

474		Mondays to Fridays										
Manor Park Station	0006 0021 0040	10 40	0410 0430 0450 0510 0530 0545 0559 0611 0622 0634 0645									
East Ham Station	0011 0026 0044	<i>Then</i> 14 44	0414 0434 0454 0514 0534 0549 0603 0616 0627 0639 0650									
East Ham Newham Town Hall	0016 0031 0048	<i>every 30</i> 18 48	0418 0438 0458 0518 0538 0553 0608 0621 0632 0644 0655									
Beckton Bus Station	0022 0037 0054	<i>minutes</i> 24 54	0424 0444 0504 0524 0544 0559 0614 0627 0638 0650 0702									
Cyprus Station Cyprus Place	0024 0039 0056	<i>at these</i> 26 56 <i>until</i>	0426 0446 0506 0526 0546 0601 0616 0629 0641 0653 0705									
North Woolwich Free Ferry	0030 0045 0102	<i>minutes</i> 32 02	0432 0452 0512 0532 0552 0607 0622 0635 0647 0659 0712									
London City Airport	0035 0050 0107	<i>past</i> 37 07	0437 0457 0518 0538 0558 0613 0628 0642 0654 0706 0719									
West Silvertown Station	0039 0054 0111	<i>the hour</i> 41 11	0441 0501 0523 0543 0603 0618 0634 0648 0700 0712 0726									
Canning Town Bus Station	0042 0057 0114	44 14	0444 0504 0526 0546 0606 0621 0637 0651 0704 0717 0731									
Canning Town Hermit Road	0044 0059 0116	46 16	0446 0506 0528 0548 0608 0623 0639 0653 0706 0719 0733									
Manor Park Station	0655 0706 0716 0726 0736 0748 0800 0812 0824 0836 0848		0948 0959	1323								
East Ham Station	0700 0711 0722 0732 0744 0756 0808 0820 0832 0844 0856		0956 1007	1331								
East Ham Newham Town Hall	0706 0717 0728 0739 0751 0803 0815 0827 0839 0851 0904		1004 1015	1339								
Beckton Bus Station	0713 0725 0737 0748 0800 0812 0824 0836 0848 0900 0912	<i>Then</i>	1012 1023	1347								
Cyprus Station Cyprus Place	0716 0728 0740 0752 0804 0816 0828 0840 0852 0903 0915	<i>every 12</i>	1015 1026	1350								
North Woolwich Free Ferry	0724 0736 0748 0800 0812 0824 0836 0848 0900 0911 0923	<i>minutes</i>	1023 1034	1358								
London City Airport	0731 0743 0755 0807 0819 0831 0843 0855 0907 0918 0930	<i>until</i>	1030 1041	1405								
West Silvertown Station	0738 0750 0802 0814 0826 0838 0850 0902 0913 0923 0935		1035 1046	1410								
Canning Town Bus Station	0743 0755 0807 0819 0831 0843 0855 0906 0917 0927 0939		1039 1050	1414								
Canning Town Hermit Road	0745 0757 0809 0821 0833 0845 0857 0908 0919 0929 0941		1041 1052	1416								
Manor Park Station	1335 1347 1358 1410 1421 1433 1445 1456 1506 1516 1528 1540 1551			1715 1727 1739								
East Ham Station	1343 1355 1406 1418 1430 1442 1454 1505 1516 1527 1539 1551 1603			1727 1739 1751								
East Ham Newham Town Hall	1351 1403 1414 1426 1438 1450 1502 1514 1525 1536 1548 1600 1612			1736 1748 1800								
Beckton Bus Station	1359 1411 1423 1435 1447 1459 1511 1523 1534 1546 1558 1610 1622	<i>Then</i>	1746 1758 1810	1810								
Cyprus Station Cyprus Place	1402 1415 1427 1439 1451 1503 1515 1527 1538 1550 1602 1614 1626	<i>every 12</i>	1750 1801 1813	1813								
North Woolwich Free Ferry	1410 1423 1435 1447 1459 1511 1523 1535 1547 1559 1611 1623 1635	<i>minutes</i>	1759 1810 1822	1822								
London City Airport	1417 1430 1442 1454 1506 1518 1530 1542 1554 1606 1618 1630 1642	<i>until</i>	1806 1817 1829	1829								
