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Beckton – Newham Hospital – East Ham

| 376 | | Mondays to Fridays | | | | | | | | | | | | | | | | | | | | | | | |
|--------------------------------------|------|--|------|------|------|------|------|-------|------|------|-------------|------|------|------|------|------|------|-------|------|------|------|------|------|------|------|
| Beckton Bus Station | 0605 | 0625 | 0645 | 0705 | 0716 | 0728 | 0740 | | | 1328 | 1342 | 1356 | 1410 | 1423 | 1437 | 1450 | 1504 | | | 1909 | | | | | |
| Winsor Park Estate Warwall | 0608 | 0628 | 0648 | 0708 | 0720 | 0732 | 0744 | Then | | 1332 | 1346 | 1400 | 1414 | 1427 | 1441 | 1454 | 1508 | Then | | 1913 | | | | | |
| Cyprus Station Cyprus Place | 0610 | 0631 | 0651 | 0711 | 0723 | 0735 | 0747 | about | | 1335 | 1349 | 1403 | 1417 | 1430 | 1445 | 1458 | 1512 | about | | 1916 | | | | | |
| Stansfeld Road Fulmer Road | 0614 | 0635 | 0656 | 0716 | 0728 | 0740 | 0752 | every | | 1340 | 1354 | 1408 | 1422 | 1435 | 1450 | 1504 | 1518 | every | | 1921 | | | | | |
| Newham Hospital Emergency Dept. | 0619 | 0640 | 0702 | 0723 | 0735 | 0749 | 0802 | 13-14 | | 1347 | 1401 | 1415 | 1429 | 1442 | 1458 | 1512 | 1527 | 13-14 | | 1927 | | | | | |
| Upton Park The Boleyn (Green Street) | 0625 | 0646 | 0708 | 0730 | 0743 | 0757 | 0811 | mins. | | 1354 | 1409 | 1423 | 1437 | 1450 | 1507 | 1521 | 1536 | mins. | | 1934 | | | | | |
| Upton Park Station | 0626 | 0647 | 0709 | 0731 | 0745 | 0759 | 0813 | until | | 1356 | 1411 | 1425 | 1439 | 1452 | 1509 | 1523 | 1538 | until | | 1936 | | | | | |
| East Ham Station | 0632 | 0653 | 0715 | 0738 | 0752 | 0807 | 0822 | | | 1406 | 1421 | 1435 | 1449 | 1503 | 1521 | 1536 | 1551 | | | 1945 | | | | | |
| East Ham Newham Town Hall | 0641 | 0704 | 0728 | 0751 | 0805 | 0821 | 0836 | | | 1421 | 1436 | 1450 | 1504 | 1518 | 1536 | 1552 | 1607 | | | 1951 | | | | | |
| Beckton Bus Station | 1925 | 1945 | 2005 | 2025 | 2045 | 2105 | 2125 | 2145 | 2205 | 2225 | 2245 | 2305 | 2325 | | | | | | | | | | | | |
| Winsor Park Estate Warwall | 1928 | 1948 | 2008 | 2028 | 2048 | 2108 | 2128 | 2148 | 2208 | 2228 | 2248 | 2308 | 2328 | | | | | | | | | | | | |
| Cyprus Station Cyprus Place | 1931 | 1951 | 2011 | 2031 | 2051 | 2111 | 2131 | 2151 | 2211 | 2231 | 2251 | 2310 | 2330 | | | | | | | | | | | | |
| Stansfeld Road Fulmer Road | 1936 | 1956 | 2016 | 2036 | 2055 | 2115 | 2135 | 2155 | 2215 | 2235 | 2255 | 2314 | 2334 | | | | | | | | | | | | |
| Newham Hospital Emergency Dept. | 1942 | 2002 | 2022 | 2042 | 2100 | 2120 | 2140 | 2200 | 2220 | 2239 | 2259 | 2318 | 2338 | | | | | | | | | | | | |
