

283 Mondays to Fridays (school days)																					
East Acton Brunel Road	0523	0538	0553	0603	0613	0623	0633	0643	0651	0659	0707	0715	0723	0731	0738	0745	0751	0758			
Hammersmith Hospital	0526	0541	0556	0606	0616	0626	0637	0647	0655	0703	0711	0720	0728	0736	0743	0750	0756	0803			
Bloemfontein Road Leisure Pool	0531	0546	0601	0611	0621	0631	0642	0652	0700	0708	0716	0726	0734	0742	0749	0756	0804	0812			
Shepherd's Bush Green Uxbridge Road	0535	0550	0605	0615	0625	0636	0647	0657	0705	0713	0723	0733	0741	0749	0756	0804	0812	0820			
Hammersmith Lower Bus Station	0541	0556	0611	0621	0631	0643	0654	0704	0713	0723	0733	0743	0751	0759	0807	0815	0823	0831			
East Acton Brunel Road	0805	0813	0821	0829	0837	0846	Then		0926	0935	0944	0952	1001	1009	1018	Then		1410			
Hammersmith Hospital	0811	0819	0827	0835	0843	0852	every 8		0932	0941	0950	0958	1007	1015	1023	every 8		1415			
Bloemfontein Road Leisure Pool	0820	0828	0836	0844	0852	0901	minutes		0941	0950	0958	1006	1014	1022	1030	minutes		1422			
Shepherd's Bush Green Uxbridge Road	0828	0836	0844	0852	0900	0909	until		0949	0957	1005	1013	1021	1029	1037	until		1429			
Hammersmith Lower Bus Station	0839	0847	0855	0903	0911	0919			0959	1007	1015	1023	1031	1039	1047			1439			
East Acton Brunel Road	1418	1426	1434	1442	1450	Then			1802	1811	1819	1828	1836	1846	1856	1907	1917	1928	1939		
Hammersmith Hospital	1423	1431	1439	1447	1455	every 8			1807	1816	1824	1833	1841	1851	1901	1911	1921	1932	1943		
Bloemfontein Road Leisure Pool	1430	1440	1450	1458	1506	minutes			1818	1827	1835	1842	1850	1858	1908	1918	1928	1939	1950		
Shepherd's Bush Green Uxbridge Road	1437	1447	1457	1505	1514	until			1826	1835	1842	1849	1857	1905	1915	1925	1935	1946	1957		
Hammersmith Lower Bus Station	1448	1458	1508	1517	1526				1838	1845	1852	1859	1907	1915	1925	1935	1944	1954	2004		
East Acton Brunel Road	1951	2003	2015	2027	2039	2052	2105	Then		2241	2254	2306	2319	2331	2343	2355					
Hammersmith Hospital	1955	2007	2019	2031	2043	2056	2108	every 12		2244	2257	2309	2322	2334	2346	2358					
Bloemfontein Road Leisure Pool	2001	2013	2025	2037	2049	2102	2113	minutes		2249	2302	2314	2326	2338	2350	0002					
Shepherd's Bush Green Uxbridge Road	2007	2019	2031	2043	2055	2107	2118	until		2254	2306	2318	2330	2342	2354	0006					
Hammersmith Lower Bus Station	2014	2026	2038	2050	2102	2114	2125			2301	2312	2324	2336	2348	0000	0012					
283 Mondays to Fridays (school holidays)																					
East Acton Brunel Road	0523	0538	0553	0603	0613	0623	0633	0643	0651	0659	0707	0715	0723	0731	0738	Then		1538			
Hammersmith Hospital	0526	0541	0556	0606	0616	0626	0637	0647	0655	0703	0711	0719	0728	0736	0743	every 8		1543			
Bloemfontein Road Leisure Pool	0531	0546	0601	0611	0621	0631	0642	0652	0700	0708	0716	0725	0734	0742	0750	minutes		1550			
Shepherd's Bush Green Uxbridge Road	0535	0550	0605	0615	0625	0636	0647	0657	0705	0713	0722	0732	0741	0749	0757	until		1557			
Hammersmith Lower Bus Station	0541	0556	0611	0621	0631	0643	0654	0704	0713	0722	0732	0742	0751	0759	0807			1607			
