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Redbridge – Ilford – Beckton

366		Mondays to Fridays																
Roding Lane South Falmouth Gardens	0515	0535	0555	0610	0625	0640	0652	0704	0716	0726	0733	0741	0751	0801	0811	0821	0831	0841
Redbridge Station Eastern Avenue	0519	0539	0559	0614	0629	0644	0656	0709	0722	0732	0739	0747	0758	0809	0819	0829	0839	0849
Ilford Station	0527	0547	0607	0622	0637	0652	0706	0721	0734	0744	0751	0800	0811	0822	0832	0842	0852	0902
Ilford High Road Hainault Street	0530	0550	0610	0625	0640	0655	0710	0725	0738	0748	0755	0805	0816	0827	0837	0847	0857	0907
Sunnyside Road Mortlake Road	0535	0555	0615	0630	0645	0700	0715	0730	0743	0753	0801	0811	0822	0833	0843	0853	0903	0913
Loxford Lane South Park Drive	0539	0559	0619	0634	0650	0705	0720	0735	0748	0758	0807	0817	0828	0839	0849	0859	0908	0918
Barking Station	0547	0607	0627	0642	0659	0716	0731	0746	0759	0809	0819	0829	0840	0851	0901	0911	0920	0930
Barking London Road	0549	0609	0629	0645	0702	0719	0734	0749	0803	0813	0823	0833	0844	0855	0905	0915	0924	0934
East Beckton Showcase Cinema	0555	0615	0635	0652	0709	0726	0741	0756	0811	0821	0831	0841	0852	0902	0912	0922	0931	0941
East Beckton Sainsbury's	0559	0619	0639	0656	0713	0730	0745	0800	0815	0825	0835	0845	0856	0906	0916	0926	0935	0945
Gallions Reach Shopping Park	0605	0625	0645	0702	0719	0736	0751	0806	0821	0831	0841	0851	0902	0912	0922	0932	0941	0951
Cyprus Savage Gardens	0612	0632	0652	0709	0726	0743	0759	0814	0829	0839	0849	0859	0909	0919	0929	0939	0948	0958
Beckton Bus Station	0613	0633	0653	0710	0727	0744	0800	0815	0830	0840	0850	0900	0910	0920	0930	0940	0949	0959
Roding Lane South Falmouth Gardens	0851	0901	0911	0921	0931	0941	0951	1001	Then every 10 minutes until	1341	1351	1401	1411	1421	1431	1440	1449	
Redbridge Station Eastern Avenue	0859	0909	0919	0929	0938	0947	0957	1006		1346	1356	1406	1416	1426	1436	1445	1454	
Ilford Station	0912	0922	0932	0941	0950	0958	1008	1017		1357	1407	1417	1427	1437	1447	1456	1505	
Ilford High Road Hainault Street	0917	0927	0937	0946	0955	1003	1013	1022		1402	1412	1422	1432	1442	1452	1501	1510	
Sunnyside Road Mortlake Road	0923	0933	0943	0952	1001	1009	1019	1028		1408	1418	1428	1438	1448	1458	1507	1516	
Loxford Lane South Park Drive	0928	0938	0948	0957	1006	1014	1024	1032		1412	1422	1432	1442	1452	1502	1511	1521	
Barking Station	0940	0950	0959	1008	1016	1025	1034	1042		1422	1432	1442	1452	1502	1512	1522	1532	
Barking London Road	0944	0954	1003	1012	1020	1029	1038	1046		1426	1436	1446	1456	1506	1516	1526	1536	
East Beckton Showcase Cinema	0951	1001	1010	1019	1027	1036	1045	1053		1433	1443	1453	1503	1513	1523	1533	1543	
East Beckton Sainsbury's	0955	1005	1014	1023	1031	1040	1049	1057		1437	1447	1457	1507	1517	1527	1537	1547	
Gallions Reach Shopping Park	1001	1011	1020	1029	1037	1046	1055	1103		1443	1453	1503	1513	1523	1533	1543	1553	
Cyprus Savage Gardens	1008	1018	1027	1036	1044	1053	1102	1110		1450	1500	1511	1521	1531	1541	1551	1601	
Beckton Bus Station	1009	1019	1028	1037	1045	1054	1103	1111		1451	1502	1513	1523	1533	1543	1553	1603	
Roding Lane South Falmouth Gardens	1457	1505	Then every 10 minutes until	1655	1705	1715	1725	1735		1745	1755	1805	1815	1825	1835	1845	1855	1905
Redbridge Station Eastern Avenue	1502	1511		1701	1712	1722	1732	1742		1752	1802	1812	1822	1832	1842	1852	1902	1912
Ilford Station	1513	1523		1713	1724	1734	1744	1754		1804	1814	1824	1834	1844	1854	1904	1913	1922
Ilford High Road Hainault Street	1519	1529		1719	1730	1740	1750	1800	1810	1820	1830	1840	1850	1900	1910	1919	1927	
Sunnyside Road Mortlake Road	1526	1536		1726	1737	1747	1757	1807	1817	1827	1837	1847	1857	1906	1916	1925	1933	
