

362		Mondays to Fridays																					
Grange Hill Station	0625	0655	0724	0754	0824	0854	0925	0955	<i>Then</i>	25	55	1355	1425	1455	1525	1555	1626						
Hainault <i>The Lowe/Manford Way</i>	0630	0700	0730	0800	0830	0900	0931	1000	<i>every 30</i>	30	00	1400	1430	1500	1530	1600	1631						
Hainault Forest <i>New North Road</i>	0632	0702	0732	0802	0832	0902	0933	1002	<i>minutes</i>	32	02	1402	1432	1502	1532	1602	1633						
Marks Gate <i>The City Pavilion</i>	0636	0706	0736	0806	0836	0906	0937	1006	<i>at these</i>	36	06	<i>until</i>	1406	1436	1506	1537	1607	1638					
Rose Lane <i>shops</i>	0639	0710	0741	0811	0841	0911	0941	1010	<i>minutes</i>	40	10	1410	1440	1510	1541	1612	1643						
Chadwell Heath <i>Sainsbury's</i>	0645	0718	0751	0824	0853	0922	0950	1018	<i>past</i>	48	18	1418	1449	1521	1552	1624	1655						
King George Hospital	0654	0727	0801	0836	0904	0932	1000	1028	<i>the hour</i>	58	28	1428	1459	1532	1603	1634	1705						
Grange Hill Station	1657	1728	1800	1831	1901	1931	2001	2031	2100	2130	2200	2230	2300	2330									
Hainault <i>The Lowe/Manford Way</i>	1702	1733	1805	1836	1906	1936	2005	2035	2104	2133	2203	2233	2303	2333									
Hainault Forest <i>New North Road</i>	1704	1735	1807	1838	1908	1938	2007	2037	2106	2135	2205	2235	2305	2335									
Marks Gate <i>The City Pavilion</i>	1709	1740	1812	1842	1912	1942	2011	2041	2110	2139	2209	2239	2309	2339									
Rose Lane <i>shops</i>	1714	1745	1817	1847	1916	1946	2014	2044	2113	2142	2212	2242	2312	2342									
Chadwell Heath <i>Sainsbury's</i>	1726	1757	1828	1856	1923	1952	2020	2050	2118	2147	2217	2247	2317	2347									
King George Hospital	1736	1807	1837	1905	1932	2001	2029	2059	2127	2155	2225	2255	2325	2355									
362		Saturdays (also Good Friday)																					
Grange Hill Station	0625	0655	0725	0755	0824	0854	0924	0953	1022	1052	1122	1151	<i>Then</i>	21	51	1421	1451						
Hainault <i>The Lowe/Manford Way</i>	0629	0659	0729	0759	0829	0859	0929	0958	1027	1057	1127	1156	<i>every 30</i>	26	56	1426	1456						
Hainault Forest <i>New North Road</i>	0631	0701	0731	0801	0831	0901	0931	1000	1029	1059	1129	1158	<i>minutes</i>	28	58	1428	1458						
Marks Gate <i>The City Pavilion</i>	0635	0705	0735	0805	0835	0905	0935	1005	1034	1104	1134	1203	<i>at these</i>	33	03	<i>until</i>	1433	1503					
Rose Lane <i>shops</i>	0638	0708	0738	0809	0839	0909	0939	1009	1039	1109	1139	1208	<i>minutes</i>	38	08	1438	1508						
Chadwell Heath <i>Sainsbury's</i>	0644	0714	0744	0815	0845	0916	0947	1017	1047	1117	1147	1218	<i>past</i>	48	18	1448	1517						
King George Hospital	0653	0723	0753	0824	0854	0925	0956	1026	1056	1126	1156	1228	<i>the hour</i>	58	28	1458	1527						
Grange Hill Station	1521	1551	1622	1653	1724	1756	1826	1856	1926	1957	2028	2059	2130	2200	2230	2300	2330						
Hainault <i>The Lowe/Manford Way</i>	1526	1556	1627	1657	1728	1800	1830	1900	1930	2001	2032	2103	2133	2203	2233	2303	2333						
Hainault Forest <i>New North Road</i>	1528	1558	1629	1659	1730	1802	1832	1902	1932	2003	2034	2105	2135	2205	2235	2305	2335						
Marks Gate <i>The City Pavilion</i>	1533	1603	1634	1704	1735	1807	1836	1906	1936	2007	2038	2109	2139	2209	2239	2309	2339						
