

325		Mondays to Fridays																
Prince Regent Station	0500	0520	0540	0600	0615	0629	0642	0655	0709	0723	0736	0749	0801	0813	0825	0838	0852	0907
Plaiستow Abbey Arms	0506	0526	0546	0606	0621	0635	0648	0701	0715	0730	0744	0757	0809	0822	0834	0847	0901	0916
Plaiستow Broadway	0508	0528	0548	0608	0623	0637	0650	0704	0718	0733	0747	0800	0813	0826	0838	0851	0905	0920
Forest Gate Upton Lane	0515	0535	0555	0615	0630	0644	0658	0712	0726	0741	0755	0810	0823	0836	0848	0901	0914	0928
Katherine Road Duke of Fife	0521	0541	0601	0621	0636	0650	0704	0718	0732	0747	0801	0816	0829	0842	0854	0907	0921	0935
East Ham Station	0525	0545	0605	0625	0640	0654	0708	0722	0736	0751	0806	0821	0834	0847	0859	0912	0926	0940
East Ham Newham Town Hall	0529	0549	0609	0629	0644	0658	0712	0726	0741	0756	0811	0826	0839	0852	0905	0918	0932	0947
East Beckton Showcase Cinema	0535	0555	0615	0635	0650	0705	0721	0735	0750	0805	0820	0835	0848	0901	0914	0927	0941	0956
East Beckton Sainsbury's	0539	0559	0619	0639	0655	0710	0725	0740	0755	0810	0825	0840	0853	0906	0919	0932	0946	1001
Prince Regent Station	0922	Then every 15 minutes until	1422	1436	1450	1504	1518	1534	1550	Then every 15 minutes until	1805	1820	1835	1850	1907	1925		
Plaiستow Abbey Arms	0931		1431	1445	1459	1513	1527	1542	1557		1812	1827	1842	1857	1913	1931		
Plaiستow Broadway	0935		1435	1449	1503	1517	1531	1546	1601		1816	1831	1846	1901	1917	1934		
Forest Gate Upton Lane	0943		1443	1457	1511	1525	1540	1555	1610		1825	1840	1855	1909	1925	1942		
Katherine Road Duke of Fife	0950		1450	1504	1518	1532	1547	1602	1617		1832	1847	1902	1916	1932	1949		
East Ham Station	0955		1455	1509	1523	1538	1553	1608	1623		1838	1853	1907	1921	1937	1954		
East Ham Newham Town Hall	1002		1502	1516	1530	1546	1601	1616	1631		1846	1901	1914	1927	1943	2000		
East Beckton Showcase Cinema	1011		1511	1526	1541	1557	1612	1627	1642		1857	1911	1924	1937	1953	2008		
East Beckton Sainsbury's	1016	1516	1531	1546	1602	1617	1632	1647	1902	1916	1929	1942	1957	2012				
Prince Regent Station	1945	2005	2022	2040	00 20 40			2320	2350	0020								
Plaiستow Abbey Arms	1951	2011	2028	2046	Then every 20 minutes			2326	2356	0026								
Plaiستow Broadway	1954	2014	2031	2049	at these			2329	2359	0029								
Forest Gate Upton Lane	2002	2021	2038	2056	minutes			2336	0006	0036								
Katherine Road Duke of Fife	2009	2027	2044	2102	at these			2342	0012	0042								
East Ham Station	2013	2031	2048	2106	minutes			2346	0016	0046								
East Ham Newham Town Hall	2018	2036	2053	2111	past			2351	0021	0051								
East Beckton Showcase Cinema	2026	2044	2101	2119	the hour			2359	0029	0059								
East Beckton Sainsbury's	2030	2048	2105	2123	43 03 23			0003	0033	0103								
325		Saturdays (also Good Friday)																
Prince Regent Station	0500	0530	0600	0630	0655	0714	0733	0750	0805	0819	0833	0847	0902	0917	0931	0945	0959	1013
Plaiستow Abbey Arms	0506	0536	0606	0636	0701	0720	0739	0756	0811	0825	0839	0853	0908	0923	0937	0951	1005	1020
Plaiستow Broadway	0508	0538	0608	0638	0703	0722	0741	0758	0813	0827	0842	0856	0911	0926	0940	0955	1010	1025
Forest Gate Upton Lane	0515	0545	0615	0645	0710	0729	0748	0805	0820	0834	0849	0903	0919	0934	0948	1003	1018	1033
Katherine Road Duke of Fife	0521	0551	0621	0651	0716	0735	0754	0811	0826	0841	0856	0910	0926	0941	0956	1011	1026	1041
