

276		Mondays to Fridays																	
Stoke Newington Common	0430	0450	0510	0530	0545	0600	0612	0623	0634	0644	0653	0702	0712	0722	0732	0743	0755	0807	
Amhurst Road Shacklewell Lane	0432	0452	0512	0532	0547	0602	0614	0625	0636	0646	0655	0705	0715	0725	0736	0747	0759	0811	
Hackney Central Station Amhurst Rd.	0435	0455	0515	0535	0551	0606	0618	0629	0640	0650	0659	0709	0719	0729	0741	0752	0804	0816	
Homerton Hospital Homerton Grove	0439	0459	0519	0539	0555	0610	0623	0634	0645	0655	0704	0715	0726	0736	0748	0800	0812	0824	
Hackney Wick Trowbridge Estate	0444	0504	0524	0544	0600	0616	0629	0640	0651	0702	0712	0723	0734	0745	0757	0809	0821	0833	
Hackney Wick Station	0446	0506	0526	0546	0602	0618	0631	0642	0653	0704	0715	0726	0737	0748	0800	0812	0824	0836	
Old Ford Parnell Road	0449	0509	0530	0550	0606	0622	0635	0647	0658	0709	0721	0732	0743	0755	0807	0819	0831	0843	
Bow Church	0452	0512	0533	0553	0609	0626	0639	0651	0702	0714	0726	0737	0749	0801	0813	0825	0837	0849	
Stratford Bus Station	0458	0518	0539	0559	0615	0633	0646	0658	0710	0722	0734	0746	0758	0810	0822	0834	0846	0858	
West Ham Station	0505	0525	0546	0606	0622	0640	0654	0707	0719	0731	0744	0756	0808	0820	0832	0844	0856	0908	
Canning Town Barking Rd./Hermit Rd.	0509	0529	0550	0610	0626	0644	0659	0712	0724	0737	0750	0802	0814	0826	0838	0850	0902	0914	
Plaistow Greengate	0512	0532	0553	0613	0630	0648	0703	0716	0729	0742	0755	0808	0820	0832	0844	0856	0908	0919	
Newham Hospital Main Entrance	0515	0535	0556	0616	0634	0652	0707	0721	0734	0747	0800	0813	0825	0837	0849	0901	0913	0924	
Newham Hospital Gateway Centre	0516	0536	0557	0617	0635	0653	0708	0722	0735	0748	0801	0814	0826	0838	0850	0902	0914	0925	
Stoke Newington Common	0820	0832	0844	0857	0909	0921	0934	0946	0958	1011	1023	1035	1047	1059	1111	1123		1259	
Amhurst Road Shacklewell Lane	0824	0836	0848	0901	0913	0925	0938	0950	1002	1014	1026	1038	1050	1102	1114	1126		1302	
Hackney Central Station Amhurst Rd.	0829	0841	0853	0906	0918	0930	0943	0955	1007	1019	1031	1043	1055	1107	1119	1131		1307	
Homerton Hospital Homerton Grove	0837	0849	0901	0914	0926	0938	0951	1003	1014	1026	1038	1050	1102	1114	1127	1139		1315	
Hackney Wick Trowbridge Estate	0846	0858	0910	0923	0935	0947	0959	1011	1022	1034	1046	1058	1110	1122	1135	1147		1323	
Hackney Wick Station	0849	0901	0913	0926	0938	0950	1002	1014	1025	1037	1049	1101	1113	1125	1138	1150		1326	
Old Ford Parnell Road	0856	0907	0919	0932	0944	0956	1008	1020	1031	1043	1055	1107	1119	1131	1144	1156		1332	
Bow Church	0902	0913	0925	0937	0949	1001	1013	1025	1036	1048	1100	1112	1124	1136	1149	1202		1338	
Stratford Bus Station	0911	0922	0934	0946	0958	1010	1022	1034	1045	1057	1109	1121	1133	1145	1158	1211		1347	
West Ham Station	0920	0931	0943	0955	1007	1019	1031	1043	1054	1106	1118	1130	1142	1155	1208	1221		1357	
Canning Town Barking Rd./Hermit Rd.	0926	0937	0949	1001	1013	1025	1037	1049	1100	1112	1124	1136	1148	1201	1214	1227		1403	
Plaistow Greengate	0931	0942	0954	1006	1018	1030	1042	1054	1105	1117	1129	1141	1154	1207	1220	1233		1409	
Newham Hospital Main Entrance	0936	0947	0959	1011	1023	1035	1047	1059	1110	1122	1134	1146	1159	1212	1225	1238		1414	
Newham Hospital Gateway Centre	0937	0948	1000	1012	1024	1036	1048	1100	1111	1123	1135	1147	1200	1213	1226	1239		1415	
Stoke Newington Common	1311	1323	1335	1347	1359	1410	1421	1432	1444	1455	1505	1516	1528	1540	1552	1604	1616	1629	
Amhurst Road Shacklewell Lane	1314	1326	1338	1350	1402	1413	1424	1435	1447	1458	1508	1519	1531	1543	1556	1608	1620	1633	