| Upton Park The Boleyn (Green Street) | 1949 | 2008 | 2028 | 2048 | 2105 | 2125 | 2145 | 2205 | 2225 | 2244 | 2304 | 2322 | 2342 | | | | | | | | | | | | |
| Upton Park Station | 1951 | 2010 | 2030 | 2049 | 2106 | 2126 | 2146 | 2206 | 2226 | 2245 | 2305 | 2323 | 2343 | | | | | | | | | | | | |
| East Ham Station | 2000 | 2018 | 2038 | 2057 | 2113 | 2133 | 2152 | 2212 | 2232 | 2251 | 2311 | 2329 | 2348 | | | | | | | | | | | | |
| East Ham Newham Town Hall | 2006 | 2024 | 2043 | 2102 | 2118 | 2137 | 2156 | 2216 | 2236 | 2255 | 2315 | 2333 | 2352 | | | | | | | | | | | | |
| 376 | | Saturdays (also Good Friday) | | | | | | | | | | | | | | | | | | | | | | | |
| Beckton Bus Station | 0605 | 0625 | 0645 | 0705 | 0725 | 0745 | 0805 | 0825 | 0840 | 0855 | | | | | | | | | | 1854 | 1909 | 1924 | 1945 | 2005 | 2025 |
| Winsor Park Estate Warwall | 0608 | 0628 | 0648 | 0708 | 0728 | 0748 | 0808 | 0828 | 0843 | 0858 | | | | | | | | | | 1857 | 1912 | 1927 | 1948 | 2008 | 2028 |
| Cyprus Station Cyprus Place | 0610 | 0630 | 0650 | 0710 | 0730 | 0751 | 0811 | 0831 | 0846 | 0901 | Then | | | | | | | | 1900 | 1915 | 1930 | 1951 | 2011 | 2031 | |
| Stansfeld Road Fulmer Road | 0614 | 0634 | 0654 | 0714 | 0734 | 0755 | 0815 | 0835 | 0850 | 0905 | about | | | | | | | | 1905 | 1920 | 1935 | 1955 | 2015 | 2035 | |
| Newham Hospital Emergency Dept. | 0619 | 0639 | 0659 | 0719 | 0739 | 0800 | 0820 | 0840 | 0855 | 0910 | every 13-14 | | | | | | | | 1911 | 1926 | 1941 | 2001 | 2021 | 2041 | |
| Upton Park The Boleyn (Green Street) | 0624 | 0645 | 0705 | 0725 | 0745 | 0806 | 0826 | 0846 | 0901 | 0916 | minutes | | | | | | | | 1918 | 1933 | 1948 | 2007 | 2027 | 2047 | |
| Upton Park Station | 0625 | 0646 | 0706 | 0726 | 0746 | 0807 | 0827 | 0847 | 0902 | 0917 | until | | | | | | | | 1920 | 1935 | 1950 | 2009 | 2029 | 2049 | |
| East Ham Station | 0631 | 0652 | 0712 | 0732 | 0752 | 0813 | 0833 | 0853 | 0909 | 0924 | | | | | | | | | 1929 | 1944 | 1959 | 2017 | 2037 | 2056 | |
| East Ham Newham Town Hall | 0635 | 0656 | 0716 | 0736 | 0756 | 0817 | 0837 | 0858 | 0914 | 0929 | | | | | | | | | 1936 | 1951 | 2005 | 2023 | 2043 | 2102 | |
| Beckton Bus Station | 2045 | 2105 | 2125 | 2145 | 2205 | 2225 | 2245 | 2305 | 2325 | | | | | | | | | | | | | | | | |
| Winsor Park Estate Warwall | 2048 | 2108 | 2128 | 2148 | 2208 | 2228 | 2248 | 2308 | 2328 | | | | | | | | | | | | | | | | |
| Cyprus Station Cyprus Place | 2051 | 2111 | 2131 | 2151 | 2211 | 2230 | 2250 | 2310 | 2330 | | | | | | | | | | | | | | | | |
| Stansfeld Road Fulmer Road | 2055 | 2115 | 2135 | 2155 | 2215 | 2234 | 2254 | 2314 | 2334 | | | | | | | | | | | | | | | | |