East Acton Brunel Road	1546	1554	1602	1610	1618	1626	Then		1802	1811	1819	1828	1836	1846	1856	1907	1917	1928			
Hammersmith Hospital	1551	1559	1607	1615	1623	1631	every 8		1807	1816	1824	1833	1841	1851	1901	1911	1921	1932			
Bloemfontein Road Leisure Pool	1558	1606	1614	1624	1633	1642	minutes		1818	1827	1835	1842	1850	1858	1908	1918	1928	1939			
Shepherd's Bush Green Uxbridge Road	1605	1613	1622	1632	1641	1650	until		1826	1835	1842	1849	1857	1905	1915	1925	1935	1946			
Hammersmith Lower Bus Station	1616	1625	1634	1644	1653	1702			1838	1845	1852	1859	1907	1915	1925	1935	1944	1954			
East Acton Brunel Road	1939	1951	2003	2015	2027	2039	2052	2105	Then		2241	2254	2306	2319	2331	2343	2355				
Hammersmith Hospital	1943	1955	2007	2019	2031	2043	2056	2108	every 12		2244	2257	2309	2322	2334	2346	2358				
Bloemfontein Road Leisure Pool	1950	2001	2013	2025	2037	2049	2102	2113	minutes		2249	2302	2314	2326	2338	2350	0002				
Shepherd's Bush Green Uxbridge Road	1957	2007	2019	2031	2043	2055	2107	2118	until		2254	2306	2318	2330	2342	2354	0006				
Hammersmith Lower Bus Station	2004	2014	2026	2038	2050	2102	2114	2125			2301	2312	2324	2336	2348	0000	0012				
283 Saturdays (also Good Friday)																					
East Acton Brunel Road	0523	Then		0643	0703	0723	0743	0800	0815	0829	Then		0929	0938	0946	0954	Then		1234		
Hammersmith Hospital	0526	every 20		0646	0706	0726	0746	0803	0818	0833	every 10		0933	0942	0950	0958	every		1238		
Bloemfontein Road Leisure Pool	0531	minutes		0651	0712	0732	0752	0809	0824	0839	minutes		0939	0948	0956	1005	8		1245		
Shepherd's Bush Green Uxbridge Road	0535	until		0655	0717	0737	0757	0814	0829	0845	until		0945	0954	1002	1012	mins.		1252		
Hammersmith Lower Bus Station	0541			0701	0724	0744	0804	0821	0837	0853			0953	1003	1013	1023	until		1303		
East Acton Brunel Road	1241	1248	1255	1302	Then		1734	1742	1750	1758	1806	1814	1823	1833	1843	1853	1904	1915			
Hammersmith Hospital	1245	1252	1259	1307	every 8		1739	1747	1755	1803	1811	1819	1828	1838	1848	1858	1908	1919			
Bloemfontein Road Leisure Pool	1252	1300	1308	1316	minutes		1748	1756	1804	1812	1820	1828	1836	1845	1855	1905	1915	1926			
Shepherd's Bush Green Uxbridge Road	1300	1308	1316	1324	until		1756	1804	1811	1819	1827	1835	1843	1852	1902	1912	1922	1933			
Hammersmith Lower Bus Station	1311	1319	1327	1335			1807	1814	1821	1829	1837	1845	1853	1902	1912	1922	1932	1942			
East Acton Brunel Road	1927	1939	Then		2039	2052	2105	Then		2241	2254	2306	2319	2331	2343	2355					
Hammersmith Hospital	1931	1943	every 12		2043	2056	2108	every 12		2244	2257	2309	2322	2334	2346	2358					
Bloemfontein Road Leisure Pool	1938	1949	minutes		2049	2102	2113	minutes		2249	2302	2314	2326	2338	2350	0002					
Shepherd's Bush Green Uxbridge Road	1945	1955	until		2055	2107	2118	until		2254	2306	2318	2330	2342	2354	0006					
Hammersmith Lower Bus Station	1952	2002			2102	2114	2125			2301	2312	2324	2336	2348	0000	0012					
283 Sundays and other Public Holidays (except Christmas Day)																					