Loxford Lane South Park Drive	1531	1541		1731	1742	1752	1802	1812	1822	1832	1842	1852	1901	1910	1920	1929	1937	
Barking Station	1542	1552		1742	1753	1803	1813	1823	1833	1842	1852	1902	1911	1920	1930	1939	1947	
Barking London Road	1546	1556		1746	1757	1806	1816	1826	1836	1845	1855	1905	1914	1923	1933	1942	1950	
East Beckton Showcase Cinema	1553	1603		1753	1803	1812	1822	1832	1842	1851	1901	1911	1920	1929	1939	1948	1956	
East Beckton Sainsbury's	1557	1607		1757	1807	1816	1826	1836	1846	1855	1905	1915	1924	1933	1943	1952	2000	
Gallions Reach Shopping Park	1603	1613		1803	1813	1822	1832	1842	1852	1901	1911	1921	1930	1939	1949	1958	2006	
Cyprus Savage Gardens	1611	1621		1811	1820	1829	1839	1849	1859	1908	1918	1928	1937	1946	1956	2005	2013	
Beckton Bus Station	1613	1623		1813	1822	1831	1841	1851	1901	1909	1919	1929	1938	1947	1957	2006	2014	
Roding Lane South Falmouth Gardens	1915	1925		1940	1955	2010	2025	2040	2055	2110	2125	2140	2155	2210	2225	2240	Then every 15 minutes until	0025
Redbridge Station Eastern Avenue	1922	1932		1947	2002	2017	2032	2046	2100	2115	2130	2145	2200	2215	2229	2243		0028
Ilford Station	1932	1942		1957	2012	2027	2041	2055	2109	2124	2139	2154	2208	2222	2236	2250		0035
Ilford High Road Hainault Street	1937	1947	2002	2017	2031	2045	2059	2113	2128	2143	2158	2212	2226	2240	2254	0039		
Sunnyside Road Mortlake Road	1943	1953	2008	2023	2037	2051	2105	2119	2134	2149	2203	2217	2231	2245	2259	0044		
Loxford Lane South Park Drive	1947	1957	2012	2027	2041	2055	2109	2123	2138	2153	2206	2220	2234	2248	2302	0047		
Barking Station	1957	2007	2020	2034	2048	2102	2116	2130	2145	2159	2212	2226	2240	2254	2308	0053		
Barking London Road	2000	2010	2022	2036	2050	2104	2118	2132	2147	2201	2214	2228	2242	2256	2310	0055		
East Beckton Showcase Cinema	2006	2016	2028	2042	2056	2110	2124	2138	2153	2207	2220	2234	2248	2302	2316	0101		
East Beckton Sainsbury's	2010	2020	2032	2046	2100	2114	2128	2142	2156	2210	2223	2237	2251	2305	2319	0104		
Gallions Reach Shopping Park	2016	2026	2038	2052	2106	2120	2134	2148	2201	2215	2228	2242	2256	2310	2324	0109		
Cyprus Savage Gardens	2023	2033	2045	2059	2113	2127	2141	2155	2208	2222	2235	2249	2303	2317	2331	0116		
Beckton Bus Station	2024	2034	2046	2100	2114	2128	2142	2156	2209	2223	2236	2250	2304	2318	2332	0117		

366		Saturdays (also Good Friday)																	
Roding Lane South Falmouth Gardens	0515		0815	0830	0844	0858	0907	0917	0927	0936	0945	0954	1003	1012	1021	1030	1039		
Redbridge Station Eastern Avenue	0518		0818	0833	0847	0901	0911	0921	0931	0940	0949	0958	1008	1017	1026	1035	1044		
Ilford Station	0526		0826	0841	0855	0910	0920	0930	0940	0949	0958	1008	1018	1027	1036	1045	1054		
Ilford High Road Hainault Street	0530	Then every 20 minutes until	0830	0845	0859	0914	0924	0934	0944	0953	1002	1013	1023	1032	1041	1050	1059		
Sunnyside Road Mortlake Road	0535		0835	0850	0904	0919	0929	0939	0949	0958	1008	1019	1029	1038	1047	1056	1105		
Loxford Lane South Park Drive	0539		0839	0854	0908	0923	0933	0943	0953	1002	1012	1023	1033	1042	1051	1100	1110		
Barking Station	0546		0846	0901	0916	0931	0941	0951	1001	1010	1020	1031	1041	1050	1059	1109	1119		
Barking London Road	0549		0849	0904	0919	0934	0944	0954	1004	1013	1023	1034	1044	1053	1102	1112	1122		
East Beckton Showcase Cinema	0555		0855	0910	0925	0940	0950	1000	1010	1020	1030	1041	1051	1100	1109	1119	1129		
East Beckton Sainsbury's	0559		0859	0914	0929	0944	0954	1004	1014	1024	1034	1045	1055	1104	1113	1123	1133		
Gallions Reach Shopping Park	0605		0905	0920	0935	0950	1000	1010	1020	1030	1040	1051	1101	1111	1120	1130	1140		
Cyprus Savage Gardens	0612		0912	0927	0942	0957	1007	1017	1027	1037	1048	1059	1109	1119	1128	1138	1148		
Beckton Bus Station	0613		0913	0928	0943	0958	1008	1018	1028	1038	1049	1100	1110	1120	1130	1140	1150		