Rose Lane <i>shops</i>	1538	1608	1638	1708	1739	1811	1840	1910	1940	2010	2041	2112	2142	2212	2242	2312	2342						
Chadwell Heath <i>Sainsbury's</i>	1547	1617	1647	1717	1747	1819	1847	1917	1947	2016	2047	2117	2147	2217	2247	2317	2347						
King George Hospital	1557	1627	1657	1727	1757	1828	1856	1926	1956	2025	2056	2126	2155	2225	2255	2325	2355						
362		Sundays and other Public Holidays (except Christmas Day and Boxing Day)																					
Grange Hill Station	0725	0755	0825	0855	0925	0955	1025	1054	<i>Then</i>	24	54	1654	1725	1756	1826	1857	1928						
Hainault <i>The Lowe/Manford Way</i>	0729	0759	0829	0859	0929	0959	1029	1059	<i>every 30</i>	29	59	1659	1730	1801	1831	1902	1932						
Hainault Forest <i>New North Road</i>	0731	0801	0831	0901	0931	1001	1031	1101	<i>minutes</i>	31	01	1701	1732	1803	1833	1904	1934						
Marks Gate <i>The City Pavilion</i>	0735	0805	0835	0905	0935	1005	1035	1105	<i>at these</i>	35	05	<i>until</i>	1705	1736	1807	1837	1908	1938					
Rose Lane <i>shops</i>	0738	0808	0838	0909	0939	1009	1039	1109	<i>minutes</i>	39	09	1709	1740	1811	1841	1911	1941						
Chadwell Heath <i>Sainsbury's</i>	0744	0814	0844	0916	0946	1016	1046	1117	<i>past</i>	47	17	1717	1747	1817	1847	1917	1947						
King George Hospital	0753	0823	0853	0925	0955	1025	1055	1126	<i>the hour</i>	56	26	1726	1756	1826	1856	1926	1956						
Grange Hill Station	1959	2029	2059	2130	2200	2230	2300	2330															
Hainault <i>The Lowe/Manford Way</i>	2003	2033	2103	2133	2203	2233	2303	2333															
Hainault Forest <i>New North Road</i>	2005	2035	2105	2135	2205	2235	2305	2335															
Marks Gate <i>The City Pavilion</i>	2009	2039	2109	2139	2209	2239	2309	2339															
Rose Lane <i>shops</i>	2012	2042	2112	2142	2212	2242	2312	2342															
Chadwell Heath <i>Sainsbury's</i>	2017	2047	2117	2147	2217	2247	2317	2347															
King George Hospital	2026	2056	2126	2155	2225	2255	2325	2355															

362 Mondays to Fridays																			
King George Hospital	0645	0714	0742	0810	0842	0912	Then		42	12	1342	1411	1439	1509	1539	1609	1640	1711	
Chadwell Heath Sainsbury's	0653	0724	0754	0823	0854	0923	every 30		53	23	1353	1423	1453	1524	1555	1625	1657	1728	
Rose Lane shops	0659	0731	0801	0831	0901	0930	minutes		00	30	1400	1431	1502	1533	1604	1634	1706	1737	
Marks Gate The City Pavilion	0702	0735	0805	0835	0905	0934	at these		04	34	until	1404	1435	1506	1537	1608	1638	1710	1741
Hainault Forest New North Road	0706	0740	0810	0840	0910	0939	minutes		09	39	1409	1440	1511	1542	1613	1643	1715	1746	
Hainault The Lowe/Manford Way	0708	0743	0813	0843	0913	0941	past		11	41	1411	1442	1514	1545	1616	1646	1718	1749	
Grange Hill Station	0711	0747	0817	0847	0917	0945	the hour		15	45	1415	1446	1518	1550	1621	1651	1723	1754	
King George Hospital	1743	1815	1845	1915	1945	2015	2041	2106	2131	Then		01	31	0001					
Chadwell Heath Sainsbury's	1758	1829	1857	1926	1955	2024	2049	2114	2138	every 30		08	38	0008					
Rose Lane shops	1807	1837	1905	1933	2000	2029	2054	2119	2143	minutes		13	43	0013					
Marks Gate The City Pavilion	1811	1841	1909	1937	2004	2032	2057	2122	2146	at these		16	46	until	0016				
Hainault Forest New North Road	1816	1846	1914	1942	2008	2036	2101	2126	2150	minutes		20	50	0020					