East Acton Brunel Road	0628	0648	0707	0727	0747	0806	0825	0845	0900	0915	0930	0942	0954	1005	1017	1029	1041	1053			
Hammersmith Hospital	0631	0651	0710	0730	0750	0809	0828	0848	0903	0918	0933	0945	0957	1009	1021	1033	1045	1057			
Bloemfontein Road Leisure Pool	0636	0656	0716	0736	0756	0815	0834	0854	0909	0924	0939	0951	1003	1015	1027	1039	1051	1103			
Shepherd's Bush Green Uxbridge Road	0640	0700	0720	0740	0800	0819	0839	0859	0914	0929	0944	0956	1008	1020	1032	1044	1056	1108			
Hammersmith Lower Bus Station	0646	0706	0726	0746	0806	0826	0846	0906	0921	0936	0951	1003	1016	1028	1040	1052	1104	1117			
East Acton Brunel Road	1105	1117	1129	1141	Then		1241	1253	Then		1453	1506	1517	Then		1729	1741	1753			
Hammersmith Hospital	1109	1121	1133	1145	every 12		1245	1257	every 12		1457	1510	1521	every 12		1733	1745	1757			
Bloemfontein Road Leisure Pool	1115	1127	1140	1152	minutes		1252	1304	minutes		1504	1517	1528	minutes		1740	1752	1804			
Shepherd's Bush Green Uxbridge Road	1120	1133	1146	1158	until		1258	1311	until		1511	1524	1535	until		1747	1759	1811			
Hammersmith Lower Bus Station	1130	1143	1156	1209			1309	1322			1522	1535	1546			1758	1809	1820			
East Acton Brunel Road	1805	Then		1905	1917	1929	1941	1953	Then		2041	2053	2106	2118	Then		2306	2319	2331	2343	2355
Hammersmith Hospital	1809	every		1909	1921	1933	1945	1957	every		2045	2057	2110	2121	every		2309	2322	2334	2346	2358
Bloemfontein Road Leisure Pool	1816	12		1916	1928	1940	1952	2003	12		2051	2103	2115	2126	12		2314	2326	2338	2350	0002
Shepherd's Bush Green Uxbridge Road	1822	mins.		1922	1934	1946	1957	2008	mins.		2056	2108	2119	2130	mins.		2318	2330	2342	2354	0006
Hammersmith Lower Bus Station	1831	until		1931	1942	1953	2004	2015	until		2103	2114	2125	2136	until		2324	2336	2348	0000	0012

283 Mondays to Fridays (school days)																		
Hammersmith Upper Bus Station	0550	0605	0620	0635	0648	0658	0707	0715	0723	0731	0739	0747	0754	0801	Then	0849	0858	
Shepherd's Bush Green West Side	0555	0610	0625	0641	0654	0704	0713	0722	0731	0739	0748	0756	0804	0812	every 8	0900	0909	
Bloemfontein Road Leisure Pool	0602	0617	0632	0648	0701	0711	0720	0730	0739	0749	0758	0806	0814	0822	minutes	0910	0919	
Hammersmith Hospital	0607	0622	0637	0653	0706	0716	0727	0737	0747	0757	0806	0814	0822	0830	until	0918	0926	
East Acton Brunel Road	0612	0627	0643	0659	0712	0723	0734	0744	0754	0804	0813	0821	0829	0837		0925	0933	
Hammersmith Upper Bus Station	0907	0916	0925	Then	1413	1420	1427	1434	1441	1449	1457	1505	Then	1753	1801	1809		
Shepherd's Bush Green West Side	0918	0926	0934	every 8	1422	1429	1436	1443	1450	1459	1507	1516	every 8	1804	1812	1820		
Bloemfontein Road Leisure Pool	0927	0935	0943	minutes	1431	1438	1445	1452	1500	1509	1519	1528	minutes	1816	1824	1832		
Hammersmith Hospital	0934	0942	0950	until	1438	1445	1452	1500	1509	1518	1528	1537	until	1825	1833	1840		
East Acton Brunel Road	0941	0949	0957		1445	1453	1501	1509	1518	1527	1537	1546		1834	1841	1848		
Hammersmith Upper Bus Station	1817	1825	1833	1841	1849	1857	1906	1916	1927	1937	1947	1959	2011	2023	2035	2047	2059	2111