Roding Lane South Falmouth Gardens	1049	1058	1107	1116	1125	1135	1144	1154	1203	1212	1221	1231	1241	1251	1301		1351		
Redbridge Station Eastern Avenue	1054	1103	1113	1122	1131	1141	1150	1200	1210	1219	1228	1238	1248	1258	1308		1358		
Ilford Station	1104	1115	1125	1134	1143	1153	1202	1212	1222	1231	1240	1250	1300	1310	1321		1411		
Ilford High Road Hainault Street	1109	1120	1130	1139	1148	1158	1208	1218	1228	1237	1246	1256	1306	1316	1327	Then every 10 minutes until	1417		
Sunnyside Road Mortlake Road	1115	1126	1136	1145	1154	1204	1214	1224	1234	1243	1252	1302	1312	1322	1333		1423		
Loxford Lane South Park Drive	1120	1131	1141	1150	1159	1209	1219	1229	1239	1248	1257	1307	1317	1327	1338		1428		
Barking Station	1129	1140	1150	1159	1208	1218	1228	1238	1248	1257	1306	1316	1326	1336	1347		1437		
Barking London Road	1132	1143	1153	1202	1213	1223	1233	1243	1253	1302	1311	1321	1331	1341	1352		1442		
East Beckton Showcase Cinema	1139	1150	1200	1210	1221	1231	1241	1251	1301	1310	1319	1329	1339	1349	1400		1450		
East Beckton Sainsbury's	1143	1154	1204	1214	1225	1235	1245	1255	1305	1314	1323	1333	1343	1353	1404		1454		
Gallions Reach Shopping Park	1150	1201	1211	1221	1232	1242	1252	1302	1312	1321	1330	1340	1350	1400	1411		1501		
Cyprus Savage Gardens	1158	1209	1219	1229	1240	1250	1300	1310	1320	1329	1338	1348	1358	1408	1419		1509		
Beckton Bus Station	1200	1211	1221	1231	1242	1252	1302	1312	1322	1331	1340	1350	1400	1410	1421		1511		
Roding Lane South Falmouth Gardens	1401	1411	1421	1431	1441	1451	1501	1511	1521	1531	1541	1551	1601	1611	1621	1631	1641	1651	
Redbridge Station Eastern Avenue	1408	1418	1428	1438	1448	1458	1507	1517	1527	1537	1547	1557	1607	1617	1627	1637	1647	1657	
Ilford Station	1421	1431	1441	1451	1501	1511	1520	1530	1540	1550	1600	1610	1620	1630	1640	1650	1700	1710	
Ilford High Road Hainault Street	1427	1437	1447	1457	1507	1517	1526	1536	1546	1556	1606	1616	1626	1636	1646	1656	1706	1716	
Sunnyside Road Mortlake Road	1433	1443	1453	1503	1513	1523	1532	1542	1552	1602	1612	1622	1632	1642	1652	1702	1712	1722	
Loxford Lane South Park Drive	1438	1448	1458	1508	1518	1528	1537	1547	1557	1607	1617	1627	1637	1647	1657	1707	1717	1727	
Barking Station	1447	1457	1507	1518	1528	1538	1547	1557	1607	1616	1626	1636	1646	1656	1706	1716	1726	1736	
Barking London Road	1452	1502	1512	1523	1533	1543	1552	1602	1612	1621	1631	1641	1651	1701	1710	1720	1730	1740	
East Beckton Showcase Cinema	1500	1510	1520	1531	1541	1551	1600	1610	1620	1629	1639	1649	1659	1708	1717	1727	1737	1747	
East Beckton Sainsbury's	1504	1514	1524	1535	1545	1555	1604	1614	1624	1633	1643	1653	1703	1712	1721	1731	1741	1751	
Gallions Reach Shopping Park	1512	1522	1532	1543	1553	1603	1612	1622	1632	1641	1651	1701	1711	1720	1729	1739	1749	1759	
Cyprus Savage Gardens	1520	1530	1540	1551	1601	1611	1620	1630	1640	1649	1659	1708	1718	1727	1736	1746	1756	1806	
Beckton Bus Station	1522	1532	1542	1553	1603	1613	1622	1632	1642	1651	1701	1710	1720	1729	1738	1748	1758	1808	
Roding Lane South Falmouth Gardens	1702	1714	1725	1736	1747	1758	1809	1819	1829	1839	1850	1900	1910	1925	1940	1955	2010	2025	
Redbridge Station Eastern Avenue	1708	1720	1731	1742	1753	1804	1815	1825	1835	1845	1856	1906	1916	1931	1946	2001	2015	2030	
Ilford Station	1721	1733	1744	1755	1806	1816	1826	1836	1846	1856	1907	1917	1927	1942	1957	2011	2025	2040	
Ilford High Road Hainault Street	1727	1739	1750	1801	1811	1821	1831	1841	1851	1901	1912	1922	1932	1947	2002	2016	2030	2045	
Sunnyside Road Mortlake Road	1733	1745	1756	1807	1817	1827	1837	1847	1857	1907	1918	1928	1938	1953	2008	2022	2036	2051	
Loxford Lane South Park Drive	1738	1750	1801	1811	1821	1831	1841	1851	1901	1911	1922	1932	1942	1957	2012	2026	2040	2055	
