

362 Mondays to Fridays																			
Grange Hill Station	0625	0655	0725	0755	0826	0857	0927	0957	Then	27	57	1357	1426	1456	1526	1556	1628	1700	
Hainault <i>The Lowe/Manford Way</i>	0629	0659	0730	0800	0831	0902	0932	1002	every 30	32	02	1402	1431	1501	1531	1601	1633	1705	
Hainault Forest <i>New North Road</i>	0631	0701	0732	0802	0833	0904	0934	1004	minutes	34	04	1404	1433	1503	1533	1603	1635	1707	
Marks Gate <i>Billet Road</i>	0636	0707	0738	0808	0839	0910	0940	1010	at these	40	10	until	1410	1439	1509	1539	1609	1641	1713
Chadwell Heath <i>Moby Dick</i>	0640	0711	0744	0814	0844	0915	0944	1014	minutes	44	14	1414	1444	1514	1544	1614	1646	1718	
Chadwell Heath <i>Sainsbury's</i>	0645	0717	0752	0825	0855	0924	0952	1021	past	51	21	1421	1452	1523	1555	1625	1657	1729	
King George Hospital	0654	0727	0803	0837	0907	0936	1003	1032	the hour	02	32	1432	1503	1535	1607	1637	1709	1741	
Grange Hill Station	1732	1804	1831	1858	1928	1958	2028	2059	2130	2200	2230	2300	2330						
Hainault <i>The Lowe/Manford Way</i>	1737	1809	1836	1903	1932	2002	2032	2103	2133	2203	2233	2303	2333						
Hainault Forest <i>New North Road</i>	1739	1811	1838	1905	1934	2004	2034	2105	2135	2205	2235	2305	2335						
Marks Gate <i>Billet Road</i>	1745	1817	1843	1910	1939	2009	2039	2110	2140	2210	2240	2310	2340						
Chadwell Heath <i>Moby Dick</i>	1750	1822	1847	1914	1943	2013	2043	2114	2143	2213	2243	2313	2343						
Chadwell Heath <i>Sainsbury's</i>	1801	1832	1856	1920	1949	2018	2048	2118	2147	2217	2247	2317	2347						
King George Hospital	1813	1843	1906	1929	1958	2027	2057	2127	2156	2226	2256	2326	2356						
362 Saturdays (also Good Friday)																			
Grange Hill Station	0625	0655	0725	0755	0825	0855	0925	0955	1025	1055	1125	1155	Then every 30 minutes until	1425	1455	1525	1555	1625	
Hainault <i>The Lowe/Manford Way</i>	0629	0659	0729	0759	0829	0859	0929	0959	1029	1059	1129	1159		1429	1459	1529	1559	1629	
Hainault Forest <i>New North Road</i>	0631	0701	0731	0801	0831	0901	0931	1001	1031	1101	1131	1202		1432	1502	1531	1601	1631	
Marks Gate <i>Billet Road</i>	0636	0706	0736	0807	0837	0907	0937	1008	1038	1108	1138	1209		1439	1509	1538	1608	1638	
Chadwell Heath <i>Moby Dick</i>	0640	0710	0740	0811	0841	0911	0941	1012	1042	1112	1142	1213		1443	1513	1542	1612	1642	
Chadwell Heath <i>Sainsbury's</i>	0644	0714	0744	0815	0846	0918	0948	1019	1049	1119	1149	1223		1453	1521	1550	1620	1650	
King George Hospital	0653	0723	0753	0824	0855	0928	0959	1030	1100	1130	1200	1234	1504	1532	1601	1631	1701		
Grange Hill Station	1655	1725	1758	1828	1858	1928	1958	2028	2059	2130	2200	2230	2300	2330					
Hainault <i>The Lowe/Manford Way</i>	1659	1729	1802	1832	1902	1932	2002	2032	2103	2133	2203	2233	2303	2333					
Hainault Forest <i>New North Road</i>	1701	1731	1804	1834	1904	1934	2004	2034	2105	2135	2205	2235	2305	2335					
Marks Gate <i>Billet Road</i>	1708	1738	1810	1839	1909	1939	2009	2039	2110	2140	2210	2240	2310	2340					
Chadwell Heath <i>Moby Dick</i>	1712	1742	1814	1843	1913	1943	2013	2043	2113	2143	2213	2243	2313	2343					