| Newham Hospital Emergency Dept. | 2100 | 2120 | 2140 | 2200 | 2220 | 2239 | 2259 | 2318 | 2338 | | | | | | | | | | | | | | | | |
| Upton Park The Boleyn (Green Street) | 2106 | 2125 | 2145 | 2205 | 2225 | 2244 | 2304 | 2323 | 2343 | | | | | | | | | | | | | | | | |
| Upton Park Station | 2108 | 2126 | 2146 | 2206 | 2226 | 2245 | 2305 | 2324 | 2344 | | | | | | | | | | | | | | | | |
| East Ham Station | 2115 | 2133 | 2153 | 2212 | 2232 | 2251 | 2311 | 2329 | 2349 | | | | | | | | | | | | | | | | |
| East Ham Newham Town Hall | 2120 | 2138 | 2158 | 2217 | 2236 | 2255 | 2315 | 2333 | 2353 | | | | | | | | | | | | | | | | |
| 376 | | Sundays and other Public Holidays (except Christmas Day) | | | | | | | | | | | | | | | | | | | | | | | |
| Beckton Bus Station | 0625 | 0655 | 0726 | 0757 | 0828 | 0858 | 0928 | 0958 | 1028 | 1058 | 1128 | 1158 | 1228 | 1258 | 1328 | 1358 | 1428 | 1459 | | | | | | | |
| Winsor Park Estate Warwall | 0628 | 0658 | 0729 | 0800 | 0831 | 0901 | 0931 | 1001 | 1031 | 1101 | 1131 | 1202 | 1232 | 1302 | 1332 | 1402 | 1432 | 1503 | | | | | | | |
| Cyprus Station Cyprus Place | 0630 | 0700 | 0731 | 0802 | 0833 | 0904 | 0934 | 1004 | 1034 | 1104 | 1134 | 1205 | 1235 | 1305 | 1335 | 1405 | 1435 | 1506 | | | | | | | |
| Stansfeld Road Fulmer Road | 0634 | 0704 | 0735 | 0806 | 0837 | 0908 | 0938 | 1008 | 1038 | 1109 | 1139 | 1210 | 1240 | 1310 | 1340 | 1410 | 1440 | 1511 | | | | | | | |
| Newham Hospital Emergency Dept. | 0639 | 0709 | 0740 | 0811 | 0842 | 0913 | 0943 | 1013 | 1044 | 1115 | 1146 | 1217 | 1247 | 1317 | 1348 | 1418 | 1448 | 1518 | | | | | | | |
| Upton Park The Boleyn (Green Street) | 0644 | 0714 | 0745 | 0816 | 0847 | 0919 | 0949 | 1019 | 1050 | 1121 | 1153 | 1224 | 1254 | 1324 | 1355 | 1425 | 1455 | 1525 | | | | | | | |
| Upton Park Station | 0645 | 0715 | 0746 | 0817 | 0848 | 0920 | 0950 | 1020 | 1051 | 1123 | 1155 | 1226 | 1256 | 1326 | 1357 | 1427 | 1457 | 1527 | | | | | | | |
| East Ham Station | 0651 | 0721 | 0752 | 0823 | 0854 | 0926 | 0956 | 1027 | 1059 | 1131 | 1204 | 1236 | 1306 | 1336 | 1407 | 1437 | 1507 | 1537 | | | | | | | |
| East Ham Newham Town Hall | 0654 | 0724 | 0755 | 0827 | 0858 | 0930 | 1003 | 1037 | 1109 | 1142 | 1215 | 1248 | 1318 | 1348 | 1419 | 1450 | 1520 | 1550 | | | | | | | |
| Beckton Bus Station | 1530 | 1601 | 1632 | 1703 | 1734 | 1805 | 1836 | 1907 | 1938 | 2009 | 2040 | 2110 | 2140 | 2210 | 2235 | 2300 | 2325 | | | | | | | | |
| Winsor Park Estate Warwall | 1533 | 1604 | 1635 | 1706 | 1737 | 1808 | 1839 | 1910 | 1941 | 2012 | 2043 | 2113 | 2143 | 2213 | 2238 | 2303 | 2328 | | | | | | | | |