Barking Station	1747	1759	1810	1820	1830	1840	1850	1900	1910	1920	1931	1941	1951	2006	2020	2034	2048	2102	
Barking London Road	1751	1803	1813	1823	1833	1843	1853	1903	1913	1923	1934	1944	1954	2008	2022	2036	2050	2104	
East Beckton Showcase Cinema	1758	1809	1819	1829	1839	1849	1859	1909	1919	1929	1940	1950	2000	2014	2028	2042	2056	2110	
East Beckton Sainsbury's	1802	1813	1823	1833	1843	1853	1903	1913	1923	1933	1944	1954	2004	2018	2032	2046	2100	2114	
Gallions Reach Shopping Park	1809	1820	1830	1840	1850	1900	1910	1920	1930	1940	1950	2000	2010	2024	2038	2052	2106	2120	
Cyprus Savage Gardens	1816	1827	1837	1847	1857	1907	1917	1927	1937	1947	1957	2007	2017	2031	2045	2059	2113	2127	
Beckton Bus Station	1818	1828	1838	1848	1858	1908	1918	1928	1938	1948	1958	2008	2018	2032	2046	2100	2114	2128	
Roding Lane South Falmouth Gardens	2040	2055	2110	2125	2140	2155	2210	2225	2240	2255	2310				0025				
Redbridge Station Eastern Avenue	2045	2100	2115	2129	2144	2158	2213	2228	2243	2258	2313				0028				
Ilford Station	2055	2109	2124	2138	2152	2206	2221	2236	2251	2306	2321				0036				
Ilford High Road Hainault Street	2100	2113	2128	2142	2156	2210	2225	2240	2255	2310	2325	Then every 15 minutes until				0040			
Sunnyside Road Mortlake Road	2105	2118	2133	2147	2201	2215	2230	2245	2300	2315	2330						0045		
Loxford Lane South Park Drive	2109	2122	2137	2151	2205	2219	2234	2249	2304	2319	2333						0048		
Barking Station	2116	2129	2144	2158	2212	2226	2241	2256	2311	2325	2339						0054		
Barking London Road	2118	2131	2146	2200	2214	2228	2243	2258	2313	2327	2341						0056		
East Beckton Showcase Cinema	2124	2137	2152	2206	2220	2234	2249	2304	2318	2332	2346						0101		
East Beckton Sainsbury's	2128	2141	2156	2210	2224	2238	2253	2307	2321	2335	2349						0104		
Gallions Reach Shopping Park	2134	2147	2202	2216	2230	2244	2258	2312	2326	2340	2354						0109		
Cyprus Savage Gardens	2141	2154	2209	2223	2237	2251	2305	2319	2333	2347	0001						0116		
Beckton Bus Station	2142	2155	2210	2224	2238	2252	2306	2320	2334	2348	0002						0117		

366		Sundays and other Public Holidays (except Christmas Day)																	
Roding Lane South Falmouth Gardens	0553	0623	0653	0723	0753	0823	0853	0923	0945	1005	1025	1040	1055	1110	1125	1140	1155	1210	
Redbridge Station Eastern Avenue	0556	0626	0656	0726	0756	0826	0856	0926	0948	1008	1028	1043	1058	1113	1128	1143	1158	1213	
Ilford Station	0603	0633	0703	0734	0804	0834	0905	0935	0957	1017	1037	1052	1107	1122	1137	1152	1207	1223	
Ilford High Road Hainault Street	0607	0637	0707	0738	0808	0838	0909	0939	1001	1021	1041	1056	1111	1126	1141	1156	1212	1228	
Sunnyside Road Mortlake Road	0611	0641	0711	0743	0813	0843	0914	0944	1006	1026	1046	1101	1116	1131	1146	1202	1218	1234	
Loxford Lane South Park Drive	0614	0644	0714	0746	0817	0847	0918	0948	1010	1030	1050	1105	1120	1135	1150	1206	1222	1238	
Barking Station	0620	0650	0720	0752	0824	0854	0925	0956	1018	1038	1058	1113	1128	1143	1158	1214	1230	1246	
Barking London Road	0622	0652	0722	0754	0826	0856	0927	0958	1020	1040	1100	1115	1130	1145	1200	1216	1232	1248	
East Beckton Showcase Cinema	0627	0657	0727	0759	0831	0902	0933	1005	1027	1047	1107	1122	1137	1152	1207	1223	1239	1255	
East Beckton Sainsbury's	0630	0700	0730	0802	0834	0906	0937	1009	1031	1051	1111	1126	1141	1156	1211	1227	1243	1259	
Gallions Reach Shopping Park	0636	0706	0736	0808	0840	0912	0944	1016	1038	1058	1118	1134	1149	1204	1219	1235	1251	1307	
Cyprus Savage Gardens	0643	0713	0743	0815	0847	0919	0951	1023	1045	1106	1126	1142	1157	1212	1227	1243	1259	1315	
Beckton Bus Station	0645	0715	0745	0817	0849	0921	0953	1025	1047	1108	1128	1144	1159	1214	1229	1245	1301	1317	