East Ham Station	0525	0555	0625	0655	0720	0739	0758	0815	0830	0845	0900	0914	0930	0945	1000	1016	1031	1046
East Ham Newham Town Hall	0529	0559	0629	0659	0724	0743	0802	0819	0834	0850	0905	0921	0937	0953	1009	1025	1040	1055
East Beckton Showcase Cinema	0535	0605	0635	0705	0730	0749	0808	0825	0842	0858	0914	0930	0946	1002	1018	1034	1049	1104
East Beckton Sainsbury's	0539	0609	0639	0709	0734	0753	0812	0829	0846	0903	0919	0935	0951	1007	1023	1039	1054	1109
Prince Regent Station	1028	Then every 15 minutes until	1713	1728	1743	1758	1813	1828	1843	1901	1920	Then every 20 minutes until	2320	2350	0020			
Plaiستow Abbey Arms	1035		1720	1735	1750	1805	1820	1835	1850	1908	1926		2326	2356	0026			
Plaiستow Broadway	1040		1725	1740	1755	1809	1824	1839	1854	1911	1929		2329	2359	0029			
Forest Gate Upton Lane	1048		1733	1748	1803	1817	1832	1847	1902	1918	1936		2336	0006	0036			
Katherine Road Duke of Fife	1056		1741	1756	1810	1824	1839	1854	1909	1924	1942		2342	0012	0042			
East Ham Station	1101		1746	1801	1814	1828	1843	1858	1913	1928	1946		2346	0016	0046			
East Ham Newham Town Hall	1110		1755	1808	1821	1835	1850	1905	1919	1933	1951		2351	0021	0051			
East Beckton Showcase Cinema	1119		1804	1817	1830	1844	1859	1913	1927	1941	1959		2359	0029	0059			
East Beckton Sainsbury's	1124	1809	1822	1835	1849	1903	1917	1931	1945	2003	0003	0033	0103					
325		Sundays and other Public Holidays (except Christmas Day and Boxing Day)																
Prince Regent Station	0615	0645	0715	0745	0815	0833	0850	0907	0924	0941	0958	1015	35 55 15			1615		
Plaiستow Abbey Arms	0619	0649	0719	0749	0819	0837	0854	0911	0928	0945	1002	1022	Then every 20 minutes			1622		
Plaiستow Broadway	0621	0651	0721	0751	0821	0839	0856	0913	0930	0947	1006	1026	at these			1626		
Forest Gate Upton Lane	0627	0657	0727	0757	0827	0845	0903	0920	0937	0954	1014	1034	minutes			1634		
Katherine Road Duke of Fife	0632	0702	0732	0802	0832	0850	0908	0926	0943	1001	1021	1041	at these			1641		
East Ham Station	0636	0706	0736	0806	0836	0854	0912	0930	0948	1006	1026	1046	minutes			1646		
East Ham Newham Town Hall	0640	0710	0740	0810	0840	0859	0918	0936	0955	1014	1034	1054	past			1654		
East Beckton Showcase Cinema	0646	0716	0746	0816	0846	0905	0925	0945	1004	1024	1044	1104	the hour			1704		
East Beckton Sainsbury's	0649	0719	0749	0819	0849	0909	0929	0949	1009	1029	1049	1109	29 49 09			1709		
Prince Regent Station	1636	1658	1718	1738	1800	20 40 00			2320	2350	0020							
Plaiستow Abbey Arms	1643	1705	1725	1745	1806	Then every 20 minutes			2326	2356	0026							
Plaiستow Broadway	1647	1708	1728	1748	1809	at these			2329	2359	0029							
Forest Gate Upton Lane	1655	1716	1736	1756	1816	minutes			2336	0006	0036							
Katherine Road Duke of Fife	1702	1722	1742	1802	1822	at these			2342	0012	0042							
East Ham Station	1706	1726	1746	1806	1826	minutes			2346	0016	0046							
East Ham Newham Town Hall	1713	1732	1752	1812	1831	past			2351	0021	0051							
East Beckton Showcase Cinema	1722	1741	1801	1820	1839	the hour			2359	0029	0059							
East Beckton Sainsbury's	1727	1746	1805	1824	1843	03 23 43			0003	0033	0103							

325 Mondays to Fridays																				
East Beckton Sainsbury's	0455	0515	0535	0555	0613	0629	0643	0656	0709	0722	0735		0850	0904	0917	0930	0945			