Shepherd's Bush Green West Side	1828	1836	1844	1851	1858	1906	1915	1925	1936	1946	1956	2007	2019	2031	2043	2055	2106	2117
Bloemfontein Road Leisure Pool	1840	1847	1854	1901	1908	1916	1925	1935	1945	1955	2005	2016	2028	2040	2052	2104	2114	2125
Hammersmith Hospital	1847	1854	1901	1908	1915	1923	1932	1941	1951	2001	2011	2022	2034	2046	2058	2109	2119	2130
East Acton Brunel Road	1855	1902	1909	1916	1923	1931	1938	1947	1957	2007	2017	2028	2040	2052	2104	2114	2124	2135
Hammersmith Upper Bus Station	2123	Then	2247	2259	2311	2324	2336	2348	0000									
Shepherd's Bush Green West Side	2129	every 12	2253	2305	2317	2329	2341	2353	0005									
Bloemfontein Road Leisure Pool	2137	minutes	2301	2312	2324	2336	2348	0000	0012									
Hammersmith Hospital	2142	until	2306	2317	2329	2341	2353	0005	0017									
East Acton Brunel Road	2147		2311	2322	2334	2346	2358	0010	0022									
283 Mondays to Fridays (school holidays)																		
Hammersmith Upper Bus Station	0550	0605	0620	0635	0648	0658	0708	0717	0725	0733	0741	0749	0757	0805	Then	1557	1604	
Shepherd's Bush Green West Side	0555	0610	0625	0641	0654	0704	0714	0725	0733	0741	0749	0757	0805	0814	every 8	1606	1613	
Bloemfontein Road Leisure Pool	0602	0617	0632	0648	0701	0711	0721	0733	0741	0749	0757	0805	0814	0823	minutes	1615	1622	
Hammersmith Hospital	0607	0622	0637	0653	0706	0716	0728	0740	0748	0756	0804	0812	0821	0830	until	1622	1629	
East Acton Brunel Road	0612	0627	0643	0659	0712	0723	0735	0747	0755	0803	0811	0819	0828	0837		1629	1638	
Hammersmith Upper Bus Station	1611	1618	1625	1633	Then	1753	1801	1809	1817	1825	1833	1841	1849	1857	1906	1916	1927	
Shepherd's Bush Green West Side	1620	1627	1635	1644	every 8	1804	1812	1820	1828	1836	1843	1850	1858	1906	1915	1925	1936	
Bloemfontein Road Leisure Pool	1629	1638	1647	1656	minutes	1816	1824	1832	1840	1846	1853	1900	1908	1916	1925	1935	1945	
Hammersmith Hospital	1638	1647	1656	1705	until	1825	1833	1840	1847	1853	1900	1907	1915	1923	1932	1941	1951	
East Acton Brunel Road	1647	1656	1705	1714		1834	1841	1848	1855	1901	1908	1915	1923	1931	1938	1947	1957	
Hammersmith Upper Bus Station	1937	1947	1959	2011	2023	2035	2047	2059	2111	Then	2247	2259	2311	2324	2336	2348	0000	
Shepherd's Bush Green West Side	1946	1956	2007	2019	2031	2043	2055	2106	2117	every 12	2253	2305	2317	2329	2341	2353	0005	
Bloemfontein Road Leisure Pool	1955	2005	2016	2028	2040	2052	2104	2114	2125	minutes	2301	2312	2324	2336	2348	0000	0012	
Hammersmith Hospital	2001	2011	2022	2034	2046	2058	2109	2119	2130	until	2306	2317	2329	2341	2353	0005	0017	
East Acton Brunel Road	2007	2017	2028	2040	2052	2104	2114	2124	2135		2311	2322	2334	2346	2358	0010	0022	
283 Saturdays (also Good Friday)																		
Hammersmith Upper Bus Station	0550	0610	0630	0650	0710	0730	0750	0807	0822	0837	0847	0857	0907	0917	0927	0937	0947	0957
Shepherd's Bush Green West Side	0555	0615	0635	0655	0716	0736	0756	0813	0828	0844	0854	0904	0914	0924	0934	0944	0954	1004