Hainault The Lowe/Manford Way	1818	1848	1916	1944	2010	2038	2103	2128	2152	past		22	52	0022					
Grange Hill Station	1823	1853	1921	1948	2014	2042	2107	2132	2155	the hour		25	55	0025					
362 Saturdays (also Good Friday)																			
King George Hospital	0645	0715	0745	0815	0844	0914	0942	1012	1040	1109	1138	1207	Then		37	07	1737	1807	
Chadwell Heath Sainsbury's	0653	0723	0753	0823	0853	0923	0952	1022	1051	1121	1151	1221	every 30		51	21	1751	1819	
Rose Lane shops	0658	0728	0758	0828	0859	0929	0958	1028	1058	1128	1158	1228	minutes		58	28	1758	1825	
Marks Gate The City Pavilion	0701	0731	0801	0831	0902	0932	1002	1032	1102	1132	1202	1232	at these		02	32	until	1802	1829
Hainault Forest New North Road	0705	0735	0805	0835	0906	0936	1007	1037	1107	1137	1207	1237	minutes		07	37	1807	1833	
Hainault The Lowe/Manford Way	0707	0737	0807	0837	0908	0938	1009	1039	1109	1139	1209	1239	past		09	39	1809	1835	
Grange Hill Station	0710	0740	0810	0841	0912	0942	1013	1043	1113	1143	1213	1243	the hour		13	43	1813	1839	
King George Hospital	1837	1907	1937	2003	2030	2100	2131	Then		01	31	0001							
Chadwell Heath Sainsbury's	1847	1917	1946	2011	2038	2108	2138	every 30		08	38	0008							
Rose Lane shops	1853	1923	1952	2017	2043	2113	2143	minutes		13	43	0013							
Marks Gate The City Pavilion	1857	1926	1955	2020	2046	2116	2146	at these		16	46	until	0016						
Hainault Forest New North Road	1901	1930	1959	2024	2050	2120	2150	minutes		20	50	0020							
Hainault The Lowe/Manford Way	1903	1932	2001	2026	2052	2122	2152	past		22	52	0022							
Grange Hill Station	1907	1936	2005	2030	2056	2126	2155	the hour		25	55	0025							
362 Sundays and other Public Holidays (except Christmas Day and Boxing Day)																			
King George Hospital	0740	0810	0840	0910	0940	1008	1038	1107	1137	1207	1237	Then		07	37	1537	1607	1637	
Chadwell Heath Sainsbury's	0748	0818	0848	0918	0948	1017	1047	1117	1147	1217	1248	every 30		18	48	1548	1617	1647	
Rose Lane shops	0753	0823	0853	0923	0953	1023	1053	1123	1153	1223	1254	minutes		24	54	1554	1623	1653	
Marks Gate The City Pavilion	0756	0826	0856	0926	0956	1027	1057	1127	1157	1227	1258	at these		28	58	until	1558	1627	1657
Hainault Forest New North Road	0800	0830	0900	0930	1000	1031	1102	1132	1202	1232	1303	minutes		33	03	1603	1632	1702	
Hainault The Lowe/Manford Way	0802	0832	0902	0932	1002	1033	1104	1134	1204	1234	1305	past		35	05	1605	1634	1704	
Grange Hill Station	0805	0835	0905	0935	1005	1036	1108	1138	1208	1238	1309	the hour		39	09	1609	1638	1708	
King George Hospital	1707	1737	1805	1833	1903	1931	2001	2031	2101	2131	Then		01	31	0001				
Chadwell Heath Sainsbury's	1717	1746	1814	1842	1911	1939	2009	2039	2109	2138	every 30		08	38	0008				
Rose Lane shops	1723	1752	1820	1848	1916	1944	2014	2044	2114	2143	minutes		13	43	0013				
Marks Gate The City Pavilion	1727	1756	1824	1852	1919	1947	2017	2047	2117	2146	at these		16	46	until	0016			
Hainault Forest New North Road	1732	1801	1829	1856	1923	1951	2021	2051	2121	2150	minutes		20	50	0020				
Hainault The Lowe/Manford Way	1734	1803	1831	1858	1925	1953	2023	2053	2123	2152	past		22	52	0022				
Grange Hill Station	1738	1807	1835	1902	1929	1957	2027	2057	2127	2155	the hour		25	55	0025				