East Beckton Showcase Cinema	0457	0517	0537	0557	0615	0631	0645	0658	0711	0724	0737		0852	0906	0920	0932	0949			
East Ham Newham Town Hall	0502	0522	0542	0602	0620	0636	0650	0703	0716	0729	0744	Then every 15 minutes until	0859	0913	0927	0939	0957			
East Ham Station	0507	0527	0547	0607	0625	0641	0655	0709	0722	0737	0753		0908	0922	0936	0948	1006			
Katherine Road Duke of Fife	0512	0532	0552	0612	0630	0646	0700	0714	0729	0743	0759		0914	0928	0942	0954	1012			
Forest Gate Upton Lane	0517	0537	0557	0617	0635	0651	0705	0720	0734	0750	0806		0921	0935	0949	1001	1019			
Plaistow Broadway	0522	0542	0602	0622	0640	0657	0712	0727	0743	0759	0815		0930	0944	0958	1010	1028			
Plaistow Abbey Arms	0524	0544	0604	0624	0642	0659	0715	0731	0747	0803	0819		0934	0948	1002	1014	1032			
Prince Regent Station	0530	0550	0610	0630	0648	0705	0722	0738	0754	0810	0826		0941	0956	1010	1022	1040			
East Beckton Sainsbury's	1000			1445	1459	1513			1813	1828	1845	1903	1922	1942	2002	2022	2045	2105		
East Beckton Showcase Cinema	1004			1449	1503	1517			1817	1832	1849	1907	1926	1946	2004	2024	2047	2107		
East Ham Newham Town Hall	1012	Then every 15 minutes until		1457	1511	1525	Then every 15 minutes until		1825	1840	1857	1915	1934	1953	2011	2031	2054	2114		
East Ham Station	1021		1506	1521	1535	1835		1850	1906	1923	1942	1959	2017	2037	2100	2120				
Katherine Road Duke of Fife	1027		1512	1527	1542	1842		1857	1912	1929	1948	2005	2023	2043	2106	2126				
Forest Gate Upton Lane	1034		1519	1534	1549	1849		1904	1919	1936	1954	2011	2029	2049	2112	2132				
Plaistow Broadway	1043		1528	1543	1558	1858		1913	1928	1945	2000	2017	2035	2055	2118	2138				
Plaistow Abbey Arms	1047		1532	1547	1602	1902		1917	1932	1947	2002	2019	2037	2057	2120	2140				
Prince Regent Station	1055		1540	1555	1610	1910		1924	1939	1954	2009	2026	2044	2104	2127	2147				
East Beckton Sainsbury's	2125	2145	2205	2225	2242	2302	2329	2355	0025											
East Beckton Showcase Cinema	2127	2147	2207	2227	2244	2304	2331	2357	0027											
East Ham Newham Town Hall	2134	2154	2214	2234	2251	2311	2338	0004	0034											
East Ham Station	2140	2200	2220	2240	2257	2317	2344	0010	0040											
Katherine Road Duke of Fife	2146	2206	2226	2246	2303	2323	2350	0016	0046											
Forest Gate Upton Lane	2152	2212	2232	2252	2309	2329	2356	0022	0052											
Plaistow Broadway	2158	2218	2238	2258	2315	2335	0002	0028	0058											
Plaistow Abbey Arms	2200	2220	2240	2300	2317	2337	0004	0030	0100											
Prince Regent Station	2207	2227	2247	2307	2324	2344	0011	0037	0107											
325 Saturdays (also Good Friday)																				
East Beckton Sainsbury's	0455			0655	0715	0735	0755	0813	0827	0841	0854	0908	0922	0936	0950			1705		
East Beckton Showcase Cinema	0457			0657	0717	0737	0757	0815	0829	0843	0856	0911	0926	0940	0954			1709		
East Ham Newham Town Hall	0502	Then every 30 minutes until		0702	0722	0742	0802	0820	0834	0849	0902	0919	0934	0948	1002	Then every 15 minutes until		1717		
East Ham Station	0507		0707	0727	0747	0807	0825	0840	0856	0911	0928	0943	0957	1011	1726					
Katherine Road Duke of Fife	0512		0712	0732	0752	0812	0830	0846	0902	0919	0936	0951	1005	1019	1734					
Forest Gate Upton Lane	0517		0717	0737	0757	0817	0835	0851	0907	0925	0942	0957	1012	1027	1742					