Hackney Central Station Amhurst Rd.	1319	1331	1343	1355	1408	1419	1430	1441	1453	1504	1515	1526	1538	1550	1603	1615	1627	1640	
Homerton Hospital Homerton Grove	1327	1340	1352	1404	1417	1428	1439	1451	1503	1514	1526	1538	1550	1602	1615	1626	1638	1651	
Hackney Wick Trowbridge Estate	1335	1348	1400	1412	1425	1436	1447	1459	1511	1523	1535	1547	1559	1611	1624	1635	1647	1700	
Hackney Wick Station	1338	1351	1403	1415	1428	1439	1450	1502	1514	1526	1538	1550	1602	1614	1627	1638	1650	1703	
Old Ford Parnell Road	1344	1357	1409	1421	1434	1445	1456	1508	1520	1532	1544	1556	1608	1620	1633	1644	1656	1709	
Bow Church	1350	1403	1415	1428	1441	1452	1503	1515	1527	1539	1551	1603	1615	1627	1640	1651	1703	1715	
Stratford Bus Station	1359	1412	1425	1438	1451	1502	1513	1525	1537	1549	1601	1613	1625	1637	1650	1702	1714	1726	
West Ham Station	1409	1422	1435	1448	1501	1512	1524	1536	1548	1600	1612	1624	1636	1648	1701	1713	1725	1737	
Canning Town Barking Rd./Hermit Rd.	1415	1428	1441	1455	1508	1519	1531	1543	1555	1607	1619	1631	1643	1655	1707	1719	1731	1743	
Plaistow Greengate	1421	1434	1447	1501	1514	1526	1538	1550	1602	1614	1626	1638	1650	1702	1714	1726	1738	1750	
Newham Hospital Main Entrance	1427	1440	1453	1507	1520	1532	1544	1556	1608	1620	1632	1644	1656	1708	1720	1732	1744	1756	
Newham Hospital Gateway Centre	1428	1441	1454	1508	1521	1533	1545	1557	1609	1621	1633	1645	1657	1709	1721	1733	1745	1757	
Stoke Newington Common	1641	1653	1705	1717	1729	1741	1753	1805	1817	1829	1841	1856	1911	1926	1941	2001	2021	2041	
Amhurst Road Shacklewell Lane	1645	1657	1709	1721	1733	1745	1757	1809	1820	1832	1844	1859	1914	1929	1944	2004	2024	2044	
Hackney Central Station Amhurst Rd.	1652	1704	1716	1728	1739	1751	1803	1814	1825	1837	1849	1904	1919	1934	1948	2008	2028	2048	
Homerton Hospital Homerton Grove	1703	1715	1726	1738	1749	1801	1812	1823	1834	1845	1857	1912	1926	1941	1955	2015	2035	2055	
Hackney Wick Trowbridge Estate	1712	1724	1735	1747	1758	1810	1821	1832	1842	1853	1905	1920	1934	1949	2003	2022	2042	2102	
Hackney Wick Station	1715	1727	1738	1750	1801	1813	1824	1835	1845	1856	1908	1923	1937	1951	2005	2024	2044	2104	
Old Ford Parnell Road	1721	1733	1744	1756	1807	1819	1830	1840	1850	1901	1913	1928	1942	1956	2010	2029	2049	2108	
Bow Church	1727	1739	1750	1802	1813	1825	1835	1845	1855	1906	1918	1933	1947	2001	2015	2033	2053	2112	
Stratford Bus Station	1738	1750	1801	1812	1823	1835	1845	1854	1904	1915	1926	1941	1955	2009	2023	2040	2100	2119	
West Ham Station	1749	1801	1812	1823	1834	1845	1855	1904	1914	1925	1936	1950	2004	2018	2032	2049	2109	2128	
Canning Town Barking Rd./Hermit Rd.	1755	1807	1818	1829	1840	1851	1901	1910	1919	1930	1941	1955	2009	2023	2037	2054	2114	2133	
Plaistow Greengate	1802	1814	1825	1836	1847	1857	1907	1916	1925	1936	1946	2000	2014	2028	2042	2059	2119	2138	
Newham Hospital Main Entrance	1808	1819	1830	1841	1852	1902	1912	1921	1930	1940	1950	2004	2018	2032	2046	2103	2122	2141	
Newham Hospital Gateway Centre	1809	1820	1831	1842	1853	1903	1913	1922	1931	1941	1951	2005	2019	2033	2047	2104	2123	2142	
Stoke Newington Common	2101	2122	2142	2202	2223	2243	2304	2324	2344	0005	0025	0045	0105						
Amhurst Road Shacklewell Lane	2104	2125	2145	2205	2226	2246	2306	2326	2346	0007	0027	0047	0107						
Hackney Central Station Amhurst Rd.	2108	2129	2149	2209	2230	2250	2309	2329	2349	0010	0030	0050	0110						
Homerton Hospital Homerton Grove	2114	2135	2155	2215	2236	2255	2314	2334	2354	0014	0034	0054	0114						
Hackney Wick Trowbridge Estate	2120	2141	2201	2221	2242	2301	2320	2339	2359	0019	0039	0059	0119						
