

362		Mondays to Fridays																		
Grange Hill Station	0625	0655	0729	0804	0839	0914	0946	1016			Then	46	16	1316	1346	1416	1446	1516	1546	
Hainault <i>The Lowe/Manford Way</i>	0629	0700	0735	0810	0845	0919	0951	1021			every 30	51	21	1321	1351	1421	1451	1521	1551	
Hainault Forest <i>New North Road</i>	0631	0702	0737	0812	0847	0921	0953	1023			minutes	53	23	1323	1353	1423	1453	1523	1553	
Marks Gate <i>The City Pavilion</i>	0635	0706	0741	0816	0851	0925	0957	1027			at these	57	27	until	1327	1357	1427	1457	1527	1557
Rose Lane shops	0638	0710	0745	0820	0855	0929	1001	1031			minutes	01	31	1331	1401	1431	1501	1531	1602	
Chadwell Heath <i>Sainsbury's</i>	0646	0720	0757	0834	0909	0941	1011	1040			past	10	40	1340	1411	1442	1513	1543	1615	
Little Heath <i>King George Hospital</i>	0654	0729	0807	0845	0920	0951	1021	1050			the hour	20	50	1350	1421	1452	1523	1554	1626	
Grange Hill Station	1618	1650	1725	1800	1831	1901	1931	2001	2031	2102	2132	2202	2232	2302	2332					
Hainault <i>The Lowe/Manford Way</i>	1623	1655	1730	1805	1836	1906	1935	2005	2035	2106	2136	2206	2236	2306	2336					
Hainault Forest <i>New North Road</i>	1625	1657	1732	1807	1838	1908	1937	2006	2036	2107	2137	2207	2237	2307	2337					
Marks Gate <i>The City Pavilion</i>	1630	1702	1737	1812	1842	1912	1941	2009	2039	2110	2140	2210	2240	2310	2340					
Rose Lane shops	1635	1707	1742	1816	1846	1916	1945	2012	2042	2113	2143	2213	2243	2313	2343					
Chadwell Heath <i>Sainsbury's</i>	1648	1720	1755	1829	1857	1925	1952	2018	2048	2118	2148	2218	2248	2318	2348					
Little Heath <i>King George Hospital</i>	1659	1731	1806	1840	1907	1934	2000	2026	2056	2126	2156	2226	2256	2325	2355					
362		Saturdays (also Good Friday)																		
Grange Hill Station	0625	0655	0725	0755	0825	0855	0925	0955	1030	1105	1140	1215	1250	1325	1400	1435	1510	1545		
Hainault <i>The Lowe/Manford Way</i>	0629	0659	0729	0759	0829	0900	0930	1000	1035	1110	1145	1220	1255	1330	1405	1440	1515	1550		
Hainault Forest <i>New North Road</i>	0630	0700	0730	0800	0831	0902	0932	1002	1037	1112	1147	1222	1257	1332	1407	1442	1517	1552		
Marks Gate <i>The City Pavilion</i>	0634	0704	0734	0804	0835	0906	0936	1006	1041	1116	1151	1226	1301	1336	1411	1446	1521	1556		
Rose Lane shops	0637	0707	0737	0807	0838	0910	0940	1010	1045	1120	1155	1230	1305	1340	1415	1450	1525	1600		
Chadwell Heath <i>Sainsbury's</i>	0643	0713	0743	0814	0845	0917	0948	1020	1055	1130	1205	1241	1317	1352	1427	1502	1537	1612		
Little Heath <i>King George Hospital</i>	0651	0721	0751	0822	0853	0925	0957	1030	1105	1140	1215	1251	1327	1402	1437	1512	1547	1622		
Grange Hill Station	1620	1655	1730	1800	1830	1901	1931	2001	2031	2102	2132	2202	2232	2302	2332					
Hainault <i>The Lowe/Manford Way</i>	1625	1700	1735	1805	1835	1905	1935	2005	2035	2106	2136	2206	2236	2306	2336					
Hainault Forest <i>New North Road</i>	1627	1702	1737	1807	1837	1907	1937	2006	2036	2107	2137	2207	2237	2307	2337					
Marks Gate <i>The City Pavilion</i>	1631	1706	1741	1811	1841	1911	1940	2009	2039	2110	2140	2210	2240	2310	2340					
Rose Lane shops	1635	1710	1745	1815	1845	1915	1944	2012	2042	2113	2143	2213	2243	2313	2343					
Chadwell Heath <i>Sainsbury's</i>	1646	1721	1755	1825	1854	1923	1951	2018	2048	2118	2148	2218	2248	2318	2348					