Chadwell Heath <i>Sainsbury's</i>	1720	1749	1821	1848	1918	1948	2017	2047	2117	2147	2217	2247	2317	2347					
King George Hospital	1731	1800	1832	1859	1928	1957	2026	2056	2126	2156	2226	2256	2326	2356					
362 Sundays and other Public Holidays (except Christmas Day and Boxing Day)																			
Grange Hill Station	0725	0755	0825	0855	0925	0955	1025	1055	Then	55	25	1655	1725	1757	1827	1857	1927	1958	
Hainault <i>The Lowe/Manford Way</i>	0729	0759	0829	0859	0929	0959	1029	1059	every 30	59	29	1659	1729	1801	1831	1901	1931	2002	
Hainault Forest <i>New North Road</i>	0731	0801	0831	0901	0931	1001	1031	1101	minutes	01	31	1701	1731	1803	1833	1903	1933	2004	
Marks Gate <i>Billet Road</i>	0736	0806	0836	0907	0937	1007	1037	1107	at these	07	37	until	1707	1737	1808	1838	1908	1938	2009
Chadwell Heath <i>Moby Dick</i>	0740	0810	0840	0911	0941	1011	1041	1111	minutes	11	41	1711	1741	1812	1842	1912	1942	2012	
Chadwell Heath <i>Sainsbury's</i>	0744	0814	0844	0915	0946	1017	1047	1118	until	18	48	1718	1747	1817	1847	1917	1947	2017	
King George Hospital	0753	0823	0853	0924	0955	1026	1057	1128	the hour	28	58	1728	1757	1826	1856	1926	1956	2026	
Grange Hill Station	2028	2059	2130	2200	2230	2300	2330												
Hainault <i>The Lowe/Manford Way</i>	2032	2103	2133	2203	2233	2303	2333												
Hainault Forest <i>New North Road</i>	2034	2105	2135	2205	2235	2305	2335												
Marks Gate <i>Billet Road</i>	2039	2110	2140	2210	2240	2310	2340												
Chadwell Heath <i>Moby Dick</i>	2042	2113	2143	2213	2243	2313	2343												
Chadwell Heath <i>Sainsbury's</i>	2047	2117	2147	2217	2247	2317	2347												
King George Hospital	2056	2126	2156	2226	2256	2326	2356												

362 Mondays to Fridays																			
King George Hospital	0645	0714	0742	0812	0842	0912	0942	Then	12	42	1342	1411	1438	1508	1540	1612	1642	1713	
Chadwell Heath Sainsbury's	0655	0726	0756	0826	0857	0925	0955	every 30	25	55	1355	1425	1454	1524	1556	1629	1701	1733	
Chadwell Heath Moby Dick	0659	0730	0801	0832	0903	0930	1000	minutes	30	00	1400	1431	1502	1532	1604	1636	1708	1740	
Marks Gate Billet Road	0702	0733	0804	0835	0906	0933	1003	at these	33	03	until	1403	1434	1505	1536	1608	1640	1712	1744
Hainault Forest New North Road	0706	0739	0810	0841	0911	0938	1008	minutes	38	08	1408	1440	1511	1542	1614	1646	1718	1750	
Hainault The Lowe/Manford Way	0708	0742	0814	0845	0914	0940	1010	past	40	10	1410	1443	1514	1545	1617	1649	1721	1753	
Grange Hill Station	0711	0746	0818	0849	0917	0943	1013	the hour	43	13	1413	1446	1517	1549	1621	1653	1725	1757	
King George Hospital	1739	1809	1839	1911	1937	2004	2032	2102	2131	Then	01	31	0001						
Chadwell Heath Sainsbury's	1756	1825	1854	1925	1948	2014	2042	2111	2139	every 30	09	39	0009						
Chadwell Heath Moby Dick	1803	1832	1900	1930	1953	2018	2046	2115	2142	minutes	12	42	0012						
Marks Gate Billet Road	1806	1835	1903	1933	1956	2021	2049	2118	2145	at these	15	45	until	0015					
Hainault Forest New North Road	1811	1840	1908	1937	2000	2025	2053	2122	2148	minutes	18	48	0018						
Hainault The Lowe/Manford Way	1813	1842	1910	1939	2002	2027	2055	2124	2150	past	20	50	0020						