West Silvertown Station	1423 1436 1448 1500 1512 1524 1536 1548 1600 1612 1624 1636 1648			1812 1823 1834								
Canning Town Bus Station	1427 1440 1452 1504 1516 1528 1540 1552 1604 1616 1628 1640 1652			1816 1827 1838								
Canning Town Hermit Road	1429 1442 1454 1506 1518 1530 1542 1554 1606 1618 1630 1642 1654			1818 1829 1840								
Manor Park Station	1751 1803 1815 1827 1840 1852 1905 1918 1930 1942 1954 2007 2020 2034 2049 2104 2119 2135			2135								
East Ham Station	1803 1814 1826 1838 1850 1902 1914 1926 1938 1950 2002 2014 2027 2040 2055 2110 2125 2140			2140								
East Ham Newham Town Hall	1811 1822 1834 1846 1858 1909 1921 1933 1945 1957 2008 2020 2033 2046 2101 2116 2130 2145			2145								
Beckton Bus Station	1821 1832 1844 1856 1907 1918 1929 1941 1953 2005 2015 2027 2040 2053 2108 2123 2137 2152			2152								
Cyprus Station Cyprus Place	1824 1835 1847 1859 1910 1921 1932 1944 1956 2007 2017 2029 2042 2055 2110 2125 2139 2154			2154								
North Woolwich Free Ferry	1833 1843 1855 1906 1917 1927 1938 1950 2002 2013 2023 2035 2048 2101 2116 2131 2145 2200			2200								
London City Airport	1840 1850 1901 1912 1923 1933 1944 1956 2008 2019 2029 2041 2054 2107 2122 2137 2151 2206			2206								
West Silvertown Station	1845 1855 1906 1917 1928 1938 1949 2001 2013 2024 2034 2046 2059 2111 2126 2141 2155 2210			2210								
Canning Town Bus Station	1849 1859 1910 1920 1931 1941 1952 2004 2016 2027 2037 2049 2102 2114 2129 2144 2158 2213			2213								
Canning Town Hermit Road	1851 1901 1912 1922 1933 1943 1954 2006 2018 2029 2039 2051 2104 2116 2131 2146 2200 2215			2215								
Manor Park Station	2150 2205 2220 2235 2251		2351									
East Ham Station	2155 2210 2225 2240 2256		2356									
East Ham Newham Town Hall	2200 2215 2230 2245 2301		0001									
Beckton Bus Station	2207 2222 2237 2252 2307	<i>Then</i>	0007									
Cyprus Station Cyprus Place	2209 2224 2239 2254 2309	<i>every 15</i>	0009									
North Woolwich Free Ferry	2215 2230 2245 2300 2315	<i>minutes</i>	0015									
London City Airport	2221 2236 2250 2305 2320	<i>until</i>	0020									
West Silvertown Station	2225 2240 2254 2309 2324		0024									
Canning Town Bus Station	2228 2243 2257 2312 2327		0027									
Canning Town Hermit Road	2230 2245 2259 2314 2329		0029									

Manor Park Station	0006 0021 0040		10 40	0410		0550 0610 0625 0640 0655 0710 0725 0740
East Ham Station	0011 0026 0044	<i>Then</i>	14 44	0414		0554 0614 0629 0645 0700 0715 0730 0745
East Ham Newham Town Hall	0016 0031 0048	<i>every 30</i>	18 48	0418		0558 0618 0633 0650 0705 0720 0735 0750
Beckton Bus Station	0022 0037 0054	<i>minutes</i>	24 54	0424	<i>Then</i>	0604 0624 0639 0656 0711 0727 0742 0757
Cyprus Station Cyprus Place	0024 0039 0056	<i>at these</i>	26 56 <i>until</i>	0426	<i>every 20</i>	0606 0626 0641 0658 0713 0730 0745 0800
North Woolwich Free Ferry	0030 0045 0102	<i>minutes</i>	32 02	0432	<i>minutes</i>	0612 0632 0647 0704 0719 0736 0751 0806
London City Airport	0035 0050 0107	<i>past</i>	37 07	0437	<i>until</i>	0617 0637 0652 0709 0725 0742 0757 0812
