	minutes		0735	0744	0754	minutes		0924	
Plaistow Greengate	0457	0513	0528	0543	0558	0612	0622	0634	0646	0658	until		0748	0758	0808	until		0938	
Plaistow Station	0500	0516	0531	0546	0601	0615	0627	0639	0650	0702			0752	0803	0813			0943	
Stratford Bus Station	0506	0522	0537	0552	0607	0622	0635	0648	0700	0712			0802	0813	0823			0953	
East Beckton Showcase Cinemas	0915	0924	0934			1444	1454	1504	1514	1524			1814	1824	1834	1844	1856	1908	
East Beckton Sainsbury's	0919	0928	0937			1447	1458	1508	1518	1528			1818	1828	1838	1848	1900	1912	
Gallions Retail Park	0924	0933	0942	Then		1452	1503	1513	1523	1533	Then		1823	1833	1843	1853	1905	1917	
Cyprus Winsor Park	0930	0939	0948	every 10		1458	1509	1519	1529	1539	every 10		1829	1839	1849	1859	1911	1923	
Beckton Asda	0934	0943	0952	minutes		1502	1513	1523	1533	1543	minutes		1833	1843	1853	1903	1915	1927	
Plaistow Greengate	0948	0957	1006	until		1516	1527	1537	1547	1557	until		1847	1857	1907	1917	1928	1938	
Plaistow Station	0952	1001	1010			1520	1531	1541	1551	1601			1851	1901	1911	1921	1931	1941	
Stratford Bus Station	1002	1011	1020			1530	1541	1551	1601	1612			1902	1911	1920	1930	1940	1950	
East Beckton Showcase Cinemas	1920	1932	1945	1959		2229	2244					2359	0015						
East Beckton Sainsbury's	1924	1936	1948	2002		2232	2247					0002	0018						
Gallions Retail Park	1929	1941	1953	2007	Then	2237	2252	Then				0007	0023						
Cyprus Winsor Park	1935	1946	1958	2012	every 15	2242	2257	every 15				0012	0028						
Beckton Asda	1938	1949	2001	2015	minutes	2245	2300	minutes				0015	0031						
Plaistow Greengate	1948	1959	2011	2025	until	2255	2309	until				0024	0040						
Plaistow Station	1951	2002	2014	2028		2258	2312					0027	0043						
Stratford Bus Station	2000	2010	2022	2036		2304	2318					0033	0049						
262		Saturdays (also Good Friday)																	
East Beckton Showcase Cinemas	0433	0449			0549	0605	0620	0635	0651				0751	0801	0811	0821	0831	0841	0851
East Beckton Sainsbury's	0436	0452			0552	0608	0623	0638	0654				0754	0804	0814	0824	0834	0844	0854
Gallions Retail Park	0441	0457	Then		0557	0613	0628	0643	0659	Then			0759	0809	0819	0829	0839	0849	0859
Cyprus Winsor Park	0446	0502	every 15		0602	0618	0633	0648	0704	every 15			0804	0814	0824	0834	0844	0854	0904
Beckton Asda	0449	0505	minutes		0605	0621	0636	0651	0707	minutes			0807	0817	0827	0837	0847	0857	0908
Plaistow Greengate	0457	0513	until		0613	0629	0645	0701	0717	until			0817	0827	0837	0847	0857	0907	0919
Plaistow Station	0500	0516			0616	0632	0648	0704	0720				0820	0830	0840	0850	0900	0911	0923
Stratford Bus Station	0506	0522			0622	0638	0654	0710	0726				0826	0836	0846	0856	0907	0919	0931
East Beckton Showcase Cinemas	0901			0941	0951	1000	1009	1018	1027	1036			1746	1756	1806	1816	1827	1838	
East Beckton Sainsbury's	0904			0944	0954	1003	1012	1021	1030	1040			1750	1800	1810	1820	1831	1842	
Gallions Retail Park	0909	Then		0949	0959	1008	1017	1026	1036	1046	Then		1756	1806	1816	1826	1837	1847	
Cyprus Winsor Park	0915	every 10		0955	1005	1014	1023	1032	1042	1052	every 10		1802	1812	1822	1832	1843	1853	
Beckton Asda	0919	minutes		0959	1009	1018	1027	1036	1046	1056	minutes		1806	1816	1826	1836	1847	1857	