| Cyprus Station Cyprus Place | 1536 | 1607 | 1638 | 1709 | 1740 | 1811 | 1842 | 1913 | 1944 | 2015 | 2046 | 2116 | 2146 | 2215 | 2240 | 2305 | 2330 | | | | | | | | |
| Stansfeld Road Fulmer Road | 1541 | 1612 | 1643 | 1714 | 1745 | 1816 | 1847 | 1917 | 1948 | 2019 | 2050 | 2120 | 2150 | 2219 | 2244 | 2309 | 2334 | | | | | | | | |
| Newham Hospital Emergency Dept. | 1548 | 1619 | 1650 | 1721 | 1751 | 1822 | 1853 | 1923 | 1954 | 2025 | 2055 | 2125 | 2155 | 2224 | 2249 | 2314 | 2339 | | | | | | | | |
| Upton Park The Boleyn (Green Street) | 1555 | 1626 | 1657 | 1728 | 1758 | 1828 | 1859 | 1929 | 2000 | 2031 | 2101 | 2130 | 2200 | 2229 | 2253 | 2318 | 2343 | | | | | | | | |
| Upton Park Station | 1557 | 1628 | 1659 | 1730 | 1800 | 1830 | 1901 | 1930 | 2001 | 2032 | 2102 | 2131 | 2201 | 2230 | 2254 | 2319 | 2344 | | | | | | | | |
| East Ham Station | 1607 | 1638 | 1709 | 1740 | 1810 | 1840 | 1910 | 1939 | 2009 | 2039 | 2109 | 2137 | 2207 | 2236 | 2300 | 2324 | 2349 | | | | | | | | |
| East Ham Newham Town Hall | 1620 | 1651 | 1722 | 1753 | 1823 | 1851 | 1918 | 1945 | 2014 | 2044 | 2114 | 2142 | 2211 | 2240 | 2304 | 2328 | 2353 | | | | | | | | |

| 376 Mondays to Fridays | | | | | | | | | | | | | | | | | | | | |
|--|------|------|------|-------------|------|------|------|------|------|-------------|------|-------------|------|-------------|------|------|------|------|------|------|
| East Ham Newham Town Hall | 0605 | 0625 | 0645 | | | 1054 | 1108 | 1121 | 1135 | | | 1403 | 1416 | | | 1846 | 1901 | 1921 | | |
| East Ham Station | 0611 | 0631 | 0651 | | | 1108 | 1122 | 1135 | 1149 | | | 1417 | 1430 | | | 1901 | 1914 | 1929 | | |
| Upton Park Station | 0615 | 0636 | 0656 | | | 1116 | 1131 | 1144 | 1158 | | | 1427 | 1440 | | | 1910 | 1923 | 1938 | | |
| Upton Park The Boleyn (Green Street) | 0617 | 0638 | 0658 | | | 1118 | 1133 | 1146 | 1200 | | | 1430 | 1443 | | | 1913 | 1925 | 1940 | | |
| Newham Hospital Emergency Dept. | 0622 | 0643 | 0703 | every 13-14 | | 1124 | 1139 | 1152 | 1207 | every 13-14 | | 1437 | 1451 | every 13-14 | | 1919 | 1931 | 1946 | | |
| Stansfeld Road Fulmer Road | 0627 | 0648 | 0709 | minutes | | 1131 | 1146 | 1159 | 1214 | minutes | | 1444 | 1459 | minutes | | 1926 | 1938 | 1953 | | |
| Cyprus Station Cyprus Place | 0631 | 0652 | 0713 | until | | 1136 | 1151 | 1204 | 1219 | until | | 1449 | 1504 | until | | 1930 | 1942 | 1957 | | |
| Winsor Park Estate Warwall | 0634 | 0655 | 0716 | | | 1139 | 1154 | 1207 | 1222 | | | 1452 | 1507 | | | 1933 | 1945 | 2000 | | |
| Beckton Bus Station | 0636 | 0657 | 0718 | | | 1142 | 1157 | 1210 | 1225 | | | 1455 | 1510 | | | 1936 | 1948 | 2003 | | |