Little Heath <i>King George Hospital</i>	1656	1730	1804	1834	1903	1932	1959	2026	2056	2126	2156	2226	2256	2325	2355					
362		Sundays and other Public Holidays (except Christmas Day)																		
Grange Hill Station	0724	0754	0824	0853	0922	0951	1021	1051	1120			Then	50	20	1420	1451	1522	1552	1622	
Hainault <i>The Lowe/Manford Way</i>	0728	0758	0828	0857	0926	0955	1025	1055	1125			every 30	55	25	1425	1456	1527	1557	1627	
Hainault Forest <i>New North Road</i>	0729	0759	0829	0858	0928	0957	1027	1057	1127			minutes	57	27	1427	1458	1529	1559	1629	
Marks Gate <i>The City Pavilion</i>	0734	0804	0834	0903	0933	1002	1032	1102	1132			at these	02	32	until	1432	1503	1533	1603	1633
Rose Lane shops	0738	0808	0838	0907	0937	1006	1036	1107	1137			minutes	07	37	1437	1507	1537	1607	1637	
Chadwell Heath <i>Sainsbury's</i>	0744	0814	0844	0914	0944	1014	1044	1115	1145			past	15	45	1445	1515	1545	1615	1645	
Little Heath <i>King George Hospital</i>	0752	0822	0852	0922	0952	1022	1053	1124	1154			the hour	24	54	1454	1524	1554	1624	1654	
Grange Hill Station	1652	1723	1754	1825	1856	1927	1959	2031	2102	2132	2202	2232	2302	2332						
Hainault <i>The Lowe/Manford Way</i>	1657	1728	1759	1830	1901	1932	2003	2035	2106	2136	2206	2236	2306	2336						
Hainault Forest <i>New North Road</i>	1659	1730	1801	1832	1902	1933	2004	2036	2107	2137	2207	2237	2307	2337						
Marks Gate <i>The City Pavilion</i>	1703	1734	1805	1836	1906	1937	2007	2039	2110	2140	2210	2240	2310	2340						
Rose Lane shops	1707	1738	1809	1840	1910	1941	2011	2042	2113	2143	2213	2243	2313	2343						
Chadwell Heath <i>Sainsbury's</i>	1715	1746	1817	1847	1917	1947	2017	2048	2118	2148	2218	2248	2318	2348						
Little Heath <i>King George Hospital</i>	1724	1754	1825	1855	1925	1955	2025	2055	2125	2155	2225	2255	2325	2355						

362		Mondays to Fridays																
Little Heath King George Hospital	0645	0715	0745	0820	0855	0930	1000	1030	1100	1130	1200	1230	1300	1330	1400	1430	1500	1529
Chadwell Heath Sainsbury's	0653	0725	0758	0833	0908	0941	1011	1041	1111	1142	1212	1242	1312	1342	1413	1444	1516	1546
Rose Lane shops	0659	0732	0807	0842	0917	0948	1018	1048	1119	1150	1220	1250	1320	1350	1422	1454	1526	1556
Marks Gate The City Pavilion	0703	0736	0811	0846	0921	0952	1022	1052	1123	1154	1224	1254	1324	1354	1426	1458	1530	1600
Hainault Forest New North Road	0708	0742	0817	0852	0926	0957	1027	1057	1128	1159	1229	1259	1329	1359	1431	1503	1535	1605
Hainault The Lowe/Manford Way	0710	0745	0820	0855	0928	0959	1029	1059	1130	1201	1231	1301	1331	1401	1433	1505	1537	1608
Grange Hill Station	0714	0749	0824	0859	0932	1003	1033	1103	1134	1205	1235	1305	1335	1405	1437	1509	1541	1613
Little Heath King George Hospital	1559	1633	1708	1743	1818	1852	1926	1959	2031	2101	2131	2201	2231	2301	2331	0001		
Chadwell Heath Sainsbury's	1616	1651	1726	1759	1832	1904	1936	2008	2039	2109	2139	2209	2239	2308	2338	0008		
Rose Lane shops	1626	1701	1736	1808	1840	1911	1943	2014	2045	2115	2145	2215	2245	2314	2343	0013		
Marks Gate The City Pavilion	1630	1705	1740	1812	1844	1915	1946	2017	2048	2118	2148	2218	2248	2317	2346	0016		
Hainault Forest New North Road	1635	1710	1745	1817	1849	1919	1950	2020	2051	2121	2151	2221	2251	2320	2349	0019		
Hainault The Lowe/Manford Way	1638	1713	1748	1819	1851	1921	1952	2022	2053	2123	2153	2223	2253	2322	2351	0021		
