

362		Mondays to Fridays																	
Grange Hill Station	0625	0655	0729	0804	0840	0915	0947		Then	17	47	1317	1347	1417	1452	1527	1602	1636	
Hainault <i>The Lowe/Manford Way</i>	0629	0700	0735	0810	0846	0920	0952		every 30	22	52	1322	1352	1422	1457	1532	1607	1641	
Hainault Forest <i>New North Road</i>	0631	0702	0737	0812	0848	0922	0954		minutes	24	54	1324	1354	1424	1459	1534	1609	1643	
Marks Gate <i>The City Pavilion</i>	0636	0708	0743	0818	0854	0928	0959		at these	29	59	until	1329	1359	1429	1504	1539	1614	1648
Rose Lane shops	0640	0713	0748	0823	0859	0932	1003		minutes	33	03	1333	1403	1433	1508	1543	1618	1653	
Chadwell Heath <i>Sainsbury's</i>	0647	0723	0759	0836	0912	0943	1012		past	42	12	1342	1413	1443	1519	1555	1631	1706	
Little Heath <i>King George Hospital</i>	0656	0734	0811	0848	0923	0953	1023		the hour	53	23	1353	1424	1454	1530	1606	1642	1718	
Grange Hill Station	1709	1745	1817	1848	1919	1949	2017	2045	2112	2139	2206	2235	2306	2336					
Hainault <i>The Lowe/Manford Way</i>	1714	1751	1823	1853	1924	1954	2021	2049	2116	2143	2210	2239	2310	2340					
Hainault Forest <i>New North Road</i>	1716	1753	1825	1855	1926	1956	2023	2050	2117	2144	2211	2240	2311	2341					
Marks Gate <i>The City Pavilion</i>	1722	1759	1830	1900	1931	2001	2028	2054	2121	2148	2215	2244	2315	2345					
Rose Lane shops	1727	1804	1834	1904	1935	2005	2032	2058	2125	2152	2219	2247	2318	2348					
Chadwell Heath <i>Sainsbury's</i>	1740	1815	1844	1914	1943	2012	2038	2104	2131	2158	2225	2253	2323	2353					
Little Heath <i>King George Hospital</i>	1752	1827	1856	1925	1953	2022	2047	2113	2139	2206	2232	2300	2330	0000					
362		Saturdays (also Good Friday)																	
Grange Hill Station	0625	0655	0725	0755	0825	0900	0935	1010	1045	1120	1155	1230	1305	1340	1415	1450	1525	1600	
Hainault <i>The Lowe/Manford Way</i>	0630	0700	0730	0800	0830	0905	0940	1015	1050	1125	1200	1235	1310	1345	1420	1455	1530	1605	
Hainault Forest <i>New North Road</i>	0632	0702	0732	0802	0832	0907	0942	1017	1052	1127	1202	1237	1312	1347	1422	1457	1532	1607	
Marks Gate <i>The City Pavilion</i>	0636	0706	0736	0806	0836	0912	0947	1022	1057	1132	1207	1242	1317	1352	1427	1502	1537	1612	
Rose Lane shops	0639	0709	0739	0809	0840	0916	0951	1026	1101	1136	1211	1246	1321	1356	1431	1506	1541	1616	
Chadwell Heath <i>Sainsbury's</i>	0645	0715	0745	0815	0847	0924	0959	1036	1112	1147	1222	1258	1333	1408	1443	1518	1553	1627	
Little Heath <i>King George Hospital</i>	0653	0723	0753	0823	0856	0933	1009	1046	1123	1158	1233	1309	1344	1419	1454	1529	1604	1638	
Grange Hill Station	1635	1710	1745	1819	1849	1919	1949	2017	2045	2115	2143	2210	2236	2306	2336				
Hainault <i>The Lowe/Manford Way</i>	1640	1715	1750	1824	1854	1924	1954	2022	2049	2119	2147	2214	2240	2310	2340				
Hainault Forest <i>New North Road</i>	1642	1717	1752	1826	1856	1926	1956	2024	2051	2121	2149	2215	2241	2311	2341				
Marks Gate <i>The City Pavilion</i>	1647	1722	1757	1831	1901	1931	2000	2028	2055	2125	2153	2219	2245	2315	2345				
Rose Lane shops	1651	1726	1801	1835	1905	1935	2004	2032	2059	2129	2157	2222	2248	2318	2348				
Chadwell Heath <i>Sainsbury's</i>	1702	1737	1812	1845	1914	1943	2012	2039	2106	2135	2203	2228	2253	2323	2353				
Little Heath <i>King George Hospital</i>	1713	1748	1823	1855	1924	1953	2022	2049	2115	2143	2211	2236	2300	2330	0000				