Hackney Wick Station	2122	2143	2203	2223	2244	2303	2322	2341	0001	0021	0041	0101	0121						
Old Ford Parnell Road	2126	2147	2207	2227	2248	2306	2325	2344	0004	0024	0044	0104	0124						
Bow Church	2130	2151	2211	2231	2252	2310	2329	2348	0007	0027	0047	0107	0127						
Stratford Bus Station	2137	2158	2217	2237	2258	2316	2335	2354	0013	0033	0053	0113	0133						
West Ham Station	2146	2206	2225	2245	2306	2324	2342	0001	0019	0039	0059	0119	0139						
Canning Town Barking Rd./Hermit Rd.	2151	2211	2230	2250	2310	2328	2346	0005	0023	0043	0103	0123	0143						
Plaistow Greengate	2156	2215	2234	2254	2314	2332	2350	0008	0026	0046	0106	0126	0146						
Newham Hospital Main Entrance	2159	2218	2237	2257	2317	2335	2353	0011	0029	0049	0109	0129	0149						
Newham Hospital Gateway Centre	2200	2219	2238	2258	2318	2336	2354	0012	0030	0050	0110	0130	0150						

276	Sundays and other Public Holidays (except Christmas Day)																	
Stoke Newington Common	0550	0610	0630	0650	0710	0730	0750	0810	0825	0839	0854	0908	0923	0936	0951	1006	1019	1034
Amhurst Road Shacklewell Lane	0552	0612	0632	0652	0712	0732	0752	0812	0827	0841	0856	0910	0925	0939	0954	1009	1022	1037
Hackney Central Station Amhurst Rd.	0555	0615	0635	0655	0715	0735	0755	0815	0830	0845	0900	0914	0929	0943	0958	1013	1026	1041
Homerton Hospital Homerton Grove	0600	0620	0640	0700	0720	0740	0800	0820	0836	0851	0906	0920	0935	0949	1004	1019	1032	1047
Hackney Wick Trowbridge Estate	0605	0625	0645	0705	0725	0745	0805	0825	0841	0856	0912	0926	0941	0955	1010	1025	1039	1054
Hackney Wick Station	0607	0627	0647	0707	0727	0747	0807	0827	0843	0858	0914	0928	0943	0957	1012	1027	1041	1056
Old Ford Parnell Road	0611	0631	0651	0711	0731	0751	0811	0831	0847	0902	0918	0932	0947	1001	1016	1031	1046	1101
Bow Church	0614	0634	0654	0714	0734	0754	0814	0835	0851	0906	0922	0936	0951	1005	1020	1035	1050	1105
Stratford Bus Station	0620	0640	0700	0720	0740	0800	0820	0841	0857	0913	0929	0943	0958	1013	1028	1043	1058	1113
West Ham Station	0627	0647	0707	0727	0747	0807	0827	0848	0904	0920	0936	0951	1006	1021	1036	1051	1106	1121
Canning Town Barking Rd./Hermit Rd.	0631	0651	0711	0731	0751	0811	0831	0852	0908	0924	0941	0956	1011	1026	1041	1056	1111	1126
Plaistow Greengate	0634	0654	0715	0735	0755	0815	0835	0856	0913	0929	0946	1001	1016	1031	1046	1101	1116	1131
Newham Hospital Main Entrance	0637	0657	0718	0738	0758	0818	0838	0859	0916	0932	0949	1004	1019	1034	1049	1105	1120	1135
Newham Hospital Gateway Centre	0638	0658	0719	0739	0759	0819	0839	0900	0917	0933	0950	1005	1020	1035	1050	1106	1121	1136
Stoke Newington Common	1049	1104	1117	1132	1146	1159	1214	1228	1242	Then every 15 minutes until	1427	1442	1457	1512	1527	1542	1557	
Amhurst Road Shacklewell Lane	1052	1107	1120	1135	1149	1202	1217	1231	1245		1430	1445	1500	1515	1530	1545	1600	
Hackney Central Station Amhurst Rd.	1056	1111	1124	1139	1153	1207	1222	1236	1250		1435	1450	1505	1520	1535	1550	1605	
Homerton Hospital Homerton Grove	1102	1117	1130	1145	1159	1214	1229	1243	1258		1443	1458	1513	1528	1543	1558	1613	
Hackney Wick Trowbridge Estate	1109	1124	1138	1153	1207	1222	1237	1251	1306		1451	1506	1521	1536	1551	1606	1621	
Hackney Wick Station	1111	1126	1140	1155	1210	1225	1240	1254	1309		1454	1509	1524	1539	1554	1609	1624	
Old Ford Parnell Road	1116	1131	1145	1200	1215	1230	1245	1259	1314		1459	1514	1529	1544	1559	1614	1629	
Bow Church	1120	1135	1149	1204	1219	1235	1250	1304	1319		1504	1519	1534	1549	1604	1619	1634	
Stratford Bus Station	1128	1143	1157	1212	1227	1243	1258	1313	1328		1513	1528	1542	1557	1612	1627	1642	
