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Wanstead Park Station – Upton Park – Canning Town

330 Mondays to Fridays																							
Wanstead Park Station	0455	0515	0535	0547	0559	0611	0623	0635	0647	0659	0710	0722		0922	0934	Then	1234						
Forest Gate Post Office	0458	0518	0538	0550	0602	0614	0626	0638	0650	0703	0715	0727	Then	0927	0938	every	1238						
Upton Park Station	0502	0522	0542	0554	0607	0619	0631	0643	0656	0710	0722	0734	every 12	0934	0945	12	1245						
Upton Park The Boleyn (Green Street)	0503	0523	0543	0555	0609	0621	0633	0645	0658	0713	0725	0737	minutes	0937	0948	mins.	1248						
Plaistow Greengate	0506	0526	0546	0558	0612	0624	0636	0648	0701	0716	0728	0741	until	0941	0953	until	1253						
Canning Town Bus Station	0512	0532	0552	0604	0619	0631	0643	0655	0710	0725	0737	0750		0950	1003		1303						
Wanstead Park Station	1244	1254	1304				1416	1428					Then	1752	1804	1816	1828	1841	1853	1905	1920	1935	
Forest Gate Post Office	1248	1259	1309	Then			1421	1433	Then				Then	1757	1809	1821	1833	1846	1858	1910	1925	1939	
Upton Park Station	1256	1307	1318	every 12			1430	1442	every 12				every 12	1806	1818	1830	1842	1855	1907	1919	1934	1947	
Upton Park The Boleyn (Green Street)	1300	1311	1322	minutes			1434	1446	minutes				minutes	1810	1822	1834	1846	1859	1911	1923	1936	1949	
Plaistow Greengate	1305	1316	1327	until			1439	1452	until				until	1816	1828	1839	1851	1903	1915	1927	1940	1953	
Canning Town Bus Station	1315	1326	1337				1449	1502						1826	1837	1848	1859	1911	1923	1935	1947	2000	
Wanstead Park Station	1950	2005	2025	2045	2105	2125	2145						Then	0005									
Forest Gate Post Office	1954	2009	2029	2049	2109	2129	2149						Then	0009									
Upton Park Station	2002	2017	2037	2057	2117	2136	2155						every 20	0015									
Upton Park The Boleyn (Green Street)	2004	2019	2039	2059	2119	2138	2157						minutes	0017									
Plaistow Greengate	2008	2023	2043	2103	2122	2141	2200						until	0020									
Canning Town Bus Station	2015	2030	2050	2109	2128	2147	2206							0026									
330 Saturdays (also Good Friday)																							
Wanstead Park Station	0455	0515	0535	0555	0615	0635	0655	0715	0735	0755	0810	0825	0839	0850	0901	0912	0923	0934					
Forest Gate Post Office	0458	0518	0538	0558	0618	0638	0658	0718	0738	0758	0813	0828	0842	0853	0904	0915	0927	0938					
Upton Park Station	0502	0522	0542	0602	0622	0642	0703	0723	0743	0803	0818	0833	0848	0900	0912	0924	0936	0947					
Upton Park The Boleyn (Green Street)	0503	0523	0543	0603	0624	0644	0705	0725	0745	0805	0820	0835	0850	0903	0915	0927	0939	0950					
Plaistow Greengate	0506	0526	0546	0606	0627	0647	0708	0728	0748	0808	0823	0838	0853	0907	0919	0931	0943	0955					
Canning Town Bus Station	0512	0532	0552	0612	0633	0654	0715	0735	0755	0815	0830	0845	0900	0915	0927	0939	0951	1004					
Wanstead Park Station	0945	0955	1005				1153	1205						Then	1729	1742	1754	1807	1819	1832	1847	1903	1924
Forest Gate Post Office	0949	1000	1011	Then			1159	1211	Then				Then	1735	1748	1800	1813	1825	1837	1852	1908	1929	
Upton Park Station	0959	1010	1022	every 12			1210	1223	every 12				every 12	1747	1800	1812	1824	1836	1848	1903	1918	1938	
Upton Park The Boleyn (Green Street)	1003	1015	1027	minutes			1215	1228	minutes				minutes	1752	1805	1816	1828	1840	1852	1907	1922	1941	
Plaistow Greengate	1008	1020	1032	until			1220	1233	until				until	1757	1809	1820	1832	1844	1856	1911	1926	1945	
Canning Town Bus Station	1017	1029	1041				1229	1242						1806	1817	1828	1840	1852	1904	1919	1934	1952	
Wanstead Park Station	1945	2005	2025	2045	2105	2125	2145						Then	0005									
Forest Gate Post Office	1949	2009	2029	2049	2109	2129	2149						Then	0009									
Upton Park Station	1957	2017	2037	2057	2117	2136	2155						every 20	0015									