Grange Hill Station	1643	1718	1753	1824	1856	1926	1956	2026	2057	2127	2157	2227	2257	2326	2355	0025		
362		Saturdays (also Good Friday)																
Little Heath King George Hospital	0645	0715	0745	0815	0845	0914	0943	1012	1045	1120	1155	1230	1305	1340	1415	1450	1525	1601
Chadwell Heath Sainsbury's	0653	0723	0753	0823	0853	0923	0952	1022	1056	1132	1208	1244	1319	1355	1430	1505	1540	1615
Rose Lane shops	0658	0728	0758	0828	0859	0929	0959	1029	1104	1140	1216	1252	1327	1403	1438	1513	1548	1623
Marks Gate The City Pavilion	0701	0731	0801	0831	0902	0933	1003	1033	1108	1144	1220	1256	1331	1407	1442	1517	1552	1627
Hainault Forest New North Road	0705	0735	0805	0835	0906	0937	1007	1037	1112	1148	1224	1300	1335	1411	1446	1521	1556	1631
Hainault The Lowe/Manford Way	0707	0737	0807	0837	0908	0939	1009	1039	1114	1150	1226	1302	1337	1413	1448	1523	1558	1633
Grange Hill Station	0710	0740	0810	0841	0912	0943	1013	1043	1118	1154	1230	1306	1341	1417	1452	1527	1602	1637
Little Heath King George Hospital	1636	1712	1747	1822	1855	1927	1959	2031	2101	2131	2201	2231	2301	2331	0001			
Chadwell Heath Sainsbury's	1650	1725	1800	1834	1906	1936	2008	2039	2109	2139	2209	2239	2308	2338	0008			
Rose Lane shops	1658	1733	1808	1842	1913	1943	2014	2045	2115	2145	2215	2245	2314	2343	0013			
Marks Gate The City Pavilion	1702	1737	1812	1846	1916	1946	2017	2048	2118	2148	2218	2248	2317	2346	0016			
Hainault Forest New North Road	1706	1741	1816	1850	1920	1950	2020	2051	2121	2151	2221	2251	2320	2349	0019			
Hainault The Lowe/Manford Way	1708	1743	1818	1852	1922	1952	2022	2053	2123	2153	2223	2253	2322	2351	0021			
Grange Hill Station	1712	1747	1822	1856	1926	1956	2026	2057	2127	2157	2227	2257	2326	2355	0025			
362		Sundays and other Public Holidays (except Christmas Day)																
Little Heath King George Hospital	0740	0810	0840	0910	0940	1010	1040	1109	1138	1207	1236	Then	06 36		1506	1536	1605	
Chadwell Heath Sainsbury's	0748	0818	0848	0918	0949	1019	1049	1119	1149	1218	1248	every 30	18 48		1518	1548	1617	
Rose Lane shops	0754	0824	0854	0924	0956	1026	1056	1126	1156	1226	1256	minutes	26 56		1526	1556	1625	
Marks Gate The City Pavilion	0757	0827	0857	0928	1000	1030	1100	1130	1200	1230	1300	at these	30 00 until		1530	1559	1628	
Hainault Forest New North Road	0802	0832	0902	0933	1005	1035	1105	1135	1205	1235	1305	minutes	35 05		1535	1604	1633	
Hainault The Lowe/Manford Way	0804	0834	0904	0935	1007	1037	1107	1137	1207	1237	1307	past	37 07		1537	1606	1635	
Grange Hill Station	0807	0837	0908	0939	1011	1041	1111	1141	1211	1241	1311	the hour	41 11		1541	1610	1639	
Little Heath King George Hospital	1635	1705	1735	1805	1835	1903	1931	2000	2030	2100	2130	2201	2231	2301	2331	0001		
Chadwell Heath Sainsbury's	1646	1715	1745	1814	1844	1912	1940	2008	2038	2108	2138	2208	2238	2308	2338	0008		
Rose Lane shops	1654	1723	1752	1821	1850	1918	1946	2014	2044	2114	2144	2214	2243	2313	2343	0013		
Marks Gate The City Pavilion	1657	1726	1755	1824	1853	1921	1949	2017	2047	2117	2147	2217	2246	2316	2346	0016		
Hainault Forest New North Road	1702	1731	1800	1828	1857	1925	1952	2020	2050	2120	2150	2220	2249	2319	2349	0019		
Hainault The Lowe/Manford Way	1704	1733	1802	1830	1859	1927	1954	2022	2052	2122	2152	2222	2251	2321	2351	0021		
Grange Hill Station	1708	1737	1806	1834	1903	1931	1958	2026	2056	2126	2156	2226	2255	2325	2355	0025		