West Silvertown Station	0039 0054 0111	<i>the hour</i>	41 11	0441		0621 0642 0657 0714 0730 0747 0802 0817
Canning Town Bus Station	0042 0057 0114		44 14	0444		0624 0645 0700 0717 0733 0750 0805 0820
Canning Town Hermit Road	0044 0059 0116		46 16	0446		0626 0647 0702 0719 0735 0752 0807 0822
Manor Park Station	0755 0810 0822 0834 0846 0857 0908 0919 0931 0941					0951 1003 1014 1026 1038 1050 1102 1114
East Ham Station	0801 0816 0828 0840 0852 0903 0915 0926 0938 0948					0959 1011 1022 1034 1047 1059 1112 1124
East Ham Newham Town Hall	0806 0822 0834 0846 0858 0909 0921 0933 0945 0956					1007 1019 1030 1042 1055 1108 1121 1133
Beckton Bus Station	0813 0829 0841 0853 0905 0917 0929 0941 0953 1004					1015 1027 1039 1051 1104 1117 1130 1142
Cyprus Station Cyprus Place	0816 0832 0844 0856 0908 0920 0932 0944 0956 1007					1018 1030 1042 1054 1107 1120 1133 1145
North Woolwich Free Ferry	0822 0839 0851 0903 0915 0927 0939 0951 1003 1015					1026 1038 1050 1102 1115 1128 1141 1153
London City Airport	0829 0846 0858 0910 0922 0934 0946 0958 1010 1022					1033 1045 1057 1109 1122 1135 1148 1200
West Silvertown Station	0834 0851 0903 0915 0927 0939 0951 1003 1016 1028					1039 1051 1103 1115 1128 1141 1154 1206
Canning Town Bus Station	0837 0854 0907 0919 0931 0943 0955 1007 1020 1032					1043 1055 1107 1119 1132 1145 1158 1210
Canning Town Hermit Road	0839 0856 0909 0921 0933 0945 0957 1009 1022 1034					1045 1057 1109 1121 1134 1147 1200 1212
Manor Park Station	1126 1138 1150 1202					1614 1626 1638 1650 1702 1714 1726 1738 1750 1802 1814 1825
East Ham Station	1136 1149 1201 1214					1626 1638 1650 1702 1713 1725 1737 1749 1801 1812 1824 1835
East Ham Newham Town Hall	1145 1158 1210 1223					1635 1647 1659 1711 1722 1734 1746 1758 1809 1820 1832 1842
Beckton Bus Station	1154 1207 1219 1232	<i>Then</i>				1644 1656 1708 1720 1731 1743 1755 1807 1818 1829 1840 1850
Cyprus Station Cyprus Place	1157 1210 1222 1235	<i>every 12</i>				1647 1659 1711 1723 1734 1746 1758 1810 1821 1832 1843 1853
North Woolwich Free Ferry	1206 1219 1231 1244	<i>minutes</i>				1656 1707 1719 1731 1742 1754 1806 1818 1829 1840 1851 1901
London City Airport	1213 1226 1238 1251	<i>until</i>				1703 1714 1726 1738 1749 1801 1813 1825 1835 1846 1857 1907
West Silvertown Station	1219 1232 1244 1257					1709 1720 1732 1744 1755 1806 1818 1830 1840 1851 1902 1912
Canning Town Bus Station	1223 1236 1248 1301					1713 1724 1736 1748 1759 1810 1822 1834 1844 1855 1905 1915
Canning Town Hermit Road	1225 1238 1250 1303					1715 1726 1738 1750 1801 1812 1824 1836 1846 1857 1907 1917
Manor Park Station	1836 1846 1857 1909 1921 1936					1950 2004 2019 2034 2049 2104 2119 2135 2150 2205 2220 2235
East Ham Station	1845 1855 1906 1918 1930 1945					1958 2012 2027 2041 2056 2110 2125 2140 2155 2210 2225 2240
East Ham Newham Town Hall	1852 1902 1912 1924 1936 1951					2004 2018 2033 2047 2102 2116 2130 2145 2200 2215 2230 2245
Beckton Bus Station	1900 1909 1919 1931 1943 1958					2011 2025 2040 2054 2109 2123 2137 2152 2207 2222 2237 2252
Cyprus Station Cyprus Place	1903 1912 1922 1934 1946 2001					2014 2028 2043 2057 2111 2125 2139 2154 2209 2224 2239 2254