Plaistow Greengate	0931	until		1011	1021	1030	1040	1050	1100	1110	until		1820	1830	1839	1849	1859	1909	
Plaistow Station	0935			1015	1025	1035	1045	1055	1105	1115			1825	1835	1843	1853	1903	1913	
Stratford Bus Station	0943			1023	1034	1045	1055	1105	1115	1125			1835	1843	1851	1901	1911	1921	
East Beckton Showcase Cinemas	1849	1901	1914	1929	1944			2214	2229	2244			2359	0015					
East Beckton Sainsbury's	1853	1905	1918	1932	1947			2217	2232	2247			0002	0018					
Gallions Retail Park	1858	1910	1923	1937	1952	Then		2222	2237	2252	Then		0007	0023					
Cyprus Winsor Park	1904	1916	1929	1943	1957	every 15		2227	2242	2257	every 15		0012	0028					
Beckton Asda	1908	1920	1932	1946	2000	minutes		2230	2245	2300	minutes		0015	0031					
Plaistow Greengate	1920	1932	1944	1956	2010	until		2240	2255	2309	until		0024	0040					
Plaistow Station	1924	1935	1947	1959	2013			2243	2258	2312			0027	0043					
Stratford Bus Station	1932	1943	1955	2007	2021			2251	2304	2318			0033	0049					
262		Sundays and other Public Holidays (except Christmas Day and Boxing Day)																	
East Beckton Showcase Cinemas	0528	0553	0618	0640	0700	0720	0740	0758	0813	0828	0843	0858	0913	0928	0941	0954			1654
East Beckton Sainsbury's	0531	0556	0621	0643	0703	0723	0743	0801	0816	0831	0846	0901	0916	0931	0944	0957	Then		1657
Gallions Retail Park	0536	0601	0626	0648	0708	0728	0748	0806	0821	0836	0851	0906	0921	0936	0949	1002	every		1702
Cyprus Winsor Park	0541	0606	0631	0653	0713	0733	0753	0811	0826	0841	0856	0911	0926	0941	0954	1008	15		1708
Beckton Asda	0544	0609	0634	0656	0716	0736	0756	0814	0829	0844	0859	0914	0929	0944	0957	1011	mins		1711
Plaistow Greengate	0551	0616	0641	0703	0723	0743	0803	0821	0837	0854	0909	0924	0939	0954	1009	1025	until		1725
Plaistow Station	0554	0619	0644	0706	0726	0746	0806	0824	0840	0857	0912	0927	0942	0957	1013	1029			1729
Stratford Bus Station	0600	0625	0650	0712	0732	0752	0812	0830	0847	0904	0919	0934	0949	1005	1021	1037			1737
East Beckton Showcase Cinemas	1710	1726	1742	1758	1814	1829		2214	2229	2244			2359	0015					
East Beckton Sainsbury's	1713	1729	1745	1801	1817	1832		2217	2232	2247			0002	0018					
Gallions Retail Park	1718	1734	1750	1806	1822	1837	Then	2222	2237	2252	Then		0007	0023					
Cyprus Winsor Park	1724	1739	1755	1811	1827	1842	every 15	2227	2242	2257	every 15		0012	0028					
Beckton Asda	1727	1742	1758	1814	1830	1845	minutes	2230	2245	2300	minutes		0015	0031					
Plaistow Greengate	1740	1755	1810	1825	1840	1855	until	2240	2255	2309	until		0024	0040					
Plaistow Station	1744	1759	1814	1829	1844	1858		2243	2258	2312			0027	0043					
Stratford Bus Station	1752	1807	1822	1837	1852	1906		2251	2304	2318			0033	0049					

262		Mondays to Fridays																	
Stratford Bus Station	0512	0528	0543	0558	0611	0621	0631		0711	0720	0728		1408	1417	1426	1435			
Plaistow Station	0518	0534	0549	0604	0617	0627	0639		0719	0728	0738		1418	1427	1436	1445			
Plaistow Greengate	0521	0537	0552	0607	0620	0630	0643	Then	0723	0733	0743	Then	1423	1432	1441	1450			
Beckton Asda	0529	0545	0600	0615	0628	0640	0653	every 10	0733	0744	0755	every 10	1435	1444	1454	1504			
Cyprus Winsor Park	0531	0547	0602	0617	0630	0643	0656	minutes	0736	0747	0758	minutes	1438	1447	1457	1507			
