

372 Mondays to Fridays																						
Lakeside Bus Station	0535	0605	0635	0654	0713	0732	0752	0812	0832	0852	0912	0933		1453	1513	1533	1553					
Aveley Hall Road	0542	0612	0642	0702	0721	0741	0801	0821	0841	0901	0921	0942		1502	1522	1541	1600					
Aveley Sandy Lane	0546	0617	0648	0708	0728	0748	0808	0828	0848	0908	0928	0949	Then every 20 minutes until	1509	1529	1547	1605					
Wennington Green	0550	0621	0653	0713	0733	0753	0813	0833	0853	0913	0933	0954		1514	1534	1552	1610					
Rainham Station	0555	0627	0659	0719	0739	0759	0819	0839	0859	0919	0939	0959		1519	1539	1557	1615					
Rainham Tesco	0557	0629	0702	0722	0742	0802	0822	0842	0902	0922	0941	1001		1521	1541	1559	1617					
Mungo Park Road Kingaby Gardens	0605	0638	0712	0732	0752	0812	0832	0852	0912	0932	0950	1010		1530	1549	1607	1625					
Elm Park Station	0610	0643	0717	0737	0758	0818	0838	0858	0918	0937	0955	1015		1535	1554	1612	1630					
Hornchurch Town Centre	0617	0651	0725	0745	0806	0826	0846	0906	0926	0944	1002	1022	1542	1601	1619	1637						
Lakeside Bus Station	1613			1853	1914	1945	2015			45	15		2315									
Aveley Hall Road	1620			1900	1921	1952	2022	Then		52	22		2322									
Aveley Sandy Lane	1625	Then		1905	1925	1956	2025	every 30		55	25		2325									
Wennington Green	1630	every 20		1910	1930	2000	2029	minutes		59	29		2329									
Rainham Station	1635	minutes		1915	1935	2004	2033	at these		03	33	until	2333									
Rainham Tesco	1637	until		1917	1937	2006	2035	minutes		05	35		2335									
Mungo Park Road Kingaby Gardens	1645			1925	1945	2013	2042	past		12	42		2342									
Elm Park Station	1650			1930	1950	2018	2047	the hour		17	47		2347									
Hornchurch Town Centre	1657			1937	1957	2025	2054			24	54		2354									
372 Saturdays (also Good Friday)																						
Lakeside Bus Station	0535		05	35			0805	0824	0843	0901	0921	0940	0957	1015		1715	1735	1755				
Aveley Hall Road	0542	Then		12	42		0812	0831	0850	0908	0928	0947	1004	1023		1723	1743	1803				
Aveley Sandy Lane	0545	every 30		15	45		0815	0834	0853	0912	0932	0951	1008	1028	Then	1728	1748	1808				
Wennington Green	0549	minutes		19	49		0819	0838	0857	0916	0936	0955	1013	1033	every 20	1733	1753	1813				
Rainham Station	0553	at these		23	53	until	0823	0843	0903	0922	0942	1002	1021	1041	minutes	1741	1801	1820				
Rainham Tesco	0555	minutes		25	55		0825	0845	0905	0924	0944	1004	1023	1043	until	1743	1803	1822				
Mungo Park Road Kingaby Gardens	0602	past		32	02		0832	0853	0913	0933	0953	1013	1033	1053		1753	1813	1831				
Elm Park Station	0607	the hour		37	07		0837	0858	0918	0938	0959	1019	1039	1059		1759	1818	1836				
Hornchurch Town Centre	0614			44	14		0844	0905	0926	0946	1007	1028	1048	1108		1808	1826	1844				
Lakeside Bus Station	1815	1835	1855	1915	1945					15	45				2315							
Aveley Hall Road	1823	1842	1902	1922	1952				Then	22	52				2322							
Aveley Sandy Lane	1828	1846	1906	1926	1955				every 30	25	55				2325							
Wennington Green	1832	1850	1910	1930	1959				minutes	29	59				2329							
Rainham Station	1838	1856	1916	1936	2003				at these	33	03	until			2333							
Rainham Tesco	1840	1858	1918	1938	2005				minutes	35	05				2335							
Mungo Park Road Kingaby Gardens	1849	1907	1927	1945	2012				past	42	12				2342							
Elm Park Station	1854	1912	1932	1950	2017				the hour	47	17				2347							