| East Ham Newham Town Hall | 1942 | 2003 | 2024 | 2045 | 2105 | 2125 | 2145 | 2205 | 2225 | 2245 | 2305 | 2325 | | | | | | | | |
| East Ham Station | 1949 | 2009 | 2029 | 2050 | 2110 | 2130 | 2149 | 2209 | 2229 | 2248 | 2308 | 2328 | | | | | | | | |
| Upton Park Station | 1958 | 2017 | 2037 | 2057 | 2117 | 2136 | 2155 | 2215 | 2234 | 2253 | 2313 | 2333 | | | | | | | | |
| Upton Park The Boleyn (Green Street) | 2000 | 2019 | 2039 | 2059 | 2119 | 2138 | 2157 | 2217 | 2236 | 2255 | 2315 | 2335 | | | | | | | | |
| Newham Hospital Emergency Dept. | 2006 | 2025 | 2045 | 2104 | 2124 | 2143 | 2202 | 2222 | 2240 | 2259 | 2319 | 2339 | | | | | | | | |
| Stansfeld Road Fulmer Road | 2012 | 2031 | 2051 | 2110 | 2129 | 2148 | 2207 | 2227 | 2245 | 2304 | 2324 | 2344 | | | | | | | | |
| Cyprus Station Cyprus Place | 2016 | 2035 | 2055 | 2114 | 2133 | 2152 | 2211 | 2230 | 2248 | 2307 | 2327 | 2347 | | | | | | | | |
| Winsor Park Estate Warwall | 2019 | 2038 | 2058 | 2117 | 2136 | 2155 | 2214 | 2233 | 2251 | 2310 | 2330 | 2350 | | | | | | | | |
| Beckton Bus Station | 2022 | 2041 | 2100 | 2119 | 2138 | 2157 | 2216 | 2235 | 2253 | 2312 | 2332 | 2352 | | | | | | | | |
| 376 Saturdays (also Good Friday) | | | | | | | | | | | | | | | | | | | | |
| East Ham Newham Town Hall | 0605 | 0625 | 0645 | 0705 | 0725 | 0745 | 0805 | 0820 | 0835 | | | 0944 | 0955 | 1006 | 1017 | 1030 | 1044 | 1057 | | |
| East Ham Station | 0608 | 0628 | 0648 | 0708 | 0729 | 0749 | 0809 | 0824 | 0839 | | | 0949 | 1003 | 1016 | 1029 | 1042 | 1057 | 1110 | | |
| Upton Park Station | 0612 | 0632 | 0653 | 0713 | 0734 | 0754 | 0814 | 0830 | 0845 | | | 0956 | 1010 | 1023 | 1036 | 1049 | 1104 | 1117 | | |
| Upton Park The Boleyn (Green Street) | 0614 | 0634 | 0655 | 0715 | 0736 | 0756 | 0816 | 0832 | 0847 | | | 0958 | 1012 | 1025 | 1038 | 1052 | 1107 | 1120 | | |
| Newham Hospital Emergency Dept. | 0618 | 0638 | 0659 | 0720 | 0741 | 0801 | 0821 | 0837 | 0852 | every 13-14 | | 1004 | 1018 | 1031 | 1044 | 1058 | 1113 | 1126 | | |
| Stansfeld Road Fulmer Road | 0622 | 0642 | 0704 | 0725 | 0746 | 0806 | 0826 | 0842 | 0857 | minutes | | 1010 | 1025 | 1038 | 1051 | 1105 | 1120 | 1133 | | |
| Cyprus Station Cyprus Place | 0625 | 0645 | 0707 | 0728 | 0749 | 0809 | 0830 | 0846 | 0901 | until | | 1014 | 1029 | 1042 | 1055 | 1109 | 1124 | 1137 | | |
| Winsor Park Estate Warwall | 0628 | 0648 | 0710 | 0731 | 0752 | 0812 | 0833 | 0849 | 0904 | | | 1017 | 1032 | 1045 | 1058 | 1112 | 1127 | 1140 | | |
| Beckton Bus Station | 0630 | 0650 | 0712 | 0733 | 0754 | 0814 | 0835 | 0851 | 0906 | | | 1020 | 1035 | 1048 | 1101 | 1115 | 1130 | 1143 | | |