Grange Hill Station	1817	1846	1914	1943	2006	2031	2059	2128	2153	the hour	23	53	0023						
362 Saturdays (also Good Friday)																			
King George Hospital	0645	0715	0745	0814	0843	0913	0943	1011	1041	1111	1141	1211	Then	1511	1538	1607	1637	1707	
Chadwell Heath Sainsbury's	0654	0724	0754	0823	0854	0925	0955	1024	1054	1124	1155	1226	every 30	1526	1553	1622	1652	1722	
Chadwell Heath Moby Dick	0657	0727	0757	0826	0857	0928	0959	1029	1059	1129	1200	1231	minutes	1531	1558	1627	1657	1727	
Marks Gate Billet Road	0700	0730	0800	0829	0900	0931	1002	1032	1102	1132	1203	1234	until	1534	1601	1630	1700	1730	
Hainault Forest New North Road	0704	0734	0804	0833	0905	0936	1007	1037	1107	1137	1208	1239	minutes	1539	1606	1635	1705	1735	
Hainault The Lowe/Manford Way	0706	0736	0806	0835	0907	0938	1011	1041	1111	1141	1212	1243	past	1543	1610	1639	1709	1739	
Grange Hill Station	0709	0739	0809	0838	0910	0941	1014	1044	1114	1144	1215	1246	the hour	1546	1613	1642	1712	1742	
King George Hospital	1737	1807	1837	1907	1937	2004	2031	2101	2131	Then	01	31	0001						
Chadwell Heath Sainsbury's	1751	1820	1849	1919	1947	2013	2040	2110	2139	every 30	09	39	0009						
Chadwell Heath Moby Dick	1756	1825	1854	1924	1951	2017	2044	2113	2142	minutes	12	42	0012						
Marks Gate Billet Road	1759	1828	1857	1927	1954	2020	2047	2116	2145	at these	15	45	until	0015					
Hainault Forest New North Road	1804	1832	1901	1931	1958	2024	2050	2119	2148	minutes	18	48	0018						
Hainault The Lowe/Manford Way	1807	1834	1903	1933	2000	2026	2052	2121	2150	past	20	50	0020						
Grange Hill Station	1810	1837	1906	1936	2003	2029	2055	2124	2153	the hour	23	53	0023						
362 Sundays and other Public Holidays (except Christmas Day and Boxing Day)																			
King George Hospital	0740	0814	0844	0914	0944	1012	1039	1108	Then	38	08	1708	1738	1808	1834	1904	1930	2000	
Chadwell Heath Sainsbury's	0749	0823	0853	0923	0953	1022	1050	1120	every 30	50	20	1720	1749	1819	1844	1913	1939	2009	
Chadwell Heath Moby Dick	0752	0826	0856	0927	0957	1027	1056	1126	minutes	56	26	1726	1755	1824	1848	1916	1942	2012	
Marks Gate Billet Road	0755	0829	0859	0930	1000	1030	1059	1129	at these	59	29	until	1729	1758	1827	1851	1919	1945	2015
Hainault Forest New North Road	0759	0833	0903	0934	1004	1035	1104	1134	minutes	04	34	1734	1803	1831	1855	1923	1949	2018	
Hainault The Lowe/Manford Way	0801	0835	0905	0936	1006	1038	1107	1137	past	07	37	1737	1806	1833	1857	1925	1951	2020	
Grange Hill Station	0804	0838	0908	0939	1009	1042	1111	1141	the hour	11	41	1741	1810	1837	1901	1929	1954	2023	
King George Hospital	2031	2101	2131	Then	01	31	0001												
Chadwell Heath Sainsbury's	2040	2110	2139	every 30	09	39	0009												
Chadwell Heath Moby Dick	2043	2113	2142	minutes	12	42	0012												
Marks Gate Billet Road	2046	2116	2145	at these	15	45	until	0015											
Hainault Forest New North Road	2049	2119	2148	minutes	18	48	0018												
Hainault The Lowe/Manford Way	2051	2121	2150	past	20	50	0020												
Grange Hill Station	2054	2124	2153	the hour	23	53	0023												