Plaistow Broadway	0522		0722	0742	0802	0822	0841	0858	0914	0932	0949	1004	1020	1035	1750					
Plaistow Abbey Arms	0524		0724	0744	0804	0824	0843	0900	0917	0935	0952	1008	1024	1039	1754					
Prince Regent Station	0530		0730	0750	0810	0830	0849	0907	0925	0943	1000	1017	1033	1048	1803					
East Beckton Sainsbury's	1720	1735	1750	1805	1819	1833	1847	1904	1922		42	02	22	2302	2329	2355	0025			
East Beckton Showcase Cinema	1724	1739	1754	1809	1823	1837	1851	1907	1924	Then every 20 minutes at these minutes past the hour	44	04	24	2304	2331	2357	0027			
East Ham Newham Town Hall	1732	1747	1802	1817	1831	1845	1859	1914	1931		51	11	31	2311	2338	0004	0034			
East Ham Station	1741	1756	1811	1824	1838	1852	1906	1920	1937		57	17	37	2317	2344	0010	0040			
Katherine Road Duke of Fife	1749	1804	1818	1831	1845	1859	1912	1926	1943		at these	03	23	43	until	2323	2350	0016	0046	
Forest Gate Upton Lane	1757	1812	1825	1838	1852	1906	1918	1932	1949		minutes	09	29	49	2329	2356	0022	0052		
Plaistow Broadway	1805	1820	1833	1846	1900	1912	1924	1938	1955		past	15	35	55	2335	0002	0028	0058		
Plaistow Abbey Arms	1809	1823	1836	1849	1902	1914	1926	1940	1957		the hour	17	37	57	2337	0004	0030	0100		
Prince Regent Station	1817	1831	1844	1857	1909	1921	1933	1947	2004	24	44	04	2344	0011	0037	0107				
325 Sundays and other Public Holidays (except Christmas Day and Boxing Day)																				
East Beckton Sainsbury's	0530		00	30			0830	0855	0915	0935	0953	1010		30	50	10	1610	1630		
East Beckton Showcase Cinema	0532	Then every 30 minutes at these minutes past the hour		02	32		0832	0857	0917	0938	0956	1015	Then every 20 minutes at these minutes past the hour	35	55	15	1615	1635		
East Ham Newham Town Hall	0538		08	38		0838	0903	0924	0944	1002	1022	42		02	22	1622	1642			
East Ham Station	0543		13	43		0843	0910	0931	0951	1010	1030	50		10	30	1630	1650			
Katherine Road Duke of Fife	0547		at these	17	47	until	0847	0915	0936	0956	1016	1036		at these	56	16	36	until	1636	1656
Forest Gate Upton Lane	0552		minutes	22	52		0852	0921	0944	1004	1024	1044		minutes	04	24	44	1644	1704	
Plaistow Broadway	0557		past	27	57		0857	0927	0951	1011	1031	1051		past	11	31	51	1651	1710	
Plaistow Abbey Arms	0559		the hour	29	59		0859	0929	0954	1014	1034	1054		the hour	14	34	54	1654	1713	
Prince Regent Station	0605	35	05		0905	0935	1000	1023	1043	1103		23	43	03	1703	1722				
East Beckton Sainsbury's	1650	1709	1727	1745	1803	1822			42	02	22	2302	2329	2355	0025					
East Beckton Showcase Cinema	1655	1713	1731	1749	1806	1824			44	04	24	2304	2331	2357	0027					
East Ham Newham Town Hall	1702	1720	1738	1756	1813	1831	Then every 20 minutes at these minutes past the hour		51	11	31	2311	2338	0004	0034					
East Ham Station	1709	1727	1745	1803	1819	1837		minutes	57	17	37	2317	2344	0010	0040					
Katherine Road Duke of Fife	1715	1733	1751	1809	1825	1843		at these	03	23	43	until	2323	2350	0016	0046				
Forest Gate Upton Lane	1722	1740	1758	1815	1831	1849		minutes	09	29	49	2329	2356	0022	0052					
Plaistow Broadway	1728	1746	1804	1821	1837	1855		past	15	35	55	2335	0002	0028	0058					
Plaistow Abbey Arms	1731	1749	1807	1823	1839	1857		the hour	17	37	57	2337	0004	0030	0100					
Prince Regent Station	1740	1758	1814	1830	1846	1904		24	44	04	2344	0011	0037	0107						