| East Ham Newham Town Hall | 1111 | 1124 | 1138 | | | 1245 | 1259 | 1312 | 1326 | 1339 | 1353 | | | | | 1848 | 1903 | 1923 | 1944 | 2005 |
| East Ham Station | 1125 | 1138 | 1152 | | | 1300 | 1314 | 1327 | 1341 | 1354 | 1408 | | | | | 1903 | 1916 | 1933 | 1951 | 2012 |
| Upton Park Station | 1132 | 1146 | 1200 | | | 1309 | 1323 | 1336 | 1350 | 1403 | 1418 | | | | | 1912 | 1925 | 1942 | 2000 | 2020 |
| Upton Park The Boleyn (Green Street) | 1135 | 1149 | 1203 | | | 1312 | 1326 | 1339 | 1353 | 1406 | 1421 | | | | | 1915 | 1928 | 1945 | 2002 | 2022 |
| Newham Hospital Emergency Dept. | 1141 | 1155 | 1209 | every 13-14 | | 1318 | 1332 | 1346 | 1400 | 1413 | 1428 | every 13-14 | | | | 1921 | 1934 | 1951 | 2008 | 2028 |
| Stansfeld Road Fulmer Road | 1148 | 1202 | 1217 | minutes | | 1326 | 1340 | 1354 | 1408 | 1422 | 1437 | minutes | | | | 1928 | 1941 | 1958 | 2015 | 2034 |
| Cyprus Station Cyprus Place | 1152 | 1206 | 1221 | until | | 1330 | 1345 | 1359 | 1413 | 1427 | 1442 | until | | | | 1932 | 1945 | 2002 | 2019 | 2038 |
| Winsor Park Estate Warwall | 1155 | 1209 | 1224 | | | 1333 | 1348 | 1402 | 1416 | 1430 | 1445 | | | | | 1935 | 1948 | 2005 | 2022 | 2041 |
| Beckton Bus Station | 1158 | 1212 | 1227 | | | 1336 | 1351 | 1405 | 1419 | 1433 | 1448 | | | | | 1938 | 1951 | 2007 | 2024 | 2043 |
| East Ham Newham Town Hall | 2025 | 2045 | 2105 | 2125 | 2145 | 2205 | 2225 | 2245 | 2305 | 2325 | | | | | | | | | | |
| East Ham Station | 2032 | 2051 | 2110 | 2130 | 2149 | 2209 | 2229 | 2249 | 2309 | 2329 | | | | | | | | | | |
| Upton Park Station | 2040 | 2059 | 2117 | 2137 | 2156 | 2216 | 2235 | 2255 | 2315 | 2335 | | | | | | | | | | |
| Upton Park The Boleyn (Green Street) | 2042 | 2101 | 2119 | 2139 | 2158 | 2218 | 2237 | 2257 | 2317 | 2337 | | | | | | | | | | |
| Newham Hospital Emergency Dept. | 2048 | 2107 | 2124 | 2144 | 2203 | 2223 | 2242 | 2302 | 2322 | 2342 | | | | | | | | | | |
| Stansfeld Road Fulmer Road | 2054 | 2112 | 2129 | 2149 | 2208 | 2228 | 2247 | 2307 | 2327 | 2347 | | | | | | | | | | |
| Cyprus Station Cyprus Place | 2058 | 2116 | 2133 | 2153 | 2212 | 2232 | 2251 | 2311 | 2331 | 2351 | | | | | | | | | | |
| Winsor Park Estate Warwall | 2101 | 2118 | 2135 | 2155 | 2214 | 2234 | 2253 | 2313 | 2333 | 2353 | | | | | | | | | | |
| Beckton Bus Station | 2103 | 2120 | 2137 | 2157 | 2216 | 2236 | 2255 | 2315 | 2335 | 2355 | | | | | | | | | | |
| 376 Sundays and other Public Holidays (except Christmas Day) | | | | | | | | | | | | | | | | | | | | |
| East Ham Newham Town Hall | 0625 | 0650 | 0720 | 0750 | 0820 | 0850 | 0920 | 0951 | 1022 | 1053 | 1124 | 1155 | 1226 | 1257 | 1328 | 1359 | 1430 | 1501 | | |