Gallions Retail Park	0535	0551	0606	0621	0635	0648	0701	until	0741	0752	0803	until	1443	1452	1502	1512			
East Beckton Sainsbury's	0540	0556	0611	0626	0640	0653	0706		0746	0757	0808		1448	1458	1508	1518			
East Beckton Showcase Cinemas	0544	0600	0615	0630	0644	0657	0710		0750	0801	0812		1452	1502	1512	1522			
Stratford Bus Station	1445	1454	1503		1813	1823			1853	1903	1913	1923	1933	1944	1956	2008	2020		
Plaistow Station	1455	1505	1514		1824	1834			1904	1914	1924	1934	1943	1953	2005	2017	2029		
Plaistow Greengate	1500	1510	1519	Then	1829	1839	Then		1909	1919	1929	1938	1947	1957	2009	2021	2033		
Beckton Asda	1514	1524	1533	every 10	1843	1853	every 10		1923	1933	1941	1949	1957	2007	2019	2031	2043		
Cyprus Winsor Park	1517	1527	1536	minutes	1846	1856	minutes		1926	1936	1944	1952	2000	2010	2022	2034	2046		
Gallions Retail Park	1522	1532	1541	until	1851	1901	until		1931	1940	1948	1956	2004	2014	2026	2038	2050		
East Beckton Sainsbury's	1528	1538	1547		1857	1906			1936	1945	1953	2001	2009	2019	2031	2043	2055		
East Beckton Showcase Cinemas	1532	1542	1551		1901	1910			1940	1949	1957	2005	2013	2023	2035	2047	2059		
Stratford Bus Station	2034	2049	2104		2219	2235	2250	2306	2321	2336	2352	0009	0025	0041	0057				
Plaistow Station	2043	2057	2111		2226	2242	2257	2313	2328	2343	2359	0016	0032	0048	0104				
Plaistow Greengate	2047	2101	2114	Then	2229	2245	2300	2316	2331	2346	0002	0019	0035	0051	0107				
Beckton Asda	2057	2110	2123	every 15	2238	2253	2308	2324	2339	2354	0010	0027	0043	0059	0115				
Cyprus Winsor Park	2100	2113	2126	minutes	2241	2256	2311	2326	2341	2356	0012	0029	0045	0101	0117				
Gallions Retail Park	2104	2117	2130	until	2245	2300	2315	2330	2345	2400	0016	0033	0049	0105	0121				
East Beckton Sainsbury's	2109	2122	2135		2250	2305	2320	2335	2350	0005	0021	0038	0054	0110	0126				
East Beckton Showcase Cinemas	2113	2126	2139		2254	2309	2324	2339	2354	0009	0025	0042	0058	0114	0130				
262		Saturdays (also Good Friday)																	
Stratford Bus Station	0512	0528	0543	0558	0613	0628	0642	0657	0712	0727	0740	0753	0806	0819	0832	0844	0854	0905	
Plaistow Station	0518	0534	0549	0604	0619	0634	0649	0704	0719	0734	0747	0800	0813	0826	0839	0851	0901	0914	
Plaistow Greengate	0521	0537	0552	0607	0622	0637	0652	0707	0722	0737	0750	0803	0816	0829	0842	0854	0905	0918	
Beckton Asda	0529	0545	0600	0615	0630	0645	0700	0715	0730	0745	0758	0811	0824	0837	0850	0902	0915	0928	
Cyprus Winsor Park	0531	0547	0602	0617	0633	0648	0703	0718	0733	0748	0801	0814	0827	0840	0853	0905	0918	0931	
Gallions Retail Park	0535	0551	0606	0621	0637	0652	0707	0722	0737	0752	0805	0818	0831	0844	0857	0910	0923	0936	
East Beckton Sainsbury's	0540	0556	0611	0626	0642	0657	0712	0727	0742	0757	0810	0823	0836	0849	0902	0915	0928	0941	
East Beckton Showcase Cinemas	0544	0600	0615	0630	0646	0701	0716	0731	0746	0801	0814	0827	0840	0853	0906	0919	0932	0945	
Stratford Bus Station	0917			0957	1007	1017	1027	1037			1747	1758	1808	1818	1828	1838	1849	1900	
Plaistow Station	0926			1006	1016	1026	1037	1048			1758	1809	1819	1829	1839	1849	1859	1910	
Plaistow Greengate	0930	Then		1010	1020	1030	1042	1053	Then		1803	1814	1824	1834	1843	1853	1903	1914	