North Woolwich Free Ferry	1910 1919 1929 1941 1952 2007					2020 2034 2049 2103 2117 2131 2145 2200 2215 2230 2245 2300
London City Airport	1916 1925 1935 1947 1958 2013					2026 2040 2055 2109 2123 2137 2151 2206 2221 2235 2250 2305
West Silvertown Station	1921 1930 1940 1952 2002 2017					2030 2044 2059 2113 2127 2141 2155 2210 2225 2239 2254 2309
Canning Town Bus Station	1924 1933 1943 1955 2005 2020					2033 2047 2102 2116 2130 2144 2158 2213 2228 2242 2257 2312
Canning Town Hermit Road	1926 1935 1945 1957 2007 2022					2035 2049 2104 2118 2132 2146 2200 2215 2230 2244 2259 2314
Manor Park Station	2251					2351
East Ham Station	2256					2356
East Ham Newham Town Hall	2301					0001
Beckton Bus Station	2307	<i>Then</i>				0007
Cyprus Station Cyprus Place	2309	<i>every 15</i>				0009
North Woolwich Free Ferry	2315	<i>minutes</i>				0015
London City Airport	2320	<i>until</i>				0020
West Silvertown Station	2324					0024
Canning Town Bus Station	2327					0027
Canning Town Hermit Road	2329					0029

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Manor Park Station	0006 0021 0040		10 40	0510 0530 0550 0610 0630 0650 0710 0730 0750 0810 0830													
East Ham Station	0011 0026 0044	<i>Then</i>	14 44	0514 0534 0554 0614 0634 0654 0714 0734 0754 0814 0834													
East Ham Newham Town Hall	0016 0031 0048	<i>every 30</i>	18 48	0518 0538 0558 0618 0638 0658 0718 0738 0758 0819 0839													
Beckton Bus Station	0022 0037 0054	<i>minutes</i>	24 54	0524 0544 0604 0624 0644 0704 0724 0744 0804 0825 0845													
Cyprus Station Cyprus Place	0024 0039 0056	<i>at these</i>	26 56 <i>until</i>	0526 0546 0606 0626 0646 0706 0726 0746 0806 0827 0848													
North Woolwich Free Ferry	0030 0045 0102	<i>minutes</i>	32 02	0532 0552 0612 0632 0652 0712 0732 0752 0812 0833 0854													
London City Airport	0035 0050 0107	<i>past</i>	37 07	0537 0557 0617 0637 0657 0717 0737 0757 0818 0839 0900													
West Silvertown Station	0039 0054 0111	<i>the hour</i>	41 11	0541 0601 0621 0641 0702 0722 0742 0802 0823 0844 0905													
Canning Town Bus Station	0042 0057 0114		44 14	0544 0604 0624 0644 0705 0725 0745 0805 0826 0848 0909													
Canning Town Hermit Road	0044 0059 0116		46 16	0546 0606 0626 0646 0707 0727 0747 0807 0828 0850 0911													
Manor Park Station	0850 0905 0920 0935 0950 1004 1019 1034 1048 1100 1114 1128 1142 1158	<i>Then every 15 minutes until</i>		1628 1644													
East Ham Station	0854 0910 0926 0941 0956 1010 1025 1040 1054 1107 1122 1137 1152 1208		1638 1653														
East Ham Newham Town Hall	0859 0915 0931 0946 1001 1016 1031 1046 1100 1114 1129 1145 1200 1216		1646 1701														
Beckton Bus Station	0906 0922 0938 0953 1009 1024 1039 1054 1108 1122 1137 1153 1208 1224		1654 1709														
Cyprus Station Cyprus Place	0909 0925 0941 0956 1012 1027 1042 1057 1111 1125 1140 1156 1211 1227		1657 1712														
North Woolwich Free Ferry	0915 0932 0948 1003 1019 1034 1049 1104 1119 1133 1148 1204 1219 1235		1705 1720														
London City Airport	0921 0938 0954 1009 1025 1040 1055 1110 1125 1140 1155 1211 1226 1242		1712 1727														