Roding Lane South Falmouth Gardens	1225	1240	1255	1310	Then every 15 minutes until	1455	1510	1525	1540	1555	1610	1625	1640	1655	1710	1725	1740		
Redbridge Station Eastern Avenue	1229	1244	1259	1315		1500	1515	1530	1545	1600	1615	1630	1645	1700	1715	1730	1744		
Ilford Station	1239	1255	1311	1327		1512	1527	1542	1557	1611	1626	1641	1656	1711	1726	1741	1755		
Ilford High Road Hainault Street	1244	1300	1316	1332		1517	1532	1547	1602	1616	1631	1646	1701	1716	1731	1746	1800		
Sunnyside Road Mortlake Road	1250	1306	1322	1338		1523	1538	1553	1608	1622	1637	1652	1707	1722	1737	1752	1806		
Loxford Lane South Park Drive	1254	1310	1326	1342		1527	1542	1557	1612	1626	1641	1656	1711	1726	1741	1756	1810		
Barking Station	1302	1318	1334	1350		1535	1550	1605	1620	1634	1649	1704	1719	1734	1749	1804	1818		
Barking London Road	1304	1320	1336	1352		1537	1552	1607	1622	1636	1651	1706	1721	1736	1751	1806	1820		
East Beckton Showcase Cinema	1310	1326	1342	1358		1543	1558	1613	1628	1642	1657	1712	1727	1742	1757	1811	1825		
East Beckton Sainsbury's	1315	1331	1347	1403		1548	1603	1617	1632	1646	1701	1716	1731	1746	1801	1815	1829		
Gallions Reach Shopping Park	1323	1339	1355	1411		1556	1610	1624	1639	1653	1707	1722	1737	1752	1807	1821	1835		
Cyprus Savage Gardens	1331	1347	1403	1419		1604	1618	1632	1647	1701	1715	1730	1745	1800	1814	1828	1842		
Beckton Bus Station	1333	1349	1405	1421		1606	1620	1634	1649	1703	1717	1732	1747	1802	1816	1830	1844		
Roding Lane South Falmouth Gardens	1755	1810	1825	1840		1855	1910	1925	1940	1955	2010	2025	2040	2055	2110	2125	2140	2155	2210
Redbridge Station Eastern Avenue	1759	1814	1829	1844	1859	1914	1929	1944	1959	2014	2028	2043	2058	2113	2128	2143	2158	2213	
Ilford Station	1810	1824	1839	1854	1909	1924	1939	1954	2009	2023	2037	2052	2107	2122	2137	2152	2207	2221	
Ilford High Road Hainault Street	1814	1828	1843	1858	1913	1928	1943	1958	2013	2027	2041	2056	2111	2126	2141	2156	2211	2225	
Sunnyside Road Mortlake Road	1820	1834	1849	1904	1919	1934	1949	2004	2018	2032	2046	2101	2116	2131	2146	2201	2216	2230	
Loxford Lane South Park Drive	1824	1838	1853	1908	1923	1938	1953	2008	2022	2036	2050	2105	2120	2135	2150	2204	2219	2233	
Barking Station	1832	1846	1901	1916	1931	1946	2001	2015	2029	2043	2057	2112	2127	2142	2157	2210	2225	2239	
Barking London Road	1834	1848	1903	1918	1933	1948	2003	2017	2031	2045	2059	2114	2129	2144	2159	2212	2227	2241	
East Beckton Showcase Cinema	1839	1853	1908	1923	1938	1953	2008	2022	2036	2050	2104	2119	2134	2149	2204	2217	2232	2246	
East Beckton Sainsbury's	1843	1857	1912	1927	1942	1957	2011	2025	2039	2053	2107	2122	2137	2152	2207	2220	2235	2249	
Gallions Reach Shopping Park	1849	1903	1918	1933	1948	2003	2017	2031	2045	2059	2113	2128	2143	2158	2212	2225	2240	2254	
Cyprus Savage Gardens	1856	1910	1925	1940	1955	2010	2024	2038	2052	2106	2120	2135	2150	2205	2219	2232	2247	2301	
Beckton Bus Station	1858	1912	1927	1942	1957	2012	2026	2040	2054	2108	2122	2137	2152	2207	2221	2234	2249	2303	
Roding Lane South Falmouth Gardens	2225	Then every 15 minutes until	0025																
Redbridge Station Eastern Avenue	2228		0028																
Ilford Station	2235		0035																
Ilford High Road Hainault Street	2239		0039																
Sunnyside Road Mortlake Road	2244		0044																
Loxford Lane South Park Drive	2247		0047																
Barking Station	2253		0053																
Barking London Road	2255		0055																
East Beckton Showcase Cinema	2300		0100																
East Beckton Sainsbury's	2303		0103																
Gallions Reach Shopping Park	2308		0108																
Cyprus Savage Gardens	2315		0115																
Beckton Bus Station	2317		0117																

366	Mondays to Fridays																	