Beckton Asda	0940	every 10		1020	1030	1042	1054	1105	every 10		1815	1826	1836	1844	1853	1903	1913	1924	
Cyprus Winsor Park	0943	minutes		1023	1033	1045	1057	1108	minutes		1818	1829	1839	1847	1856	1906	1916	1927	
Gallions Retail Park	0948	until		1028	1038	1050	1102	1113	until		1823	1834	1844	1852	1901	1911	1921	1932	
East Beckton Sainsbury's	0953			1033	1044	1056	1108	1119			1829	1839	1849	1857	1906	1916	1926	1937	
East Beckton Showcase Cinemas	0957			1037	1048	1100	1112	1123			1833	1843	1853	1901	1910	1920	1930	1941	
Stratford Bus Station	1912	1924	1937	1950	2004				2219	2235	2250	2306	2321	2336	2352	0009	0025	0041	0057
Plaistow Station	1922	1934	1945	1957	2011				2226	2242	2257	2313	2328	2343	2359	0016	0032	0048	0104
Plaistow Greengate	1926	1937	1948	2000	2014	Then			2229	2245	2300	2316	2331	2346	0002	0019	0035	0051	0107
Beckton Asda	1935	1945	1956	2008	2022	every 15			2237	2253	2308	2324	2339	2354	0010	0027	0043	0059	0115
Cyprus Winsor Park	1938	1948	1959	2011	2025	minutes			2240	2255	2310	2326	2341	2356	0012	0029	0045	0101	0117
Gallions Retail Park	1942	1952	2003	2015	2029	until			2244	2259	2314	2330	2345	2400	0016	0033	0049	0105	0121
East Beckton Sainsbury's	1947	1957	2008	2020	2034				2249	2304	2319	2335	2350	0005	0021	0038	0054	0110	0126
East Beckton Showcase Cinemas	1951	2001	2012	2024	2038				2253	2308	2323	2339	2354	0009	0025	0042	0058	0114	0130
262		Sundays and other Public Holidays (except Christmas Day and Boxing Day)																	
Stratford Bus Station	0601	0621	0641	0701					0841	0900	0918	0933	0948	1003		1648	1704	1720	1735
Plaistow Station	0607	0627	0647	0708					0848	0907	0925	0940	0956	1012		1657	1713	1729	1743
Plaistow Greengate	0610	0630	0650	0711	Then				0851	0910	0928	0944	1000	1016	Then	1701	1717	1733	1747
Beckton Asda	0618	0638	0658	0719	every 20				0859	0918	0936	0953	1010	1026	every 15	1711	1727	1742	1756
Cyprus Winsor Park	0620	0640	0700	0721	minutes				0901	0921	0939	0956	1013	1029	minutes	1714	1730	1745	1759
Gallions Retail Park	0624	0644	0704	0725	until				0905	0925	0943	1001	1018	1034	until	1719	1734	1749	1803
East Beckton Sainsbury's	0629	0649	0709	0730					0910	0930	0948	1006	1023	1039		1724	1739	1754	1808
East Beckton Showcase Cinemas	0633	0653	0713	0734					0914	0934	0952	1010	1028	1044		1729	1744	1758	1812
Stratford Bus Station	1750	1805	1820	1835	1850	1905			2220	2235	2250	2306	2321	2336	2352	0009	0025	0041	0057
Plaistow Station	1758	1813	1828	1843	1858	1912	Then		2227	2242	2257	2313	2328	2343	2359	0016	0032	0048	0104
Plaistow Greengate	1802	1817	1832	1847	1902	1915	every		2230	2245	2300	2316	2331	2346	0002	0019	0035	0051	0107
Beckton Asda	1811	1826	1841	1856	1910	1923	15		2238	2253	2308	2324	2339	2354	0010	0027	0043	0059	0115
Cyprus Winsor Park	1814	1829	1844	1859	1913	1926	mins		2241	2255	2310	2326	2341	2356	0012	0029	0045	0101	0117
Gallions Retail Park	1818	1833	1848	1903	1917	1930	until		2245	2259	2314	2330	2345	2400	0016	0033	0049	0105	0121
East Beckton Sainsbury's	1823	1838	1853	1908	1922	1935			2250	2304	2319	2335	2350	0005	0021	0038	0054	0110	0126
East Beckton Showcase Cinemas	1827	1842	1857	1912	1926	1939			2254	2308	2323	2339	2354	0009	0025	0042	0058	0114	0130