West Ham Station	1136	1151	1206	1221	1236	1252	1307	1322	1337		1522	1537	1551	1606	1621	1636	1651	
Canning Town Barking Rd./Hermit Rd.	1141	1156	1211	1226	1241	1257	1313	1328	1343		1528	1542	1556	1611	1626	1641	1656	
Plaistow Greengate	1146	1201	1216	1231	1246	1302	1319	1334	1349		1534	1548	1602	1616	1631	1646	1701	
Newham Hospital Main Entrance	1150	1205	1220	1235	1250	1306	1323	1338	1353	1538	1552	1606	1620	1635	1650	1705		
Newham Hospital Gateway Centre	1151	1206	1221	1236	1251	1307	1324	1339	1354	1539	1553	1607	1621	1636	1651	1706		
Stoke Newington Common	1612	1627	1642	1657	1713	1728	1743	1758	1813	1828	1843	1903	1923	1943	2003	2023	2043	2103
Amhurst Road Shacklewell Lane	1615	1630	1645	1700	1716	1731	1746	1801	1816	1831	1846	1906	1926	1946	2006	2026	2046	2106
Hackney Central Station Amhurst Rd.	1620	1634	1649	1704	1720	1735	1750	1805	1820	1835	1850	1910	1930	1950	2010	2030	2050	2110
Homerton Hospital Homerton Grove	1628	1642	1657	1711	1727	1742	1757	1812	1827	1842	1857	1916	1936	1956	2016	2036	2056	2116
Hackney Wick Trowbridge Estate	1636	1650	1705	1719	1734	1749	1804	1819	1834	1849	1904	1923	1943	2003	2023	2042	2102	2122
Hackney Wick Station	1639	1653	1708	1722	1737	1752	1807	1822	1837	1852	1906	1925	1945	2005	2025	2044	2104	2124
Old Ford Parnell Road	1644	1658	1713	1727	1742	1757	1812	1827	1842	1857	1911	1930	1950	2010	2030	2049	2109	2128
Bow Church	1649	1703	1718	1732	1747	1802	1817	1832	1847	1902	1916	1935	1954	2014	2034	2053	2113	2132
Stratford Bus Station	1657	1711	1726	1740	1755	1810	1825	1840	1855	1910	1924	1942	2001	2021	2041	2100	2120	2139
West Ham Station	1706	1720	1735	1749	1804	1819	1834	1849	1904	1919	1933	1950	2009	2029	2049	2108	2128	2147
Canning Town Barking Rd./Hermit Rd.	1711	1725	1740	1754	1809	1824	1839	1854	1909	1924	1938	1955	2014	2034	2054	2113	2133	2152
Plaistow Greengate	1716	1730	1745	1759	1814	1829	1844	1859	1914	1929	1943	2000	2019	2039	2059	2117	2137	2156
Newham Hospital Main Entrance	1720	1734	1749	1803	1818	1833	1848	1903	1918	1933	1947	2004	2023	2043	2103	2121	2141	2200
Newham Hospital Gateway Centre	1721	1735	1750	1804	1819	1834	1849	1904	1919	1934	1948	2005	2024	2044	2104	2122	2142	2201
Stoke Newington Common	2123	2143	2204	2224	2244	2305	2325	2345	0005	0025	0045	0105						
Amhurst Road Shacklewell Lane	2126	2146	2207	2227	2247	2307	2327	2347	0007	0027	0047	0107						
Hackney Central Station Amhurst Rd.	2130	2150	2210	2230	2250	2310	2330	2350	0010	0030	0050	0110						
Homerton Hospital Homerton Grove	2135	2155	2215	2235	2255	2315	2335	2355	0014	0034	0054	0114						
Hackney Wick Trowbridge Estate	2141	2201	2221	2241	2301	2320	2340	0000	0019	0039	0059	0119						
Hackney Wick Station	2143	2203	2223	2243	2303	2322	2342	0002	0021	0041	0101	0121						
Old Ford Parnell Road	2147	2207	2227	2247	2306	2325	2345	0005	0024	0044	0104	0124						
Bow Church	2151	2211	2231	2251	2310	2329	2349	0008	0027	0047	0107	0127						
Stratford Bus Station	2158	2218	2238	2258	2317	2336	2355	0014	0033	0053	0113	0133						
West Ham Station	2206	2226	2246	2306	2325	2343	0002	0020	0039	0059	0119	0139						
Canning Town Barking Rd./Hermit Rd.	2210	2230	2250	2310	2329	2347	0006	0024	0043	0103	0123	0143						
Plaistow Greengate	2214	2234	2254	2313	2332	2350	0009	0027	0046	0106	0126	0146						
Newham Hospital Main Entrance	2217	2237	2257	2316	2335	2353	0012	0030	0049	0109	0129	0149						
Newham Hospital Gateway Centre	2218	2238	2258	2317	2336	2354	0013	0031	0050	0110	0130	0150						

276		Mondays to Fridays																	