Hornchurch Town Centre	1902	1920	1939	1957	2024					54	24				2354							
372 Sundays and other Public Holidays (except Christmas Day and Boxing Day)																						
Lakeside Bus Station	0714	0744	0814	0844	0913	0941	1008						38	08	1708	1740	1812	1844	1915	1945	2015	
Aveley Hall Road	0721	0751	0821	0851	0920	0948	1016		Then				46	16	1716	1748	1820	1851	1922	1952	2022	
Aveley Sandy Lane	0724	0754	0824	0854	0923	0951	1020		every 30				50	20	1720	1752	1823	1854	1925	1955	2025	
Wennington Green	0728	0758	0828	0858	0927	0955	1024		minutes				54	24	1724	1756	1827	1858	1929	1959	2029	
Rainham Station	0732	0802	0832	0902	0931	1000	1030		at these				00	30	until	1730	1802	1832	1903	1933	2003	2033
Rainham Tesco	0734	0804	0834	0904	0933	1002	1032		minutes				02	32	1732	1804	1834	1905	1935	2005	2035	
Mungo Park Road Kingaby Gardens	0741	0811	0841	0911	0941	1011	1041		past				11	41	1741	1812	1842	1912	1942	2012	2042	
Elm Park Station	0746	0816	0846	0916	0946	1016	1046		the hour				16	46	1746	1817	1847	1917	1947	2017	2047	
Hornchurch Town Centre	0753	0823	0853	0923	0953	1023	1053						23	53	1753	1824	1854	1924	1954	2024	2054	
Lakeside Bus Station	2045			15	45										2315							
Aveley Hall Road	2052	Then		22	52										2322							
Aveley Sandy Lane	2055	every 30		25	55										2325							
Wennington Green	2059	minutes		29	59										2329							
Rainham Station	2103	at these		33	03	until									2333							
Rainham Tesco	2105	minutes		35	05										2335							
Mungo Park Road Kingaby Gardens	2112	past		42	12										2342							
Elm Park Station	2117	the hour		47	17										2347							
Hornchurch Town Centre	2124			54	24										2354							

372 Mondays to Fridays																				
Hornchurch Town Centre	0605	0632	0700	0718	0736	0756	0816	0836	0856	0916	0937		1457	1518		1758				
Elm Park Station	0610	0637	0707	0726	0745	0805	0825	0845	0905	0925	0946		1506	1527		1807				
Mungo Park Road Kingaby Gardens	0615	0642	0712	0731	0750	0810	0830	0850	0910	0930	0951	Then every 20 minutes until	1511	1532	Then every 20 minutes until	1812				
Rainham Tesco	0623	0653	0723	0743	0803	0823	0843	0903	0923	0941	1000		1520	1541		1821				
Rainham Station	0624	0655	0725	0745	0805	0825	0845	0905	0925	0943	1002		1522	1543		1823				
Wennington Green	0629	0701	0731	0751	0811	0831	0851	0911	0931	0949	1008		1528	1549		1829				
Aveley Sandy Lane	0633	0705	0735	0755	0815	0835	0855	0915	0936	0954	1013		1533	1553		1833				
Aveley Hall Road	0638	0710	0740	0800	0820	0840	0900	0920	0941	0959	1018		1538	1558		1838				
Lakeside Bus Station	0645	0717	0747	0807	0827	0847	0907	0927	0948	1006	1025		1545	1605		1845				
Hornchurch Town Centre	1818	1839	1900	1920	1941	2002		32	02		0002									
Elm Park Station	1827	1847	1906	1926	1947	2007		Then	37	07	0007									
Mungo Park Road Kingaby Gardens	1832	1852	1911	1931	1952	2012		every 30	42	12	0012									
Rainham Tesco	1841	1901	1920	1940	2000	2020		minutes	50	20	0020									
Rainham Station	1843	1903	1922	1942	2001	2021		at these	51	21	until	0021								
Wennington Green	1848	1907	1926	1946	2005	2025		minutes	55	25	0025									
Aveley Sandy Lane	1852	1911	1930	1950	2009	2029		past	59	29	0029									
Aveley Hall Road	1857	1916	1935	1954	2013	2033		the hour	03	33	0033									