Beckton Bus Station	0420	0440	0500	0520	0535	0548	0558	0607	0615	0623	0632	0640	0648	0657	0705	0714	0723	0732
Cyprus Savage Gardens	0422	0442	0502	0522	0537	0550	0600	0609	0617	0625	0634	0642	0650	0659	0707	0716	0725	0734
Gallions Reach Shopping Park	0428	0448	0508	0528	0543	0556	0606	0615	0623	0631	0640	0648	0656	0705	0714	0723	0732	0741
East Beckton Sainsbury's	0433	0453	0513	0533	0548	0601	0611	0620	0628	0636	0645	0653	0701	0711	0720	0729	0738	0747
East Beckton Showcase Cinema	0437	0457	0517	0537	0552	0605	0615	0624	0632	0640	0649	0657	0705	0715	0724	0733	0742	0751
Barking London Road	0442	0502	0522	0542	0557	0610	0620	0629	0637	0645	0654	0702	0711	0721	0730	0739	0748	0757
Barking Station	0444	0504	0524	0544	0559	0612	0622	0631	0639	0647	0656	0704	0713	0723	0732	0741	0750	0759
South Park Drive Loxford Lane	0450	0510	0530	0550	0605	0618	0628	0637	0645	0653	0702	0711	0720	0730	0739	0748	0757	0807
Sunnyside Road Mortlake Road	0453	0513	0533	0553	0608	0621	0631	0640	0648	0657	0706	0716	0725	0735	0744	0753	0802	0812
Ilford High Road Hainault Street	0458	0518	0538	0558	0613	0626	0637	0646	0654	0703	0713	0723	0732	0742	0751	0800	0810	0820
Ilford Station	0502	0522	0542	0602	0617	0631	0642	0651	0659	0708	0718	0728	0737	0747	0756	0805	0815	0825
Redbridge Station Forecourt	0511	0531	0551	0611	0626	0641	0653	0704	0715	0726	0736	0746	0756	0806	0816	0826	0836	0846
Roding Lane South Falmouth Gardens	0515	0535	0555	0615	0630	0645	0657	0709	0720	0731	0741	0751	0801	0811	0821	0831	0841	0851
Beckton Bus Station	0741	0750	0800	0810	0820	0830	0840	0850	0900	0910	0920	0930	0941	Then every 10 minutes until	1331	1341	1351	
Cyprus Savage Gardens	0743	0752	0802	0812	0822	0832	0842	0852	0902	0912	0922	0932	0943		1333	1343	1353	
Gallions Reach Shopping Park	0750	0759	0809	0819	0829	0839	0849	0859	0909	0919	0929	0939	0950		1340	1350	1400	
East Beckton Sainsbury's	0756	0805	0815	0825	0835	0845	0855	0905	0915	0925	0935	0945	0956		1346	1356	1406	
East Beckton Showcase Cinema	0800	0809	0819	0829	0839	0849	0859	0909	0919	0929	0939	0949	1000		1350	1400	1410	
Barking London Road	0807	0816	0826	0836	0846	0856	0906	0916	0926	0936	0946	0956	1007		1357	1407	1417	
Barking Station	0809	0819	0829	0839	0849	0859	0909	0919	0929	0939	0949	0959	1010		1400	1410	1420	
South Park Drive Loxford Lane	0817	0827	0837	0847	0857	0907	0917	0927	0937	0947	0957	1007	1018		1408	1418	1428	
Sunnyside Road Mortlake Road	0822	0832	0842	0852	0902	0912	0922	0932	0942	0952	1002	1012	1023		1413	1423	1433	
Ilford High Road Hainault Street	0830	0840	0850	0900	0910	0920	0929	0939	0949	0959	1009	1019	1029		1419	1429	1439	
Ilford Station	0835	0845	0855	0905	0915	0925	0934	0944	0954	1004	1014	1024	1034	1424	1434	1445		
Redbridge Station Forecourt	0856	0906	0916	0926	0936	0943	0950	1000	1010	1020	1029	1038	1048	1438	1448	1459		
Roding Lane South Falmouth Gardens	0901	0911	0921	0931	0941	0948	0955	1005	1015	1025	1034	1043	1053	1443	1454	1505		
Beckton Bus Station	1401	1411	1420	1429	1437	1444	1452	1501	1511	1521	1531	Then every 10 minutes until	1621	1631	1641	1651	1701	
Cyprus Savage Gardens	1403	1413	1422	1431	1439	1446	1454	1503	1513	1523	1533		1623	1633	1643	1653	1703	
Gallions Reach Shopping Park	1410	1420	1429	1438	1446	1453	1501	1511	1521	1531	1541		1631	1641	1651	1700	1710	
East Beckton Sainsbury's	1416	1426	1435	1444	1452	1459	1508	1518	1528	1538	1549		1639	1649	1700	1710	1720	
East Beckton Showcase Cinema	1420	1430	1439	1448	1456	1503	1512	1522	1532	1542	1553		1643	1653	1704	1714	1724	
Barking London Road	1427	1437	1446	1455	1503	1511	1521	1531	1541	1551	1602		1652	1702	1713	1723	1733	
Barking Station	1430	1440	1449	1458	1507	1515	1525	1535	1545	1555	1607		1657	1706	1717	1727	1737	