Newham Hospital Gateway Centre	0445	0505	0525	0545	0558	0611	0624	0634	0644	0653	0704	0715	0726	0737	0748	0800	0812	0824	
Newham Hospital Main Entrance	0446	0506	0526	0546	0559	0612	0625	0635	0645	0654	0705	0716	0727	0738	0749	0801	0813	0825	
Plaistow Greengate	0449	0509	0529	0549	0602	0615	0629	0639	0649	0658	0709	0720	0731	0742	0753	0806	0818	0830	
Canning Town Barking Rd./Hermit Rd.	0453	0513	0533	0553	0607	0620	0635	0645	0655	0704	0715	0726	0738	0749	0800	0813	0825	0837	
West Ham Station	0458	0518	0538	0558	0612	0625	0640	0650	0700	0709	0721	0732	0744	0755	0807	0820	0832	0844	
Stratford Bus Station	0504	0524	0544	0604	0619	0633	0648	0659	0709	0719	0731	0742	0754	0806	0818	0831	0843	0855	
Bow Church	0510	0530	0550	0611	0626	0641	0656	0707	0718	0728	0740	0751	0803	0815	0827	0840	0852	0904	
Old Ford Parnell Road	0513	0534	0554	0615	0630	0645	0701	0712	0723	0735	0747	0758	0810	0822	0834	0847	0859	0911	
Hackney Wick Station	0516	0537	0557	0618	0633	0649	0705	0717	0728	0740	0752	0804	0816	0828	0840	0852	0904	0916	
Hackney Wick Trowbridge Estate	0518	0539	0559	0620	0635	0651	0707	0719	0730	0742	0755	0807	0819	0831	0843	0855	0907	0919	
Homerton Hospital Homerton Grove	0523	0544	0604	0626	0642	0659	0715	0728	0741	0754	0808	0820	0832	0844	0856	0908	0919	0930	
Hackney Central Station Amhurst Rd.	0529	0550	0611	0633	0650	0707	0724	0738	0752	0806	0820	0833	0845	0857	0908	0920	0931	0942	
Amhurst Road Shacklewell Lane	0532	0553	0614	0636	0653	0711	0728	0743	0757	0811	0825	0838	0850	0902	0913	0925	0936	0947	
Stoke Newington Common	0537	0558	0620	0642	0700	0718	0736	0751	0806	0820	0834	0847	0859	0911	0922	0934	0944	0955	
Newham Hospital Gateway Centre	0836	0848	0901	0913	0925	0937	0949	1000	1012	1024	1036	1048	1100	1112	Then every 12 minutes until	1300	1312		
Newham Hospital Main Entrance	0837	0849	0902	0914	0926	0938	0950	1001	1013	1025	1037	1049	1101	1113		1301	1313		
Plaistow Greengate	0842	0854	0907	0919	0931	0943	0955	1006	1018	1030	1042	1054	1106	1119		1307	1319		
Canning Town Barking Rd./Hermit Rd.	0849	0901	0914	0926	0938	0950	1002	1013	1025	1037	1049	1101	1113	1126		1314	1326		
West Ham Station	0856	0908	0921	0933	0945	0956	1008	1019	1031	1043	1055	1107	1119	1132		1320	1332		
Stratford Bus Station	0907	0919	0932	0944	0956	1007	1019	1030	1042	1054	1106	1118	1130	1143		1331	1343		
Bow Church	0916	0928	0941	0953	1004	1015	1027	1038	1050	1102	1114	1126	1138	1151		1339	1351		
Old Ford Parnell Road	0922	0934	0947	0959	1010	1021	1033	1044	1056	1108	1120	1132	1144	1157		1345	1357		
Hackney Wick Station	0927	0939	0952	1004	1015	1026	1038	1049	1101	1113	1125	1137	1149	1202		1350	1402		
Hackney Wick Trowbridge Estate	0930	0942	0955	1007	1018	1029	1041	1052	1104	1116	1128	1140	1152	1205		1353	1405		
Homerton Hospital Homerton Grove	0941	0952	1004	1015	1026	1037	1049	1100	1112	1124	1136	1148	1200	1213		1401	1413		
Hackney Central Station Amhurst Rd.	0952	1003	1015	1026	1037	1048	1100	1111	1123	1135	1147	1159	1211	1224		1412	1425		
Amhurst Road Shacklewell Lane	0957	1008	1020	1031	1042	1053	1105	1116	1128	1140	1152	1204	1216	1229		1417	1430		
Stoke Newington Common	1005	1016	1028	1039	1050	1101	1113	1124	1136	1148	1200	1213	1225	1238		1426	1439		
Newham Hospital Gateway Centre	1324	1336	1348	1400	1412	1423	1434	1445	1456	1507	1519	1531	1543	1555	1607	1619	1631	1643	
Newham Hospital Main Entrance	1325	1337	1349	1401	1413	1424	1435	1446	1457	1508	1520	1532	1544	1556	1608	1620	1632	1644	
Plaistow Greengate	1331	1343	1355	1407	1419	1430	1442	1453	1504	1516	1528	1540	1552	1604	1616	1628	1640	1652	