West Silvertown Station	0926 0943 0959 1014 1030 1045 1100 1115 1130 1145 1200 1216 1231 1247		1717 1732														
Canning Town Bus Station	0930 0947 1003 1018 1034 1049 1104 1119 1134 1149 1204 1220 1235 1251		1721 1736														
Canning Town Hermit Road	0932 0949 1005 1020 1036 1051 1106 1121 1136 1151 1206 1222 1237 1253		1723 1738														
Manor Park Station	1700 1715 1730 1746 1801 1817 1832 1847 1903 1918 1933 1948 2004 2019 2034 2049 2104 2119																
East Ham Station	1708 1723 1738 1754 1809 1825 1840 1855 1910 1925 1940 1955 2010 2025 2040 2055 2110 2125																
East Ham Newham Town Hall	1716 1731 1746 1802 1817 1832 1847 1902 1916 1931 1946 2001 2016 2031 2046 2101 2116 2131																
Beckton Bus Station	1724 1739 1754 1809 1824 1839 1854 1909 1923 1938 1953 2008 2023 2038 2053 2108 2123 2137																
Cyprus Station Cyprus Place	1727 1742 1757 1812 1827 1842 1857 1912 1926 1941 1956 2011 2026 2040 2055 2110 2125 2139																
North Woolwich Free Ferry	1735 1750 1805 1819 1834 1849 1904 1918 1932 1947 2002 2017 2032 2046 2101 2116 2131 2145																
London City Airport	1742 1757 1812 1826 1841 1856 1910 1924 1938 1953 2008 2023 2038 2052 2107 2122 2137 2151																
West Silvertown Station	1747 1802 1817 1831 1846 1901 1915 1929 1943 1958 2012 2027 2042 2056 2111 2126 2141 2155																
Canning Town Bus Station	1751 1806 1821 1835 1850 1904 1918 1932 1946 2001 2015 2030 2045 2059 2114 2129 2144 2158																
Canning Town Hermit Road	1753 1808 1823 1837 1852 1906 1920 1934 1948 2003 2017 2032 2047 2101 2116 2131 2146 2200																
Manor Park Station	2135		2235 2251	2351													
East Ham Station	2140		2240 2256	2356													
East Ham Newham Town Hall	2145		2245 2301	0001													
Beckton Bus Station	2151	<i>Then</i>	2251 2307	<i>Then</i>													
Cyprus Station Cyprus Place	2153	<i>every 15</i>	2253 2309	<i>every 15</i>													
North Woolwich Free Ferry	2159	<i>minutes</i>	2259 2315	<i>minutes</i>													
London City Airport	2204	<i>until</i>	2304 2320	<i>until</i>													
West Silvertown Station	2208		2308 2324	0024													
Canning Town Bus Station	2211		2311 2327	0027													
Canning Town Hermit Road	2213		2313 2329	0029													



Canning Town Hermit Road	0005		0105 0125		55 25	0455 0515 0535 0550 0605 0620 0635 0650 0705
Canning Town Bus Station	0008		0108 0127	Then	57 27	0457 0517 0537 0553 0608 0623 0638 0653 0708
West Silvertown Station	0012		0112 0131	every 30	01 31	0501 0521 0541 0557 0612 0627 0642 0657 0712
London City Airport	0017	Then	0117 0136	minutes	06 36	0506 0526 0546 0602 0617 0632 0647 0702 0717
North Woolwich Free Ferry	0023	every 15	0123 0142	at these	12 42 until	0512 0532 0552 0608 0623 0638 0653 0708 0723
Cyprus Station Cyprus Place	0029	minutes	0129 0147	minutes	17 47	0517 0537 0557 0613 0628 0643 0659 0714 0729
Beckton Bus Station	0031	until	0131 0149	past	19 49	0519 0539 0559 0615 0630 0645 0701 0716 0731
East Ham Newham Town Hall	0036		0136 0154	the hour	24 54	0524 0544 0605 0621 0636 0651 0707 0722 0737
