

| 325 | | Mondays to Fridays | | | | | | | | | | | | | | | | |
|-----------------------------------|------|---|--------------------------------------|---------------------------------------|------|------|------|------|--------------------------------------|--------------------------------------|--|------|------|--------------------------------------|------|------|---------------------------------------|------|
| East Beckton Sainsbury's | 0450 | 0515 | 0535 | 0555 | 0615 | 0630 | 0645 | 0655 | 0705 | 0715 | 0725 | 0736 | 0748 | 0800 | 0812 | 0824 | 0836 | 0848 |
| East Beckton Showcase Cinema | 0453 | 0518 | 0538 | 0558 | 0618 | 0633 | 0648 | 0658 | 0708 | 0718 | 0728 | 0739 | 0751 | 0803 | 0815 | 0827 | 0839 | 0851 |
| East Ham Newham Town Hall | 0458 | 0523 | 0543 | 0603 | 0623 | 0638 | 0653 | 0704 | 0714 | 0724 | 0734 | 0746 | 0758 | 0810 | 0822 | 0834 | 0846 | 0858 |
| East Ham Station | 0503 | 0528 | 0548 | 0608 | 0628 | 0643 | 0659 | 0710 | 0720 | 0731 | 0743 | 0755 | 0807 | 0819 | 0831 | 0843 | 0855 | 0907 |
| Katherine Road Duke of Fife | 0508 | 0533 | 0553 | 0613 | 0633 | 0648 | 0704 | 0715 | 0726 | 0737 | 0749 | 0801 | 0813 | 0825 | 0837 | 0849 | 0901 | 0913 |
| Forest Gate Upton Lane | 0513 | 0538 | 0558 | 0618 | 0638 | 0653 | 0709 | 0721 | 0733 | 0745 | 0757 | 0809 | 0821 | 0833 | 0845 | 0857 | 0909 | 0921 |
| Plaistow Broadway Balaam Street | 0518 | 0543 | 0603 | 0623 | 0643 | 0659 | 0716 | 0728 | 0741 | 0753 | 0805 | 0817 | 0829 | 0841 | 0853 | 0905 | 0917 | 0929 |
| Plaistow Abbey Arms | 0520 | 0545 | 0605 | 0625 | 0645 | 0702 | 0719 | 0732 | 0745 | 0757 | 0809 | 0821 | 0833 | 0845 | 0857 | 0909 | 0921 | 0933 |
| Prince Regent Station Bus Station | 0526 | 0551 | 0611 | 0631 | 0652 | 0709 | 0726 | 0739 | 0752 | 0804 | 0816 | 0828 | 0840 | 0852 | 0904 | 0916 | 0929 | 0941 |
| East Beckton Sainsbury's | 0900 | 0912 | 0924 | Then every 12 minutes until | 1436 | 1447 | 1458 | 1509 | Then every 12 minutes until | 1809 | 1821 | 1833 | 1846 | 1859 | 1914 | 1930 | | |
| East Beckton Showcase Cinema | 0903 | 0915 | 0928 | | 1440 | 1451 | 1502 | 1513 | | 1813 | 1825 | 1837 | 1850 | 1903 | 1918 | 1934 | | |
| East Ham Newham Town Hall | 0910 | 0923 | 0936 | | 1448 | 1459 | 1510 | 1521 | | 1821 | 1833 | 1845 | 1858 | 1911 | 1926 | 1942 | | |
| East Ham Station | 0919 | 0932 | 0945 | | 1457 | 1508 | 1520 | 1531 | | 1831 | 1843 | 1855 | 1908 | 1920 | 1934 | 1950 | | |
| Katherine Road Duke of Fife | 0925 | 0938 | 0951 | | 1503 | 1515 | 1527 | 1538 | | 1838 | 1850 | 1902 | 1914 | 1926 | 1940 | 1956 | | |
| Forest Gate Upton Lane | 0933 | 0946 | 0959 | | 1511 | 1523 | 1535 | 1546 | | 1846 | 1858 | 1909 | 1921 | 1933 | 1947 | 2003 | | |
| Plaistow Broadway Balaam Street | 0941 | 0954 | 1007 | | 1519 | 1531 | 1543 | 1554 | | 1854 | 1906 | 1917 | 1929 | 1941 | 1955 | 2010 | | |
| Plaistow Abbey Arms | 0945 | 0958 | 1011 | 1523 | 1535 | 1547 | 1558 | 1858 | 1910 | 1921 | 1933 | 1945 | 1959 | 2013 | | | | |
| Prince Regent Station Bus Station | 0953 | 1006 | 1019 | 1531 | 1543 | 1555 | 1606 | 1906 | 1917 | 1928 | 1940 | 1952 | 2006 | 2020 | | | | |