| East Ham Station | 0628 | 0654 | 0724 | 0754 | 0824 | 0854 | 0925 | 0959 | 1033 | 1105 | 1136 | 1208 | 1239 | 1311 | 1342 | 1413 | 1444 | 1515 | | |
| Upton Park Station | 0632 | 0659 | 0729 | 0759 | 0829 | 0859 | 0931 | 1005 | 1039 | 1111 | 1143 | 1215 | 1246 | 1319 | 1350 | 1422 | 1453 | 1525 | | |
| Upton Park The Boleyn (Green Street) | 0634 | 0701 | 0731 | 0801 | 0831 | 0901 | 0933 | 1007 | 1041 | 1113 | 1145 | 1218 | 1249 | 1322 | 1353 | 1425 | 1456 | 1528 | | |
| Newham Hospital Emergency Dept. | 0638 | 0706 | 0736 | 0806 | 0836 | 0906 | 0938 | 1013 | 1047 | 1119 | 1151 | 1224 | 1255 | 1328 | 1359 | 1431 | 1502 | 1534 | | |
| Stansfeld Road Fulmer Road | 0642 | 0711 | 0741 | 0811 | 0841 | 0911 | 0943 | 1019 | 1053 | 1125 | 1158 | 1231 | 1303 | 1336 | 1407 | 1439 | 1510 | 1542 | | |
| Cyprus Station Cyprus Place | 0645 | 0715 | 0745 | 0815 | 0845 | 0915 | 0947 | 1023 | 1057 | 1129 | 1202 | 1235 | 1307 | 1340 | 1411 | 1443 | 1514 | 1546 | | |
| Winsor Park Estate Warwall | 0648 | 0718 | 0748 | 0818 | 0848 | 0918 | 0950 | 1026 | 1100 | 1132 | 1205 | 1238 | 1310 | 1343 | 1414 | 1446 | 1517 | 1549 | | |
| Beckton Bus Station | 0650 | 0720 | 0750 | 0820 | 0850 | 0920 | 0952 | 1028 | 1102 | 1135 | 1208 | 1241 | 1313 | 1346 | 1417 | 1449 | 1520 | 1552 | | |
| East Ham Newham Town Hall | 1532 | 1602 | 1632 | 1702 | 1733 | 1804 | 1835 | 1905 | 1930 | 1955 | 2025 | 2055 | 2125 | 2155 | 2225 | 2255 | 2325 | | | |
| East Ham Station | 1546 | 1616 | 1646 | 1716 | 1747 | 1817 | 1847 | 1917 | 1940 | 2000 | 2030 | 2100 | 2130 | 2159 | 2229 | 2258 | 2328 | | | |
| Upton Park Station | 1556 | 1626 | 1656 | 1726 | 1756 | 1826 | 1856 | 1925 | 1948 | 2008 | 2037 | 2107 | 2137 | 2205 | 2235 | 2303 | 2333 | | | |
| Upton Park The Boleyn (Green Street) | 1559 | 1629 | 1659 | 1729 | 1759 | 1828 | 1858 | 1927 | 1950 | 2010 | 2039 | 2109 | 2139 | 2207 | 2237 | 2305 | 2335 | | | |
| Newham Hospital Emergency Dept. | 1605 | 1635 | 1705 | 1735 | 1805 | 1834 | 1904 | 1933 | 1956 | 2016 | 2044 | 2114 | 2144 | 2212 | 2241 | 2309 | 2339 | | | |
| Stansfeld Road Fulmer Road | 1613 | 1643 | 1713 | 1743 | 1812 | 1841 | 1910 | 1939 | 2002 | 2022 | 2050 | 2119 | 2149 | 2217 | 2246 | 2313 | 2343 | | | |
| Cyprus Station Cyprus Place | 1617 | 1647 | 1717 | 1747 | 1816 | 1845 | 1914 | 1943 | 2006 | 2026 | 2054 | 2123 | 2152 | 2220 | 2249 | 2316 | 2346 | | | |
| Winsor Park Estate Warwall | 1620 | 1650 | 1720 | 1750 | 1819 | 1848 | 1917 | 1946 | 2009 | 2029 | 2057 | 2126 | 2155 | 2223 | 2252 | 2318 | 2348 | | | |
| Beckton Bus Station | 1623 | 1653 | 1723 | 1753 | 1821 | 1850 | 1919 | 1948 | 2011 | 2031 | 2059 | 2128 | 2157 | 2225 | 2254 | 2320 | 2350 | | | |