Bloemfontein Road Leisure Pool	0601	0621	0641	0701	0722	0742	0802	0819	0834	0851	0901	0911	0921	0931	0941	0951	1002	1013
Hammersmith Hospital	0606	0626	0646	0706	0727	0747	0807	0824	0840	0857	0907	0917	0927	0937	0947	0958	1009	1020
East Acton Brunel Road	0611	0631	0651	0712	0733	0753	0813	0830	0846	0903	0913	0923	0933	0943	0954	1005	1016	1027
Hammersmith Upper Bus Station	1005	Then	1229	1237	1245	1253	1301	Then	1733	1741	1749	1757	1805	Then	1853			
Shepherd's Bush Green West Side	1014	every 8	1238	1246	1254	1302	1311	every 8	1743	1751	1759	1807	1814	every 8	1902			
Bloemfontein Road Leisure Pool	1023	minutes	1247	1255	1304	1313	1322	minutes	1754	1802	1810	1817	1824	minutes	1912			
Hammersmith Hospital	1030	until	1254	1303	1312	1321	1330	until	1802	1809	1817	1824	1831	until	1919			
East Acton Brunel Road	1037		1301	1310	1319	1328	1337		1809	1816	1824	1831	1838		1926			
Hammersmith Upper Bus Station	1902	1911	1923	1935	Then	2035	2047	2059	2111	Then	2247	2259	2311	2324	2336	2348	0000	
Shepherd's Bush Green West Side	1911	1920	1932	1943	every 12	2043	2055	2106	2117	every	2253	2305	2317	2329	2341	2353	0005	
Bloemfontein Road Leisure Pool	1921	1930	1942	1952	minutes	2052	2104	2114	2125	12	2301	2312	2324	2336	2348	0000	0012	
Hammersmith Hospital	1928	1937	1948	1958	until	2058	2109	2119	2130	mins.	2306	2317	2329	2341	2353	0005	0017	
East Acton Brunel Road	1935	1944	1954	2004		2104	2114	2124	2135	until	2311	2322	2334	2346	2358	0010	0022	
283 Sundays and other Public Holidays (except Christmas Day)																		
Hammersmith Upper Bus Station	0655	0715	0735	0755	0815	0835	0852	0907	0922	0937	0949	1001	1013	1025	1037	1049	1101	1113
Shepherd's Bush Green West Side	0700	0721	0741	0801	0821	0841	0858	0913	0928	0943	0955	1008	1020	1032	1044	1056	1108	1120
Bloemfontein Road Leisure Pool	0706	0727	0747	0807	0827	0848	0905	0920	0935	0950	1002	1016	1028	1040	1052	1104	1116	1129
Hammersmith Hospital	0711	0732	0752	0812	0832	0853	0910	0925	0940	0955	1008	1022	1034	1046	1058	1110	1123	1136
East Acton Brunel Road	0716	0737	0757	0817	0837	0858	0915	0930	0945	1000	1014	1028	1040	1052	1104	1116	1129	1142
Hammersmith Upper Bus Station	1124	1136	Then	1748	1800	1812	Then	1912	1924	1936	1948	2000	2012	2024	2036	2048		
Shepherd's Bush Green West Side	1132	1145	every 12	1757	1809	1820	every 12	1920	1932	1944	1955	2007	2019	2031	2043	2055		
Bloemfontein Road Leisure Pool	1142	1155	minutes	1807	1818	1829	minutes	1929	1941	1952	2003	2015	2027	2039	2051	2103		
Hammersmith Hospital	1149	1202	until	1814	1825	1836	until	1936	1947	1958	2009	2021	2033	2045	2057	2108		
East Acton Brunel Road	1155	1208		1820	1831	1842		1942	1953	2004	2015	2027	2039	2051	2103	2113		
Hammersmith Upper Bus Station	2100	2112	Then	2248	2300	Then	0000											
Shepherd's Bush Green West Side	2107	2118	every 12	2254	2305	every 12	0005											
Bloemfontein Road Leisure Pool	2114	2125	minutes	2301	2312	minutes	0012											
Hammersmith Hospital	2119	2130	until	2306	2317	until	0017											
East Acton Brunel Road	2124	2135		2311	2322		0022											