| East Beckton Sainsbury's | 1950 | 2010 | Then every 20 minutes until | 0030 | | | | | | | | | | | | | | |
| East Beckton Showcase Cinema | 1954 | 2013 | | 0033 | | | | | | | | | | | | | | |
| East Ham Newham Town Hall | 2002 | 2020 | | 0040 | | | | | | | | | | | | | | |
| East Ham Station | 2008 | 2026 | | 0046 | | | | | | | | | | | | | | |
| Katherine Road Duke of Fife | 2014 | 2032 | | 0052 | | | | | | | | | | | | | | |
| Forest Gate Upton Lane | 2020 | 2038 | | 0058 | | | | | | | | | | | | | | |
| Plaistow Broadway Balaam Street | 2027 | 2044 | | 0104 | | | | | | | | | | | | | | |
| Plaistow Abbey Arms | 2030 | 2047 | | 0107 | | | | | | | | | | | | | | |
| Prince Regent Station Bus Station | 2037 | 2054 | | 0114 | | | | | | | | | | | | | | |
| 325 | | Saturdays (also Good Friday) | | | | | | | | | | | | | | | | |
| East Beckton Sainsbury's | 0450 | Then every 30 mins. until | 0650 | Then every 20 mins. until | 0750 | 0808 | 0823 | 0838 | 0849 | 0859 | 0911 | 0922 | 0933 | 0943 | 0953 | 1004 | Then every 12 mins. until | 1704 |
| East Beckton Showcase Cinema | 0453 | | 0653 | | 0753 | 0811 | 0826 | 0841 | 0852 | 0902 | 0914 | 0925 | 0936 | 0946 | 0957 | 1008 | | 1708 |
| East Ham Newham Town Hall | 0458 | | 0658 | | 0758 | 0816 | 0831 | 0847 | 0858 | 0908 | 0920 | 0931 | 0942 | 0953 | 1004 | 1016 | | 1716 |
| East Ham Station | 0503 | | 0703 | | 0803 | 0821 | 0837 | 0853 | 0905 | 0917 | 0929 | 0940 | 0951 | 1002 | 1014 | 1026 | | 1726 |
| Katherine Road Duke of Fife | 0508 | | 0708 | | 0808 | 0826 | 0843 | 0900 | 0912 | 0924 | 0936 | 0947 | 0959 | 1010 | 1022 | 1034 | | 1734 |
| Forest Gate Upton Lane | 0513 | | 0713 | | 0813 | 0831 | 0848 | 0906 | 0918 | 0930 | 0942 | 0954 | 1006 | 1018 | 1030 | 1042 | | 1742 |
| Plaistow Broadway Balaam Street | 0518 | | 0718 | | 0818 | 0837 | 0854 | 0913 | 0925 | 0937 | 0949 | 1001 | 1014 | 1026 | 1038 | 1050 | | 1750 |
| Plaistow Abbey Arms | 0520 | | 0720 | | 0820 | 0839 | 0857 | 0916 | 0928 | 0940 | 0952 | 1005 | 1018 | 1030 | 1042 | 1054 | | 1754 |
| Prince Regent Station Bus Station | 0526 | | 0726 | | 0826 | 0846 | 0905 | 0924 | 0936 | 0948 | 1000 | 1013 | 1026 | 1038 | 1050 | 1102 | | 1802 |
| East Beckton Sainsbury's | 1716 | 1728 | 1740 | 1752 | 1804 | 1816 | 1828 | 1840 | 1852 | 1905 | 1918 | 1933 | 1950 | Then every 20 minutes until | 0030 | | | |
| East Beckton Showcase Cinema | 1720 | 1732 | 1744 | 1756 | 1808 | 1820 | 1832 | 1844 | 1856 | 1908 | 1921 | 1936 | 1953 | | 0033 | | | |
| East Ham Newham Town Hall | 1728 | 1740 | 1752 | 1804 | 1816 | 1828 | 1840 | 1852 | 1904 | 1915 | 1928 | 1943 | 2000 | | 0040 | | | |
| East Ham Station | 1738 | 1750 | 1802 | 1813 | 1824 | 1835 | 1847 | 1859 | 1910 | 1921 | 1934 | 1949 | 2006 | | 0046 | | | |
| Katherine Road Duke of Fife | 1746 | 1758 | 1810 | 1820 | 1831 | 1842 | 1854 | 1906 | 1916 | 1927 | 1940 | 1955 | 2012 | | 0052 | | | |
| Forest Gate Upton Lane | 1754 | 1806 | 1817 | 1827 | 1838 | 1849 | 1901 | 1912 | 1922 | 1933 | 1946 | 2001 | 2018 | | 0058 | | | |