Canning Town Barking Rd./Hermit Rd.	1338	1350	1402	1414	1426	1438	1450	1501	1512	1524	1536	1548	1600	1612	1624	1636	1648	1700	
West Ham Station	1344	1356	1408	1420	1433	1445	1457	1508	1519	1531	1543	1555	1607	1619	1631	1643	1655	1707	
Stratford Bus Station	1355	1407	1419	1431	1444	1456	1508	1520	1531	1543	1555	1607	1619	1631	1643	1655	1707	1719	
Bow Church	1403	1415	1427	1440	1453	1505	1517	1529	1540	1552	1604	1616	1628	1641	1653	1705	1717	1730	
Old Ford Parnell Road	1409	1421	1433	1446	1459	1511	1523	1535	1547	1559	1611	1623	1635	1648	1700	1712	1724	1737	
Hackney Wick Station	1414	1426	1438	1451	1504	1516	1528	1540	1552	1604	1616	1628	1640	1653	1705	1717	1729	1742	
Hackney Wick Trowbridge Estate	1417	1429	1441	1454	1507	1519	1531	1543	1555	1607	1619	1631	1643	1656	1708	1720	1732	1745	
Homerton Hospital Homerton Grove	1425	1437	1449	1502	1515	1527	1539	1552	1604	1616	1628	1641	1653	1706	1718	1730	1742	1755	
Hackney Central Station Amhurst Rd.	1437	1449	1501	1514	1527	1539	1552	1605	1617	1629	1641	1653	1705	1718	1730	1742	1754	1807	
Amhurst Road Shacklewell Lane	1442	1454	1507	1520	1533	1545	1558	1611	1623	1635	1647	1659	1711	1724	1736	1748	1800	1812	
Stoke Newington Common	1451	1503	1516	1529	1542	1554	1607	1620	1632	1644	1656	1708	1720	1733	1745	1757	1809	1821	
Newham Hospital Gateway Centre	1655	1708	1720	1732	1744	1756	1809	1821	1833	1845	1857	1909	1921	1936	1951	2006	2021	2041	
Newham Hospital Main Entrance	1656	1709	1721	1733	1745	1757	1810	1822	1834	1846	1858	1910	1922	1937	1952	2007	2022	2042	
Plaistow Greengate	1704	1717	1729	1740	1752	1804	1816	1828	1840	1852	1904	1916	1928	1943	1957	2012	2027	2047	
Canning Town Barking Rd./Hermit Rd.	1712	1725	1737	1748	1759	1811	1823	1835	1847	1859	1911	1923	1935	1949	2003	2018	2033	2053	
West Ham Station	1719	1732	1744	1755	1806	1817	1829	1841	1853	1905	1917	1929	1941	1955	2009	2024	2039	2058	
Stratford Bus Station	1731	1744	1756	1807	1818	1828	1840	1852	1904	1916	1927	1939	1951	2004	2018	2032	2047	2106	
Bow Church	1742	1755	1807	1817	1828	1838	1849	1901	1913	1925	1936	1948	2000	2012	2026	2040	2055	2114	
Old Ford Parnell Road	1749	1802	1813	1823	1834	1844	1855	1907	1919	1931	1942	1953	2005	2017	2031	2045	2100	2119	
Hackney Wick Station	1754	1807	1818	1828	1839	1849	1900	1912	1924	1935	1946	1957	2009	2021	2035	2049	2104	2123	
Hackney Wick Trowbridge Estate	1757	1810	1821	1831	1842	1852	1903	1914	1926	1937	1948	1959	2011	2023	2037	2051	2106	2125	
Homerton Hospital Homerton Grove	1807	1819	1830	1840	1850	1900	1911	1922	1934	1945	1956	2007	2019	2031	2044	2058	2113	2132	
Hackney Central Station Amhurst Rd.	1819	1831	1841	1850	1900	1910	1920	1931	1943	1954	2005	2016	2027	2039	2052	2106	2121	2140	
Amhurst Road Shacklewell Lane	1824	1836	1846	1855	1905	1915	1925	1936	1948	1959	2010	2021	2032	2044	2057	2110	2125	2144	
Stoke Newington Common	1833	1844	1854	1903	1913	1923	1933	1944	1956	2007	2018	2028	2039	2051	2104	2117	2132	2151	
Newham Hospital Gateway Centre	2102	2122	2142	2203	2223	2243	2304	2324	2344	0005	0025	0045	0105						
Newham Hospital Main Entrance	2103	2123	2143	2204	2224	2244	2305	2325	2345	0006	0026	0046	0106						
Plaistow Greengate	2107	2126	2146	2207	2227	2247	2308	2328	2348	0009	0029	0049	0109						
Canning Town Barking Rd./Hermit Rd.	2112	2131	2151	2212	2232	2251	2312	2332	2352	0012	0032	0052	0112						
West Ham Station	2117	2136	2156	2217	2237	2256	2317	2337	2357	0016	0036	0056	0116						
Stratford Bus Station	2125	2144	2204	2225	2245	2304	2325	2345	0004	0023	0043	0103	0123						