South Park Drive Loxford Lane	1438	1448	1457	1507	1517	1527	1537	1547	1557	1607	1617		1707	1716	1727	1737	1747	
Sunnyside Road Mortlake Road	1443	1453	1502	1512	1522	1532	1542	1552	1602	1612	1622		1712	1721	1732	1742	1752	
Ilford High Road Hainault Street	1449	1459	1509	1519	1529	1539	1549	1559	1609	1619	1629		1719	1728	1739	1749	1759	
Ilford Station	1455	1505	1515	1525	1535	1545	1555	1605	1615	1625	1635	1725	1734	1745	1755	1805		
Redbridge Station Forecourt	1509	1519	1529	1539	1549	1559	1609	1619	1629	1639	1649	1739	1748	1759	1809	1819		
Roding Lane South Falmouth Gardens	1515	1525	1535	1545	1555	1605	1615	1625	1635	1645	1655	1745	1754	1805	1815	1825		
Beckton Bus Station	1711	1721	1731	1741	1751	1801	1811	1821	1831	1841	1851	1901	1915	1930	1945	2000	2015	2030
Cyprus Savage Gardens	1713	1723	1733	1743	1753	1803	1813	1823	1833	1843	1853	1903	1917	1932	1947	2002	2017	2032
Gallions Reach Shopping Park	1720	1730	1740	1750	1800	1810	1820	1830	1840	1850	1900	1910	1924	1938	1953	2008	2023	2038
East Beckton Sainsbury's	1730	1740	1750	1800	1810	1820	1830	1839	1849	1858	1906	1916	1930	1943	1958	2013	2028	2043
East Beckton Showcase Cinema	1734	1744	1754	1804	1814	1824	1834	1843	1853	1902	1910	1920	1934	1947	2002	2017	2032	2047
Barking London Road	1743	1753	1803	1813	1823	1833	1843	1852	1902	1910	1918	1928	1942	1955	2008	2023	2038	2053
Barking Station	1747	1757	1807	1817	1827	1837	1847	1856	1905	1913	1921	1931	1945	1958	2011	2026	2041	2056
South Park Drive Loxford Lane	1757	1807	1817	1827	1837	1847	1857	1905	1913	1921	1929	1939	1953	2005	2018	2033	2048	2103
Sunnyside Road Mortlake Road	1802	1812	1822	1832	1842	1852	1902	1909	1917	1925	1933	1943	1957	2008	2021	2036	2051	2106
Ilford High Road Hainault Street	1809	1819	1829	1839	1849	1859	1908	1915	1923	1931	1939	1949	2003	2013	2026	2041	2056	2111
Ilford Station	1815	1825	1835	1845	1855	1905	1913	1920	1928	1936	1944	1954	2007	2017	2030	2045	2100	2115
Redbridge Station Forecourt	1829	1839	1849	1859	1909	1918	1926	1933	1941	1949	1957	2007	2017	2027	2040	2055	2110	2125
Roding Lane South Falmouth Gardens	1835	1845	1855	1905	1915	1923	1931	1938	1946	1954	2002	2012	2022	2032	2045	2100	2115	2130
Beckton Bus Station	2045	2100	2115	2130	2145	Then every 15 minutes until	2345											
Cyprus Savage Gardens	2047	2102	2117	2132	2147		2347											
Gallions Reach Shopping Park	2053	2108	2123	2138	2153		2353											
East Beckton Sainsbury's	2058	2113	2128	2143	2158		2358											
East Beckton Showcase Cinema	2102	2117	2132	2147	2202		0002											
Barking London Road	2108	2123	2138	2153	2208		0008											
Barking Station	2111	2126	2141	2156	2210		0010											
South Park Drive Loxford Lane	2118	2133	2148	2203	2216		0016											
Sunnyside Road Mortlake Road	2121	2136	2151	2206	2219		0019											
Ilford High Road Hainault Street	2126	2141	2156	2210	2223		0023											
Ilford Station	2130	2145	2200	2214	2227	0027												
Redbridge Station Forecourt	2140	2155	2209	2223	2236	0036												
Roding Lane South Falmouth Gardens	2145	2159	2213	2227	2240	0040												

366		Sundays and other Public Holidays (except Christmas Day)															
Beckton Bus Station	0550		0820	0840	0900	0920	0935	0949	1003	1017	1031	1045	1100	1115	1130	1145	1200
Cyprus Savage Gardens	0552		0822	0842	0902	0922	0937	0951	1005	1019	1033	1047	1102	1117	1132	1147	1202
Gallions Reach Shopping Park	0558		0828	0848	0909	0929	0944	0958	1012	1026	1040	1054	1109	1124	1139	1154	1209
East Beckton Sainsbury's	0603		0833	0853	0914	0934	0949	1003	1018	1032	1046	1100	1115	1131	1146	1201	1216
East Beckton Showcase Cinema	0607	Then every 30 minutes until	0837	0857	0918	0938	0953	1007	1022	1036	1050	1104	1120	1136	1151	1206	1221