Lakeside Bus Station	1904	1923	1942	2001	2020	2040			10	40	0040									
372 Saturdays (also Good Friday)																				
Hornchurch Town Centre	0605	0635	0705	0735	0805	0825	0844	0903	0923	0943	1001	1018		1718	1738	1758	1818			
Elm Park Station	0610	0640	0710	0740	0810	0830	0850	0910	0930	0950	1008	1026		1726	1746	1806	1825			
Mungo Park Road Kingaby Gardens	0615	0645	0715	0745	0815	0835	0855	0915	0935	0955	1013	1031	Then every 20 minutes until	1731	1751	1811	1830			
Rainham Tesco	0623	0653	0723	0753	0823	0844	0905	0925	0945	1005	1023	1043		1743	1803	1822	1841			
Rainham Station	0624	0654	0724	0754	0824	0845	0906	0926	0946	1006	1025	1045		1745	1805	1824	1843			
Wennington Green	0628	0658	0728	0758	0828	0849	0910	0930	0950	1010	1030	1050		1750	1810	1828	1847			
Aveley Sandy Lane	0632	0702	0732	0802	0832	0853	0914	0934	0954	1014	1034	1054		1754	1814	1832	1851			
Aveley Hall Road	0636	0706	0736	0806	0836	0857	0918	0938	0958	1018	1039	1059		1759	1818	1836	1855			
Lakeside Bus Station	0643	0713	0743	0813	0843	0905	0926	0946	1006	1027	1048	1108		1808	1826	1844	1903			
Hornchurch Town Centre	1838	1859	1920	1941	2002			32	02		0002									
Elm Park Station	1845	1906	1927	1947	2007			Then	37	07	0007									
Mungo Park Road Kingaby Gardens	1850	1911	1932	1952	2012			every 30	42	12	0012									
Rainham Tesco	1901	1921	1940	2000	2020			minutes	50	20	0020									
Rainham Station	1903	1923	1941	2001	2021			at these	51	21	until	0021								
Wennington Green	1907	1927	1945	2005	2025			minutes	55	25	0025									
Aveley Sandy Lane	1911	1931	1949	2009	2029			past	59	29	0029									
Aveley Hall Road	1915	1935	1953	2013	2033			the hour	03	33	0033									
Lakeside Bus Station	1923	1942	2000	2020	2040				10	40	0040									
372 Sundays and other Public Holidays (except Christmas Day and Boxing Day)																				
Hornchurch Town Centre	0703	0733	0803	0833	0903	0933	1003			33	03		1703	1733	1802	1832	1902	1932	2002	
Elm Park Station	0708	0738	0808	0838	0909	0939	1010			Then	40	10	1710	1740	1809	1838	1907	1937	2007	
Mungo Park Road Kingaby Gardens	0712	0742	0812	0842	0913	0943	1015			every 30	45	15	1715	1745	1814	1843	1912	1942	2012	
Rainham Tesco	0719	0749	0819	0849	0920	0951	1023			minutes	53	23	1723	1753	1822	1851	1920	1950	2020	
Rainham Station	0720	0750	0820	0850	0921	0952	1025			at these	55	25	until	1725	1755	1823	1852	1921	1951	2021
Wennington Green	0724	0754	0824	0854	0926	0957	1030			minutes	00	30	1730	1800	1828	1857	1925	1955	2025	
Aveley Sandy Lane	0728	0758	0828	0858	0930	1001	1034			past	04	34	1734	1804	1832	1901	1929	1959	2029	
Aveley Hall Road	0732	0802	0832	0902	0934	1005	1038			the hour	08	38	1738	1808	1836	1905	1933	2003	2033	
Lakeside Bus Station	0738	0808	0838	0908	0940	1013	1046				16	46	1746	1815	1843	1912	1940	2010	2040	
Hornchurch Town Centre	2032			02	32								0002							
Elm Park Station	2037			Then	07	37							0007							
Mungo Park Road Kingaby Gardens	2042			every 30	12	42							0012							
Rainham Tesco	2050			minutes	20	50							0020							
Rainham Station	2051			at these	21	51	until						0021							
Wennington Green	2055			minutes	25	55							0025							
Aveley Sandy Lane	2059			past	29	59							0029							
Aveley Hall Road	2103			the hour	33	03							0033							
Lakeside Bus Station	2110				40	10							0040							