Upton Park The Boleyn (Green Street)	1959	2019	2039	2059	2119	2138	2157						minutes	0017									
Plaistow Greengate	2003	2023	2043	2103	2122	2141	2200						until	0020									
Canning Town Bus Station	2010	2030	2050	2109	2128	2147	2206							0026									
330 Sundays and other Public Holidays (except Christmas Day)																							
Wanstead Park Station	0600	0630	0658	0726	0754	0824	0854	0924	0944	1004	1024	1044	1101	Then	1241	1301	1321						
Forest Gate Post Office	0603	0633	0701	0729	0757	0827	0857	0927	0948	1008	1028	1048	1106	Then	1246	1306	1326						
Upton Park Station	0607	0637	0705	0734	0802	0832	0902	0932	0956	1016	1037	1057	1115	every 20	1255	1315	1336						
Upton Park The Boleyn (Green Street)	0608	0638	0706	0736	0804	0834	0904	0934	0958	1019	1040	1100	1119	minutes	1259	1320	1341						
Plaistow Greengate	0611	0641	0709	0739	0807	0837	0907	0937	1001	1022	1043	1103	1123	until	1303	1324	1345						
Canning Town Bus Station	0617	0647	0715	0745	0813	0843	0913	0943	1008	1029	1050	1111	1131		1311	1332	1353						
Wanstead Park Station	1341	Then	1721	1741	1802	1822	1842	1903	1924	1945	2005	2025	2045	2105	2125	2145	Then	0005					
Forest Gate Post Office	1346	every	1726	1746	1807	1827	1847	1908	1929	1949	2009	2029	2049	2109	2129	2149	every	0009					
Upton Park Station	1356	20	1736	1756	1816	1836	1856	1917	1938	1957	2017	2037	2057	2117	2136	2155	20	0015					
Upton Park The Boleyn (Green Street)	1401	mins.	1741	1801	1820	1840	1900	1920	1940	1959	2019	2039	2059	2119	2138	2157	mins.	0017					
Plaistow Greengate	1405	until	1745	1805	1824	1844	1904	1924	1944	2003	2023	2043	2103	2122	2141	2200	until	0020					
Canning Town Bus Station	1413		1753	1812	1831	1851	1911	1931	1951	2010	2030	2050	2109	2128	2147	2206		0026					

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Canning Town – Upton Park – Wanstead Park Station

330 Mondays to Fridays																		
Canning Town Bus Station	0528	0543	0558	0613	0628	0640	0652	0704	0716	0727	0738	Then every 12 minutes until	0850	0901	0913	0925	0937	
Plaistow Greengate	0533	0548	0603	0619	0634	0646	0658	0711	0723	0735	0747		0859	0910	0922	0934	0947	
Upton Park The Boleyn (Green Street)	0535	0550	0605	0621	0636	0648	0701	0714	0726	0738	0750		0902	0913	0925	0938	0951	
Upton Park Station	0536	0551	0606	0622	0637	0650	0703	0716	0728	0740	0752		0904	0915	0928	0941	0954	
Forest Gate Post Office	0541	0556	0611	0627	0642	0655	0709	0722	0734	0747	0800		0912	0924	0937	0950	1003	
Wanstead Park Station	0545	0600	0616	0632	0647	0701	0715	0728	0740	0753	0806	0918	0930	0943	0956	1009		
Canning Town Bus Station	0949	Then every 12 minutes until	1149	1201	1213	Then every 12 minutes until	1425	1437	1449	1501	1513	Then every 12 minutes until	1701	1711	1721			
Plaistow Greengate	1000		1200	1212	1224		1436	1448	1500	1513	1525		1713	1723	1733			
Upton Park The Boleyn (Green Street)	1004		1204	1216	1228		1440	1452	1504	1517	1529		1717	1727	1737			
Upton Park Station	1007		1207	1219	1232		1444	1456	1508	1521	1533		1721	1731	1741			
Forest Gate Post Office	1016		1216	1229	1242		1454	1506	1518	1531	1544		1732	1742	1752			
Wanstead Park Station	1022	1222	1235	1248	1500	1513	1526	1539	1552	1740	1750	1800						
Canning Town Bus Station	1733	1745	1757	1809	1822	1835	1848	1903	1919	1935	1951	2009	2029	2051	2113	2135	Then every 20 mins. until	0035
Plaistow Greengate	1745	1757	1809	1821	1834	1846	1857	1911	1927	1943	1959	2017	2037	2059	2121	2141	0041	
Upton Park The Boleyn (Green Street)	1749	1801	1813	1825	1838	1849	1900	1914	1930	1946	2001	2019	2039	2101	2123	2143	0043	
Upton Park Station	1753	1805	1817	1829	1842	1852	1903	1917	1933	1948	2003	2021	2041	2103	2124	2144	0044	
Forest Gate Post Office	1804	1816	1828	1840	1852	1902	1913	1927	1942	1956	2011	2029	2049	2110	2130	2150	0050	