Barking London Road	0612		0842	0902	0924	0944	0959	1013	1028	1042	1056	1111	1127	1143	1158	1213	1228
Barking Station	0614		0844	0904	0926	0946	1001	1016	1031	1045	1059	1114	1130	1146	1201	1216	1231
South Park Drive Loxford Lane	0618		0848	0909	0931	0951	1006	1021	1036	1050	1105	1120	1136	1152	1207	1222	1237
Sunnyside Road Mortlake Road	0621		0851	0913	0935	0955	1010	1025	1040	1054	1109	1124	1140	1156	1211	1226	1241
Ilford High Road Hainault Street	0626		0856	0918	0940	1000	1015	1030	1045	1100	1115	1130	1146	1202	1217	1232	1247
Ilford Station	0630		0900	0922	0945	1005	1020	1035	1050	1105	1120	1135	1151	1207	1222	1237	1252
Redbridge Station Forecourt	0639		0909	0932	0955	1016	1031	1046	1102	1118	1133	1148	1204	1220	1235	1250	1305
Roding Lane South Falmouth Gardens	0643	0913	0936	0959	1020	1035	1050	1107	1123	1138	1153	1209	1225	1240	1255	1311	
Beckton Bus Station	1215	1230	1245	1300		1445	1500	1515	1530	1545	1600	1615	1630	1645	1700	1715	1730
Cyprus Savage Gardens	1217	1232	1247	1302		1447	1502	1517	1532	1547	1602	1617	1632	1647	1702	1717	1732
Gallions Reach Shopping Park	1224	1239	1254	1310		1455	1510	1525	1540	1555	1610	1625	1640	1655	1710	1725	1740
East Beckton Sainsbury's	1231	1246	1301	1317	Then every 15 minutes until	1502	1517	1532	1547	1602	1617	1632	1647	1702	1716	1731	1746
East Beckton Showcase Cinema	1236	1251	1306	1322		1507	1522	1537	1552	1607	1622	1637	1652	1707	1721	1736	1751
Barking London Road	1243	1258	1314	1330		1515	1530	1545	1600	1614	1629	1644	1659	1714	1728	1743	1758
Barking Station	1246	1301	1317	1333		1518	1533	1548	1603	1617	1632	1647	1702	1717	1731	1746	1801
South Park Drive Loxford Lane	1252	1307	1323	1339		1524	1539	1554	1609	1623	1638	1653	1708	1723	1737	1752	1807
Sunnyside Road Mortlake Road	1256	1311	1327	1343		1528	1543	1558	1613	1627	1642	1657	1712	1727	1741	1756	1811
Ilford High Road Hainault Street	1302	1317	1333	1349		1534	1549	1604	1619	1633	1648	1703	1718	1733	1747	1802	1817
Ilford Station	1308	1323	1339	1355		1540	1555	1610	1625	1639	1654	1708	1723	1738	1752	1807	1822
Redbridge Station Forecourt	1321	1337	1353	1409	1554	1609	1624	1639	1653	1708	1722	1736	1751	1805	1820	1835	
Roding Lane South Falmouth Gardens	1327	1343	1359	1415	1600	1614	1629	1644	1658	1713	1727	1741	1756	1810	1825	1840	
Beckton Bus Station	1745	1800	1815	1830	1845	1900	1915	1930	1945		2100	2115	2130	2145	2200		2345
Cyprus Savage Gardens	1747	1802	1817	1832	1847	1902	1917	1932	1947		2102	2117	2132	2147	2202		2347
Gallions Reach Shopping Park	1755	1810	1825	1840	1855	1909	1924	1939	1954		2109	2124	2139	2154	2209		2354
East Beckton Sainsbury's	1801	1816	1831	1846	1900	1914	1929	1944	1959		2114	2129	2144	2159	2214		2359
East Beckton Showcase Cinema	1806	1821	1836	1850	1904	1918	1933	1948	2003	Then every 15 minutes until	2118	2133	2148	2203	2218	Then every 15 mins. until	0003
Barking London Road	1813	1828	1842	1856	1910	1924	1939	1954	2009		2124	2139	2154	2209	2224		0009
Barking Station	1816	1831	1845	1859	1913	1927	1942	1957	2011		2126	2141	2156	2211	2226		0011
South Park Drive Loxford Lane	1822	1836	1850	1904	1918	1932	1947	2002	2016		2131	2146	2201	2216	2230		0015
Sunnyside Road Mortlake Road	1826	1840	1854	1908	1922	1936	1951	2006	2020		2135	2150	2205	2219	2233		0018
Ilford High Road Hainault Street	1832	1846	1900	1914	1928	1942	1957	2011	2025		2140	2155	2210	2224	2238		0023
Ilford Station	1837	1851	1904	1918	1932	1946	2001	2015	2029		2144	2159	2214	2228	2242		0027
Redbridge Station Forecourt	1850	1903	1916	1929	1943	1957	2011	2025	2039		2154	2209	2223	2237	2251		0036
Roding Lane South Falmouth Gardens	1855	1908	1921	1934	1948	2002	2016	2030	2044	2159	2213	2227	2241	2255	0040		