| Plaistow Broadway Balaam Street | 1802 | 1814 | 1825 | 1835 | 1846 | 1857 | 1908 | 1918 | 1928 | 1939 | 1952 | 2007 | 2024 | | 0104 | | | |
| Plaistow Abbey Arms | 1805 | 1817 | 1828 | 1838 | 1849 | 1900 | 1911 | 1921 | 1931 | 1942 | 1955 | 2010 | 2027 | | 0107 | | | |
| Prince Regent Station Bus Station | 1813 | 1825 | 1836 | 1846 | 1857 | 1907 | 1918 | 1928 | 1938 | 1949 | 2002 | 2017 | 2034 | | 0114 | | | |
| 325 | | Sundays and other Public Holidays (except Christmas Day and Boxing Day) | | | | | | | | | | | | | | | | |
| East Beckton Sainsbury's | 0530 | Then every 30 minutes until | 0800 | 0830 | 0850 | 0910 | 0930 | 0948 | 1005 | Then every 20 minutes until | 1125 | 1145 | 1205 | Then every 20 minutes until | 1605 | | | |
| East Beckton Showcase Cinema | 0533 | | 0803 | 0833 | 0853 | 0913 | 0933 | 0951 | 1009 | | 1129 | 1149 | 1209 | | 1609 | | | |
| East Ham Newham Town Hall | 0538 | | 0808 | 0838 | 0858 | 0919 | 0939 | 0958 | 1017 | | 1137 | 1157 | 1217 | | 1617 | | | |
| East Ham Station | 0543 | | 0813 | 0843 | 0903 | 0925 | 0945 | 1005 | 1025 | | 1145 | 1205 | 1226 | | 1626 | | | |
| Katherine Road Duke of Fife | 0548 | | 0818 | 0848 | 0909 | 0931 | 0951 | 1011 | 1031 | | 1151 | 1211 | 1232 | | 1632 | | | |
| Forest Gate Upton Lane | 0553 | | 0823 | 0853 | 0915 | 0937 | 0957 | 1019 | 1039 | | 1159 | 1219 | 1240 | | 1640 | | | |
| Plaistow Broadway Balaam Street | 0558 | | 0828 | 0858 | 0921 | 0943 | 1003 | 1026 | 1046 | | 1206 | 1227 | 1248 | | 1648 | | | |
| Plaistow Abbey Arms | 0600 | | 0830 | 0900 | 0924 | 0946 | 1007 | 1030 | 1050 | | 1210 | 1231 | 1252 | | 1652 | | | |
| Prince Regent Station Bus Station | 0606 | | 0836 | 0907 | 0931 | 0953 | 1015 | 1038 | 1058 | | 1218 | 1239 | 1300 | | 1700 | | | |
| East Beckton Sainsbury's | 1625 | 1645 | 1707 | 1729 | 1750 | 1810 | 1830 | 1850 | 1910 | Then every 20 minutes until | 0030 | | | | | | | |
| East Beckton Showcase Cinema | 1629 | 1649 | 1711 | 1733 | 1754 | 1814 | 1834 | 1854 | 1913 | | 0033 | | | | | | | |
| East Ham Newham Town Hall | 1637 | 1657 | 1718 | 1740 | 1801 | 1821 | 1841 | 1901 | 1920 | | 0040 | | | | | | | |
| East Ham Station | 1646 | 1706 | 1726 | 1748 | 1808 | 1828 | 1848 | 1907 | 1926 | | 0046 | | | | | | | |
| Katherine Road Duke of Fife | 1652 | 1712 | 1732 | 1754 | 1814 | 1834 | 1854 | 1913 | 1932 | | 0052 | | | | | | | |
| Forest Gate Upton Lane | 1700 | 1719 | 1739 | 1801 | 1821 | 1841 | 1901 | 1919 | 1938 | | 0058 | | | | | | | |
| Plaistow Broadway Balaam Street | 1707 | 1726 | 1746 | 1807 | 1827 | 1847 | 1907 | 1925 | 1944 | | 0104 | | | | | | | |
| Plaistow Abbey Arms | 1711 | 1730 | 1750 | 1810 | 1830 | 1850 | 1910 | 1928 | 1947 | | 0107 | | | | | | | |
| Prince Regent Station Bus Station | 1719 | 1738 | 1758 | 1818 | 1838 | 1858 | 1917 | 1935 | 1954 | | 0114 | | | | | | | |
| | | | | | | | | | | | Boxing Day | | | | | | | |
| | | | | | | | | | | | A Sunday service operates, commencing with the 0730 journey from East Beckton. | | | | | | | |