Bow Church	2133	2152	2212	2233	2253	2312	2332	2352	0010	0029	0049	0109	0129						
Old Ford Parnell Road	2138	2157	2217	2238	2257	2316	2336	2356	0014	0033	0053	0113	0133						
Hackney Wick Station	2142	2201	2221	2242	2301	2320	2339	2359	0017	0036	0056	0116	0136						
Hackney Wick Trowbridge Estate	2144	2203	2223	2244	2303	2322	2341	0001	0019	0038	0058	0118	0138						
Homerton Hospital Homerton Grove	2151	2210	2230	2251	2309	2327	2346	0006	0024	0043	0103	0123	0143						
Hackney Central Station Amhurst Rd.	2159	2218	2237	2258	2316	2334	2352	0012	0030	0049	0109	0129	0149						
Amhurst Road Shacklewell Lane	2203	2222	2241	2302	2320	2338	2356	0015	0033	0052	0112	0132	0152						
Stoke Newington Common	2210	2229	2248	2308	2326	2344	0002	0020	0038	0057	0117	0137	0157						

276	Sundays and other Public Holidays (except Christmas Day)																	
Newham Hospital Gateway Centre	0553	0613	0632	0651	0711	0731	0751	0811	0831	0846	0900	0915	0929	0943	0958	1013	1026	1041
Newham Hospital Main Entrance	0554	0614	0633	0652	0712	0732	0752	0812	0832	0847	0901	0916	0930	0944	0959	1014	1027	1042
Plaistow Greengate	0557	0617	0636	0655	0715	0735	0755	0815	0835	0850	0905	0920	0934	0948	1003	1018	1031	1046
Canning Town Barking Rd./Hermit Rd.	0601	0621	0640	0659	0719	0739	0759	0819	0839	0854	0910	0925	0939	0953	1008	1023	1037	1052
West Ham Station	0606	0626	0645	0704	0724	0744	0804	0824	0844	0859	0915	0930	0944	0958	1013	1028	1043	1058
Stratford Bus Station	0612	0632	0651	0710	0730	0750	0810	0830	0850	0907	0923	0938	0952	1006	1021	1036	1051	1106
Bow Church	0618	0638	0657	0716	0736	0756	0816	0836	0856	0914	0930	0945	0959	1014	1029	1044	1059	1114
Old Ford Parnell Road	0621	0641	0700	0720	0740	0800	0820	0840	0900	0918	0934	0949	1004	1019	1034	1049	1104	1119
Hackney Wick Station	0624	0644	0703	0723	0743	0804	0824	0844	0904	0922	0938	0953	1008	1023	1038	1053	1108	1123
Hackney Wick Trowbridge Estate	0626	0646	0705	0725	0745	0806	0826	0846	0906	0924	0940	0955	1010	1025	1040	1055	1111	1126
Homerton Hospital Homerton Grove	0631	0651	0710	0730	0750	0812	0832	0852	0912	0930	0946	1001	1017	1032	1047	1102	1118	1133
Hackney Central Station Amhurst Rd.	0637	0657	0717	0737	0757	0819	0839	0859	0920	0938	0954	1010	1026	1041	1056	1112	1128	1143
Amhurst Road Shacklewell Lane	0640	0700	0720	0740	0800	0822	0843	0903	0924	0942	0958	1014	1030	1045	1100	1116	1132	1147
Stoke Newington Common	0645	0705	0725	0745	0805	0827	0849	0910	0931	0949	1005	1021	1037	1052	1107	1123	1140	1155
Newham Hospital Gateway Centre	1055	1110	1124	1137	1151	1205	1220	1235	1250	1304	1319	1334	1349	1404	Then every 15 minutes until	1519	1534	
Newham Hospital Main Entrance	1056	1111	1125	1138	1152	1206	1221	1236	1251	1305	1320	1335	1350	1405		1520	1535	
Plaistow Greengate	1100	1115	1130	1143	1157	1211	1226	1241	1256	1311	1326	1341	1356	1411		1526	1541	
Canning Town Barking Rd./Hermit Rd.	1106	1121	1136	1150	1204	1218	1233	1248	1303	1318	1333	1348	1403	1418		1533	1548	
West Ham Station	1112	1127	1142	1156	1210	1224	1239	1254	1309	1324	1339	1354	1409	1424		1539	1554	
Stratford Bus Station	1120	1135	1150	1205	1220	1235	1250	1305	1320	1335	1350	1405	1420	1435		1550	1604	
Bow Church	1128	1143	1158	1213	1228	1243	1258	1313	1328	1343	1358	1413	1428	1444		1559	1612	
Old Ford Parnell Road	1133	1148	1203	1218	1233	1248	1303	1318	1333	1348	1403	1418	1433	1449		1604	1617	
Hackney Wick Station	1138	1153	1208	1223	1238	1253	1308	1323	1338	1353	1408	1423	1438	1454		1609	1622	
Hackney Wick Trowbridge Estate	1141	1156	1211	1226	1241	1256	1311	1326	1341	1356	1411	1426	1441	1457		1612	1625	
