

<b>372</b>		<b>Mondays to Fridays</b>																					
Lakeside Shopping Centre	0535	0605	0635	0654	0713	0733	0753					Then	13	33	53	1413	1433	1453	1513	1533	1553		
Aveley Hall Road	0541	0611	0641	0700	0719	0739	0759					every 20	19	39	59	1419	1439	1459	1519	1539	1559		
Aveley High Street (Library)	0542	0612	0642	0701	0720	0740	0800					minutes	20	40	00	1420	1440	1500	1520	1540	1600		
Wennington Green	0547	0617	0649	0708	0727	0747	0807					at these	27	47	07	until	1427	1447	1507	1527	1547	1607	
Rainham Tesco	0552	0622	0656	0716	0736	0756	0816					minutes	36	56	16	1436	1456	1516	1536	1556	1616		
Elm Park Station	0602	0632	0707	0728	0748	0808	0828					past	48	08	28	1448	1509	1529	1549	1609	1629		
Hornchurch Town Centre	0608	0638	0713	0734	0754	0815	0836					the hour	56	16	36	1456	1517	1537	1557	1617	1637		
Lakeside Shopping Centre	1613	1633	1653	1713	1733	1753	1813	1833	1853	1915	1945	Then	15	45					2315				
Aveley Hall Road	1619	1639	1659	1719	1739	1759	1819	1839	1859	1921	1951	every 30	21	51					2321				
Aveley High Street (Library)	1620	1640	1700	1720	1740	1800	1820	1840	1900	1922	1952	minutes	22	52					2322				
Wennington Green	1627	1647	1707	1727	1747	1807	1827	1847	1906	1928	1957	at these	27	57	until					2327			
Rainham Tesco	1636	1656	1715	1735	1754	1814	1833	1853	1912	1934	2003	minutes	33	03					2333				
Elm Park Station	1648	1708	1727	1747	1806	1826	1845	1904	1922	1943	2012	past	42	12					2342				
Hornchurch Town Centre	1656	1716	1735	1755	1814	1833	1852	1911	1928	1949	2017	the hour	47	17					2347				
<b>372</b>		<b>Saturdays (also Good Friday)</b>																					
Lakeside Shopping Centre	0535	0605	0635	0705	0730	0800	0818	0835	0854	0913	0933	0953	1013	Then	33	53	13					1713	
Aveley Hall Road	0541	0611	0641	0711	0736	0806	0824	0841	0900	0919	0939	0959	1019	every 30	39	59	19	past					1719
Aveley High Street (Library)	0542	0612	0642	0712	0737	0807	0825	0842	0901	0920	0940	1000	1020	20	40	00	20	the					1720
Wennington Green	0547	0617	0647	0717	0742	0814	0832	0849	0908	0927	0947	1007	1027	mins.	47	07	27	hour					1727
Rainham Tesco	0552	0622	0652	0722	0747	0820	0839	0856	0916	0936	0956	1016	1036	at	56	16	36	until					1736
Elm Park Station	0602	0632	0702	0732	0757	0830	0850	0908	0928	0948	1008	1028	1048	these	08	28	48					1748	
Hornchurch Town Centre	0608	0638	0708	0738	0803	0836	0856	0914	0934	0954	1015	1035	1056	mins.	16	36	56					1756	
Lakeside Shopping Centre	1733	1753	1813	1833	1853	1915	1945	Then	15	45					2315								
Aveley Hall Road	1739	1759	1819	1839	1859	1921	1951	every 30	21	51					2321								
Aveley High Street (Library)	1740	1800	1820	1840	1900	1922	1952	minutes	22	52					2322								
Wennington Green	1747	1807	1827	1846	1906	1928	1957	at these	27	57	until					2327							
Rainham Tesco	1755	1814	1833	1852	1912	1934	2003	minutes	33	03					2333								
Elm Park Station	1807	1825	1844	1902	1921	1943	2012	past	42	12					2342								
Hornchurch Town Centre	1814	1832	1850	1908	1927	1949	2017	the hour	47	17					2347								
<b>372</b>		<b>Sundays and other Public Holidays (except Christmas Day and Boxing Day)</b>																					
Lakeside Shopping Centre	0745	0815	0845	0915	0945					Then	15	45	1645	1715	1745	1815	1845	1915	1945	2015	2045		
Aveley Hall Road	0751	0821	0851	0921	0951					every 30	21	51	1651	1721	1751	1821	1851	1921	1951	2021	2051		
Aveley High Street (Library)	0752	0822	0852	0922	0952					minutes	22	52	1652	1722	1752	1822	1852	1922	1952	2022	2052		
Wennington Green	0757	0827	0858	0929	0959					at these	29	59	until	1659	1728	1758	1828	1858	1927	1957	2027	2057	
Rainham Tesco	0803	0833	0904	0936	1007					minutes	37	07	1707	1736	1805	1834	1904	1933	2003	2033	2103		
Elm Park Station	0813	0843	0914	0946	1017					past	47	17	1717	1746	1815	1844	1913	1942	2012	2042	2112		
Hornchurch Town Centre	0819	0849	0920	0952	1023					the hour	53	23	1723	1752	1821	1850	1919	1948	2017	2047	2117		
Lakeside Shopping Centre	2115	2145	2215	2245	2315																		
Aveley Hall Road	2121	2151	2221	2251	2321																		
Aveley High Street (Library)	2122	2152	2222	2252	2322																		
Wennington Green	2127	2157	2227	2257	2327																		