362		Sundays and other Public Holidays (except Christmas Day)																	
Grange Hill Station	0725	0755	0825	0854	0923	0952	1020	1050	1120	1149	1219	1249	1320	1350	1420	1450	1520	1550	
Hainault <i>The Lowe/Manford Way</i>	0730	0800	0830	0859	0928	0957	1025	1055	1125	1154	1224	1254	1325	1355	1425	1455	1525	1555	
Hainault Forest <i>New North Road</i>	0732	0802	0832	0901	0930	0959	1027	1057	1127	1156	1226	1256	1327	1357	1427	1457	1527	1557	
Marks Gate <i>The City Pavilion</i>	0737	0807	0837	0906	0935	1004	1033	1103	1133	1202	1232	1302	1332	1402	1432	1502	1532	1602	
Rose Lane shops	0741	0811	0841	0910	0939	1008	1037	1108	1138	1207	1237	1307	1337	1407	1437	1506	1536	1606	
Chadwell Heath <i>Sainsbury's</i>	0747	0817	0847	0917	0946	1016	1045	1117	1147	1217	1247	1317	1347	1417	1447	1516	1545	1615	
Little Heath <i>King George Hospital</i>	0755	0825	0855	0925	0954	1025	1055	1128	1158	1228	1258	1328	1358	1428	1458	1527	1555	1625	
Grange Hill Station	1620	1650	1720	1750	1819	1847	1915	1943	2011	2039	2107	2135	2205	2235	2305	2336			
Hainault <i>The Lowe/Manford Way</i>	1625	1655	1725	1755	1824	1852	1920	1948	2016	2043	2111	2139	2209	2239	2309	2340			
Hainault Forest <i>New North Road</i>	1627	1657	1727	1757	1826	1854	1922	1950	2018	2045	2113	2140	2210	2240	2310	2341			
Marks Gate <i>The City Pavilion</i>	1632	1702	1732	1802	1831	1859	1927	1955	2023	2050	2117	2144	2214	2244	2314	2345			
Rose Lane shops	1636	1706	1736	1806	1835	1903	1931	1959	2026	2053	2120	2147	2217	2247	2317	2348			
Chadwell Heath <i>Sainsbury's</i>	1645	1715	1744	1814	1842	1910	1938	2006	2032	2059	2126	2152	2222	2252	2322	2353			
Little Heath <i>King George Hospital</i>	1655	1724	1753	1823	1851	1919	1947	2015	2041	2107	2134	2159	2229	2259	2329	2359			

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King George Hospital – Marks Gate – Grange Hill

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	1505	1540
Chadwell Heath Sainsbury's	0654	0726	0757	0833	0908	0941	1011	1041	1111	1142	1212	1242	1312	1342	1412	1443	1519	1556
Rose Lane shops	0700	0733	0807	0843	0916	0949	1019	1049	1119	1150	1220	1250	1320	1350	1420	1452	1529	1607
Marks Gate The City Pavilion	0705	0739	0813	0848	0921	0954	1023	1053	1123	1154	1224	1254	1324	1354	1424	1456	1534	1612
Hainault Forest New North Road	0712	0747	0821	0855	0927	1000	1029	1059	1129	1200	1230	1300	1330	1400	1430	1502	1540	1618
Hainault The Lowe/Manford Way	0714	0750	0824	0858	0930	1002	1031	1101	1132	1203	1233	1303	1333	1403	1433	1505	1543	1621
Grange Hill Station	0719	0755	0829	0903	0935	1007	1035	1105	1136	1207	1237	1307	1337	1408	1438	1510	1548	1626
Little Heath King George Hospital	1615	1650	1725	1800	1835	1908	1940	2010	2037	2105	2133	2203	2233	2305	2335	0005		
Chadwell Heath Sainsbury's	1631	1707	1742	1816	1848	1919	1950	2020	2046	2114	2142	2211	2241	2312	2342	0012		
Rose Lane shops	1642	1717	1752	1825	1857	1927	1957	2027	2053	2120	2148	2217	2247	2317	2347	0017		
Marks Gate The City Pavilion	1647	1722	1757	1829	1901	1931	2001	2030	2056	2123	2151	2220	2250	2320	2350	0020		
Hainault Forest New North Road	1653	1728	1803	1834	1906	1936	2005	2034	2100	2127	2155	2224	2254	2324	2354	0024		
Hainault The Lowe/Manford Way	1656	1731	1806	1837	1908	1938	2007	2036	2102	2129	2157	2226	2256	2326	2356	0026		