Homerton Hospital Homerton Grove	1148	1203	1218	1233	1249	1304	1319	1335	1350	1405	1420	1435	1450	1506		1621	1634	
Hackney Central Station Amhurst Rd.	1158	1213	1228	1244	1300	1316	1331	1347	1402	1417	1432	1447	1502	1517		1632	1645	
Amhurst Road Shacklewell Lane	1202	1217	1233	1249	1305	1321	1336	1352	1407	1422	1437	1452	1507	1522	1637	1650		
Stoke Newington Common	1210	1225	1241	1257	1313	1329	1344	1400	1415	1430	1445	1500	1515	1530	1645	1658		
Newham Hospital Gateway Centre	1549	1604	1619	1634	1649	1704	1719	1734	1749	1805	1820	1835	1850	1905	1921	1941	2001	2021
Newham Hospital Main Entrance	1550	1605	1620	1635	1650	1705	1720	1735	1750	1806	1821	1836	1851	1906	1922	1942	2002	2022
Plaistow Greengate	1556	1610	1625	1640	1655	1710	1725	1740	1755	1811	1826	1841	1856	1911	1927	1947	2006	2026
Canning Town Barking Rd./Hermit Rd.	1602	1616	1631	1646	1701	1716	1731	1746	1801	1817	1832	1847	1902	1917	1933	1953	2012	2032
West Ham Station	1608	1622	1637	1652	1707	1722	1737	1752	1807	1823	1838	1853	1907	1922	1938	1958	2017	2037
Stratford Bus Station	1618	1632	1647	1702	1717	1731	1746	1801	1816	1832	1847	1902	1916	1931	1946	2006	2025	2045
Bow Church	1626	1640	1655	1710	1725	1739	1754	1809	1824	1840	1855	1910	1924	1939	1954	2014	2033	2053
Old Ford Parnell Road	1631	1645	1700	1715	1730	1744	1759	1814	1829	1845	1900	1915	1929	1944	1959	2019	2038	2058
Hackney Wick Station	1636	1650	1705	1720	1735	1749	1804	1819	1834	1850	1905	1919	1933	1948	2003	2023	2042	2102
Hackney Wick Trowbridge Estate	1639	1653	1708	1723	1738	1752	1807	1822	1837	1853	1907	1921	1935	1950	2005	2025	2044	2104
Homerton Hospital Homerton Grove	1648	1702	1716	1731	1746	1800	1815	1830	1845	1901	1914	1928	1942	1957	2012	2032	2051	2110
Hackney Central Station Amhurst Rd.	1659	1713	1727	1741	1756	1810	1825	1840	1855	1910	1923	1937	1951	2006	2021	2041	2059	2118
Amhurst Road Shacklewell Lane	1704	1718	1732	1746	1801	1815	1830	1845	1900	1915	1928	1942	1956	2011	2026	2046	2104	2123
Stoke Newington Common	1712	1726	1740	1754	1809	1823	1838	1853	1908	1923	1936	1950	2004	2019	2034	2054	2111	2130
Newham Hospital Gateway Centre	2041	2102	2122	2142	2203	2223	2243	2304	2324	2344	0005	0025	0045	0105				
Newham Hospital Main Entrance	2042	2103	2123	2143	2204	2224	2244	2305	2325	2345	0006	0026	0046	0106				
Plaistow Greengate	2046	2107	2127	2147	2207	2227	2247	2308	2328	2348	0009	0029	0049	0109				
Canning Town Barking Rd./Hermit Rd.	2052	2113	2132	2152	2212	2232	2252	2312	2332	2352	0012	0032	0052	0112				
West Ham Station	2057	2118	2137	2157	2217	2237	2257	2317	2337	2357	0016	0036	0056	0116				
Stratford Bus Station	2105	2126	2145	2205	2225	2244	2304	2324	2344	0004	0023	0043	0103	0123				
Bow Church	2113	2134	2153	2212	2232	2251	2310	2330	2350	0010	0029	0049	0109	0129				
Old Ford Parnell Road	2118	2139	2157	2216	2236	2255	2314	2334	2354	0014	0033	0053	0113	0133				
Hackney Wick Station	2122	2143	2201	2220	2240	2258	2317	2337	2357	0017	0036	0056	0116	0136				
Hackney Wick Trowbridge Estate	2124	2145	2203	2222	2242	2300	2319	2339	2359	0019	0038	0058	0118	0138				
Homerton Hospital Homerton Grove	2130	2151	2209	2228	2248	2305	2324	2344	0004	0024	0043	0103	0123	0143				
Hackney Central Station Amhurst Rd.	2138	2158	2216	2235	2255	2311	2330	2350	0010	0030	0049	0109	0129	0149				
Amhurst Road Shacklewell Lane	2143	2203	2221	2240	2259	2315	2334	2354	0013	0033	0052	0112	0132	0152				
Stoke Newington Common	2150	2210	2228	2247	2305	2321	2340	2359	0018	0038	0057	0117	0137	0157				