Rainham Tesco	2133	2203	2233	2303	2333																		
Elm Park Station	2142	2212	2242	2312	2342																		
Hornchurch Town Centre	2147	2217	2247	2317	2347																		

372		Mondays to Fridays											
Hornchurch Town Centre	0610 0640 0708 0727 0746	Then	06	26	46	1446	1505	1524	1544	1604	1624	1644	1704
Elm Park Station	0615 0645 0714 0733 0753	every 20	13	33	53	1453	1512	1531	1551	1611	1631	1651	1711
Rainham Tesco	0626 0656 0726 0746 0806	minutes	26	46	06	1506	1526	1546	1606	1626	1646	1706	1725
Wennington Green	0631 0701 0732 0752 0812	at these	32	52	12 until	1512	1532	1552	1612	1632	1652	1712	1731
Aveley High Street (Library)	0636 0707 0737 0757 0817	minutes	37	57	17	1517	1537	1557	1617	1637	1657	1717	1736
Aveley Hall Road	0637 0708 0739 0759 0819	past	39	59	19	1519	1539	1559	1619	1639	1659	1719	1738
Lakeside Shopping Centre	0642 0714 0745 0805 0825	the hour	45	05	25	1525	1545	1605	1625	1645	1705	1725	1744
Hornchurch Town Centre	1724 1744 1804 1824 1844	1904 1924 1944 2004 2030	Then	00	30	2400							
Elm Park Station	1731 1751 1811 1831 1851	1910 1930 1950 2009 2035	every 30	05	35	0005							
Rainham Tesco	1745 1804 1824 1843 1903	1921 1941 2000 2019 2045	minutes	15	45	0015							
Wennington Green	1751 1810 1830 1849 1909	1927 1947 2006 2024 2050	at these	20	50 until	0020							
Aveley High Street (Library)	1756 1815 1835 1854 1914	1932 1952 2011 2029 2055	minutes	25	55	0025							
Aveley Hall Road	1758 1817 1837 1856 1915	1933 1953 2012 2030 2056	past	26	56	0026							
Lakeside Shopping Centre	1804 1823 1843 1902 1921	1939 1958 2017 2035 2101	the hour	31	01	0031							
372		Saturdays (also Good Friday)											
Hornchurch Town Centre	0610 0640 0710 0740 0807 0827 0847 0907 0926	Then	46	06	26	1726	1746	1806	1826				
Elm Park Station	0615 0645 0715 0745 0812 0832 0853 0914 0933	every 20	53	13	33	1733	1753	1813	1832				
Rainham Tesco	0626 0656 0726 0756 0824 0844 0905 0926 0946	minutes	06	26	46	1746	1806	1826	1845				
Wennington Green	0631 0701 0731 0802 0830 0850 0911 0932 0952	at these	12	32	52 until	1752	1812	1832	1851				
Aveley High Street (Library)	0636 0706 0736 0807 0835 0855 0916 0937 0957	minutes	17	37	57	1757	1817	1837	1856				
Aveley Hall Road	0637 0707 0737 0808 0836 0857 0918 0939 0959	past	19	39	59	1759	1818	1838	1858				
Lakeside Shopping Centre	0642 0712 0743 0814 0842 0903 0924 0945 1005	the hour	25	45	05	1805	1824	1844	1904				
Hornchurch Town Centre	1846 1906 1926 1946 2006 2030	Then	00	30	2400								
Elm Park Station	1852 1912 1932 1952 2011 2035	every 30	05	35	0005								
Rainham Tesco	1904 1923 1943 2002 2021 2045	minutes	15	45	0015								
Wennington Green	1910 1929 1949 2008 2027 2050	at these	20	50 until	0020								
Aveley High Street (Library)	1915 1934 1954 2013 2032 2055	minutes	25	55	0025								
Aveley Hall Road	1916 1935 1955 2014 2033 2056	past	26	56	0026								
Lakeside Shopping Centre	1922 1941 2001 2019 2038 2101	the hour	31	01	0031								
372		Sundays and other Public Holidays (except Christmas Day and Boxing Day)											
Hornchurch Town Centre	0730 0800 0830 0900 0930 1000	Then	30	00	1630	1700	1730	1800	1830	1900	1930	2000	
Elm Park Station	0735 0805 0835 0905 0936 1006	every 30	36	06	1636	1706	1736	1805	1835	1905	1935	2005	
Rainham Tesco	0746 0816 0846 0916 0947 1017	minutes	47	17	1647	1717	1747	1816	1845	1915	1945	2015	
Wennington Green	0752 0822 0852 0922 0953 1023	at these	53	23 until	1653	1723	1753	1822	1851	1921	1951	2020	
Aveley High Street (Library)	0757 0827 0857 0927 0958 1028	minutes	58	28	1658	1728	1758	1827	1856	1926	1956	2025	
Aveley Hall Road	0758 0828 0858 0928 0959 1030	past	00	30	1700	1729	1759	1828	1857	1927	1957	2026	
Lakeside Shopping Centre	0804 0834 0904 0934 1005 1036	the hour	06	36	1706	1735	1805	1834	1903	1932	2002	2031	
Hornchurch Town Centre	2030	Then	00	30	2400								
Elm Park Station	2035	every 30	05	35	0005								
Rainham Tesco	2045	minutes	15	45	0015								
Wennington Green	2050	at these	20	50 until	0020								
Aveley High Street (Library)	2055	minutes	25	55	0025								
Aveley Hall Road	2056	past	26	56	0026								
Lakeside Shopping Centre	2101	the hour	31	01	0031								