Wanstead Park Station	1812	1824	1836	1847	1858	1908	1919	1933	1947	2001	2016	2034	2054	2114	2134	2154	0054	
330 Saturdays (also Good Friday)																		
Canning Town Bus Station	0528	0548	0608	0627	0646	0705	0725	0745	0805	0821	0836	0851	0906	0918	0929	0940	0951	1002
Plaistow Greengate	0533	0553	0613	0632	0651	0711	0731	0751	0811	0827	0842	0858	0914	0926	0937	0948	0959	1011
Upton Park The Boleyn (Green Street)	0535	0555	0615	0634	0653	0713	0733	0753	0813	0829	0844	0900	0917	0929	0941	0952	1003	1015
Upton Park Station	0536	0556	0616	0635	0654	0714	0734	0754	0814	0830	0846	0902	0919	0931	0943	0955	1007	1019
Forest Gate Post Office	0541	0601	0621	0640	0700	0720	0740	0800	0820	0836	0853	0910	0927	0940	0952	1004	1017	1030
Wanstead Park Station	0545	0605	0625	0645	0705	0725	0745	0805	0825	0841	0858	0915	0932	0945	0958	1011	1024	1037
Canning Town Bus Station	1013	Then every 12 minutes until	1125	1137	1149	1159	Then every 12 minutes until	1723	1735	1747	1759	1811	1823	1838	1853	1911		
Plaistow Greengate	1023		1135	1147	1159	1209		1733	1745	1757	1808	1820	1832	1847	1902	1920		
Upton Park The Boleyn (Green Street)	1027		1139	1151	1203	1213		1737	1749	1801	1812	1824	1836	1851	1906	1924		
Upton Park Station	1031		1143	1155	1207	1217		1741	1753	1804	1815	1827	1839	1854	1909	1927		
Forest Gate Post Office	1042		1154	1207	1220	1230		1754	1805	1815	1825	1837	1849	1904	1919	1936		
Wanstead Park Station	1049	1201	1214	1227	1237	1801	1811	1821	1831	1843	1855	1910	1925	1941				
Canning Town Bus Station	1929	1949	2009	2029	2051	2113	2135	Then every 20 minutes until	0035									
Plaistow Greengate	1938	1957	2017	2037	2059	2121	2141		0041									
Upton Park The Boleyn (Green Street)	1941	1959	2019	2039	2101	2123	2143		0043									
Upton Park Station	1943	2001	2021	2041	2103	2124	2144		0044									
Forest Gate Post Office	1951	2009	2029	2049	2110	2130	2150		0050									
Wanstead Park Station	1956	2014	2034	2054	2114	2134	2154	0054										
330 Sundays and other Public Holidays (except Christmas Day)																		
Canning Town Bus Station	0625	0655	0724	0753	0822	0852	0912	0930	0948	1006	1024	1042	1100	1118	1138	1158	1218	1238
Plaistow Greengate	0630	0700	0729	0758	0828	0858	0918	0936	0955	1013	1031	1049	1108	1126	1146	1206	1226	1246
Upton Park The Boleyn (Green Street)	0632	0702	0731	0800	0830	0900	0920	0938	0958	1016	1034	1052	1112	1130	1150	1210	1230	1250
Upton Park Station	0633	0703	0732	0801	0831	0901	0921	0940	1000	1018	1036	1055	1115	1134	1154	1214	1234	1254
Forest Gate Post Office	0638	0708	0737	0807	0837	0907	0928	0948	1008	1026	1044	1104	1124	1143	1203	1223	1243	1303
Wanstead Park Station	0642	0712	0742	0812	0842	0912	0933	0953	1013	1031	1049	1109	1129	1149	1209	1229	1249	1309
Canning Town Bus Station	1255	1313	Then every 20 minutes until	1713	1733	1753	1812	1831	1850	1910	1930	1950	2010	2030	2052	2114	2135	
Plaistow Greengate	1303	1321		1721	1741	1801	1820	1839	1858	1917	1937	1957	2017	2037	2059	2121	2141	
Upton Park The Boleyn (Green Street)	1307	1325		1725	1745	1804	1823	1842	1901	1919	1939	1959	2019	2039	2101	2123	2143	
Upton Park Station	1311	1329		1729	1749	1808	1827	1846	1904	1922	1941	2001	2021	2041	2103	2124	2144	
Forest Gate Post Office	1321	1339		1739	1758	1817	1836	1855	1913	1931	1949	2009	2029	2049	2110	2130	2150	
Wanstead Park Station	1327	1345	1745	1804	1823	1842	1901	1918	1936	1954	2014	2034	2054	2114	2134	2154		
Canning Town Bus Station	2155	Then every 20 minutes until	0035															
Plaistow Greengate	2201		0041															
Upton Park The Boleyn (Green Street)	2203		0043															
Upton Park Station	2204		0044															
Forest Gate Post Office	2210		0050															
Wanstead Park Station	2214		0054															