East Ham Station	0040		0140 0158		28 58	0528 0548 0609 0625 0640 0655 0711 0727 0742
Manor Park Station	0044		0144 0201		31 01	0531 0552 0613 0629 0644 0659 0715 0731 0746
Canning Town Hermit Road	0720	0735 0750	0802 0813 0824 0835 0847 0859		0911 0922 0933 0944 0955 1005 1017 1028 1040	
Canning Town Bus Station	0723	0738 0753	0805 0816 0827 0838 0850 0902		0914 0925 0936 0947 0958 1008 1020 1031 1043	
West Silvertown Station	0727	0742 0757	0809 0820 0831 0842 0854 0906		0918 0929 0940 0951 1002 1013 1025 1036 1048	
London City Airport	0732	0747 0802	0814 0825 0836 0847 0859 0911		0923 0934 0945 0956 1008 1019 1031 1042 1054	
North Woolwich Free Ferry	0738	0753 0808	0820 0831 0843 0854 0906 0918		0930 0941 0952 1004 1016 1027 1039 1050 1102	
Cyprus Station Cyprus Place	0744	0759 0814	0826 0838 0850 0901 0913 0925		0937 0948 0959 1011 1023 1034 1046 1057 1109	
Beckton Bus Station	0746	0801 0817	0829 0841 0853 0904 0916 0928		0940 0951 1002 1014 1026 1038 1050 1101 1113	
East Ham Newham Town Hall	0752	0808 0824	0836 0848 0900 0912 0924 0936		0948 0959 1011 1023 1035 1047 1059 1111 1123	
East Ham Station	0757	0814 0830	0843 0855 0907 0919 0931 0943		0955 1007 1019 1031 1044 1056 1108 1120 1132	
Manor Park Station	0801	0818 0835	0848 0900 0912 0924 0937 0949		1001 1013 1025 1038 1051 1103 1115 1127 1139	
Canning Town Hermit Road	1052	1104 1115 1126 1138 1150 1201		Then	1701 1713 1725 1736 1748 1800 1812 1824 1836	
Canning Town Bus Station	1055	1107 1118 1129 1141 1153 1205		every 12	1705 1717 1729 1740 1752 1803 1815 1827 1839	
West Silvertown Station	1100	1112 1123 1134 1146 1158 1210		minutes	1710 1722 1734 1745 1757 1808 1820 1832 1844	
London City Airport	1106	1118 1129 1140 1152 1204 1216		until	1716 1728 1740 1751 1803 1814 1826 1838 1850	
North Woolwich Free Ferry	1114	1126 1137 1148 1200 1212 1224			1724 1736 1748 1759 1810 1821 1833 1845 1857	
Cyprus Station Cyprus Place	1121	1133 1144 1155 1207 1219 1231			1731 1743 1755 1806 1817 1828 1840 1852 1904	
Beckton Bus Station	1125	1137 1148 1159 1211 1223 1235			1735 1747 1759 1810 1821 1832 1844 1856 1907	
East Ham Newham Town Hall	1135	1147 1158 1209 1221 1233 1245			1745 1757 1809 1819 1830 1840 1852 1904 1915	
East Ham Station	1144	1156 1207 1219 1231 1243 1255			1755 1807 1818 1828 1838 1848 1900 1911 1922	
Manor Park Station	1151	1203 1215 1227 1239 1251 1303			1803 1814 1825 1835 1845 1855 1907 1918 1929	
Canning Town Hermit Road	1850	1905 1920 1935 1950 2006 2021 2036 2051		Then	2151 2205 2220	2350
Canning Town Bus Station	1853	1908 1923 1938 1953 2009 2024 2039 2054		every 15	2154 2208 2223	2353
West Silvertown Station	1858	1912 1927 1942 1957 2013 2028 2043 2058		minutes	2158 2212 2227	2357
London City Airport	1904	1918 1933 1948 2003 2018 2033 2048 2103		until	2203 2217 2232	0002
North Woolwich Free Ferry	1910	1924 1939 1954 2009 2024 2039 2054 2109			2209 2223 2238	0008
Cyprus Station Cyprus Place	1916	1930 1945 2000 2015 2030 2045 2100 2115			2215 2229 2244	0014
Beckton Bus Station	1919	1933 1948 2003 2018 2033 2048 2103 2117			2217 2231 2246	0016
East Ham Newham Town Hall	1927	1941 1956 2010 2025 2040 2055 2109 2123			2223 2237 2251	0021