Grange Hill Station	1701	1736	1811	1842	1913	1943	2011	2040	2106	2133	2201	2230	2300	2330	0000	0030		
362		Saturdays (also Good Friday)																
Little Heath King George Hospital	0645	0715	0745	0815	0845	0915	0950	1025	1100	1135	1210	1245	1320	1355	1430	1505	1540	1615
Chadwell Heath Sainsbury's	0653	0723	0753	0823	0854	0925	1000	1036	1112	1148	1224	1259	1334	1409	1443	1518	1553	1627
Rose Lane shops	0659	0729	0759	0829	0900	0932	1007	1043	1120	1156	1232	1308	1343	1417	1451	1526	1601	1635
Marks Gate The City Pavilion	0703	0733	0803	0833	0904	0936	1011	1047	1124	1201	1237	1313	1348	1422	1456	1530	1605	1639
Hainault Forest New North Road	0708	0738	0808	0838	0909	0941	1017	1053	1130	1207	1243	1319	1354	1428	1502	1536	1611	1644
Hainault The Lowe/Manford Way	0710	0740	0810	0840	0911	0943	1019	1056	1133	1210	1246	1322	1357	1431	1505	1539	1614	1647
Grange Hill Station	0714	0744	0814	0844	0915	0947	1023	1100	1137	1214	1251	1327	1402	1436	1510	1544	1619	1652
Little Heath King George Hospital	1650	1725	1800	1835	1910	1940	2010	2040	2108	2136	2204	2234	2305	2335	0005			
Chadwell Heath Sainsbury's	1702	1737	1812	1847	1922	1951	2020	2049	2117	2145	2212	2242	2313	2343	0013			
Rose Lane shops	1710	1745	1820	1855	1929	1957	2026	2055	2123	2151	2218	2248	2318	2348	0018			
Marks Gate The City Pavilion	1714	1749	1824	1859	1933	2001	2030	2059	2127	2155	2221	2251	2321	2351	0021			
Hainault Forest New North Road	1719	1754	1829	1904	1937	2005	2034	2103	2131	2159	2225	2255	2325	2355	0025			
Hainault The Lowe/Manford Way	1722	1757	1831	1906	1939	2007	2036	2105	2133	2201	2227	2257	2327	2357	0027			
Grange Hill Station	1727	1802	1836	1911	1944	2012	2040	2109	2137	2205	2231	2301	2331	0001	0031			
362		Sundays and other Public Holidays (except Christmas Day)																
Little Heath King George Hospital	0740	0810	0839	0908	0938	1008	1038	1108	1137	1206	1236	1306	1336	1406	1436	1506	1536	1606
Chadwell Heath Sainsbury's	0748	0818	0847	0917	0947	1018	1048	1118	1148	1218	1249	1319	1349	1419	1449	1518	1547	1617
Rose Lane shops	0754	0824	0853	0923	0953	1025	1055	1125	1155	1226	1257	1327	1357	1427	1457	1525	1554	1624
Marks Gate The City Pavilion	0758	0828	0857	0927	0957	1029	1059	1129	1159	1230	1301	1331	1401	1431	1501	1529	1558	1628
Hainault Forest New North Road	0803	0833	0903	0933	1003	1035	1106	1136	1206	1237	1307	1337	1407	1437	1507	1535	1604	1634
Hainault The Lowe/Manford Way	0805	0835	0905	0936	1006	1038	1109	1139	1209	1240	1310	1340	1410	1440	1510	1538	1607	1637
Grange Hill Station	0808	0838	0909	0940	1010	1042	1113	1143	1213	1244	1315	1345	1415	1444	1514	1542	1611	1641
Little Heath King George Hospital	1636	1706	1736	1806	1836	1906	1936	2006	2033	2103	2133	2204	2234	2305	2335	0005		
Chadwell Heath Sainsbury's	1647	1717	1746	1816	1846	1916	1946	2016	2042	2111	2141	2212	2242	2312	2342	0012		
Rose Lane shops	1654	1724	1753	1822	1852	1922	1952	2022	2048	2117	2147	2217	2247	2317	2347	0017		
Marks Gate The City Pavilion	1658	1728	1757	1826	1856	1926	1956	2026	2052	2120	2150	2220	2250	2320	2350	0020		
Hainault Forest New North Road	1703	1733	1802	1831	1900	1930	2000	2030	2056	2124	2154	2224	2254	2324	2354	0024		
Hainault The Lowe/Manford Way	1706	1736	1805	1834	1903	1933	2002	2032	2058	2126	2156	2226	2256	2326	2356	0026		
Grange Hill Station	1710	1740	1809	1838	1907	1937	2006	2036	2102	2130	2200	2230	2300	2330	0000	0030		