East Ham Station	1934	1948 2003 2016 2031 2045 2100 2114 2128			2228 2242 2255	0025
Manor Park Station	1941	1955 2009 2022 2037 2051 2105 2119 2133			2233 2247 2259	0029

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Canning Town Hermit Road	0005		0105	0125		55	25		0455	0521	0541	0601	0621	0641	0701	0721	0741	
Canning Town Bus Station	0008		0108	0127		Then	57	27	0457	0523	0544	0604	0624	0644	0704	0724	0744	
West Silvertown Station	0012		0112	0131		every 30	01	31	0501	0527	0548	0608	0628	0648	0708	0728	0748	
London City Airport	0017	Then	0117	0136		minutes	06	36	0506	0532	0553	0613	0633	0653	0713	0733	0753	
North Woolwich Free Ferry	0023	every 15	0123	0142		at these	12	42	until	0512	0538	0559	0619	0639	0659	0719	0739	0759
Cyprus Station Cyprus Place	0029	minutes	0129	0147		minutes	17	47	0517	0543	0604	0624	0644	0704	0725	0745	0805	
Beckton Bus Station	0031	until	0131	0149		past	19	49	0519	0545	0606	0626	0646	0706	0727	0747	0807	
East Ham Newham Town Hall	0036		0136	0154		the hour	24	54	0524	0551	0612	0632	0652	0712	0733	0753	0813	
East Ham Station	0040		0140	0158			28	58	0528	0555	0616	0636	0656	0716	0737	0757	0817	
Manor Park Station	0044		0144	0201			31	01	0531	0559	0620	0640	0700	0720	0741	0801	0821	
Canning Town Hermit Road	0801	0821	0836	0851	0906	0921	0936	0951	1005	1020	1035	1050	1104	1119	1134		1704	
Canning Town Bus Station	0804	0824	0839	0854	0909	0924	0939	0954	1008	1023	1038	1053	1107	1122	1137		1707	
West Silvertown Station	0808	0828	0843	0858	0913	0928	0943	0958	1012	1027	1042	1057	1111	1126	1142		1712	
London City Airport	0813	0833	0848	0903	0918	0933	0948	1003	1017	1032	1047	1102	1116	1131	1147	Then	1717	
North Woolwich Free Ferry	0819	0839	0854	0909	0924	0940	0955	1010	1024	1039	1054	1109	1123	1139	1155	every 15	1725	
Cyprus Station Cyprus Place	0825	0845	0900	0915	0930	0946	1001	1016	1031	1046	1101	1116	1130	1146	1202	minutes	1732	
Beckton Bus Station	0827	0847	0902	0918	0933	0949	1004	1019	1034	1049	1104	1119	1134	1150	1206	until	1736	
East Ham Newham Town Hall	0833	0853	0909	0925	0940	0956	1011	1026	1041	1056	1111	1126	1142	1158	1214		1744	
East Ham Station	0838	0858	0914	0930	0946	1002	1017	1032	1047	1102	1117	1133	1150	1206	1222		1752	
Manor Park Station	0842	0902	0918	0934	0951	1007	1022	1037	1052	1107	1123	1140	1157	1213	1229		1759	
Canning Town Hermit Road	1719	1734	1749	1805	1820	1835	1850	1905	1921	1936	1951	2006	2021	2036			2151	2205
Canning Town Bus Station	1722	1737	1752	1808	1823	1838	1853	1908	1924	1939	1954	2009	2024	2039			2154	2208
West Silvertown Station	1727	1742	1757	1812	1827	1842	1857	1912	1928	1943	1958	2013	2028	2043			2158	2212
London City Airport	1732	1747	1802	1817	1832	1847	1902	1917	1933	1948	2003	2018	2033	2048	Then		2203	2217
North Woolwich Free Ferry	1739	1754	1809	1824	1839	1854	1909	1924	1939	1954	2009	2024	2039	2054	every 15		2209	2223
Cyprus Station Cyprus Place	1746	1801	1816	1831	1846	1901	1915	1930	1945	2000	2015	2030	2045	2100	minutes		2215	2229
Beckton Bus Station	1749	1804	1819	1834	1849	1904	1918	1933	1948	2003	2018	2033	2048	2102	until		2217	2231
East Ham Newham Town Hall	1757	1811	1826	1841	1856	1911	1925	1939	1954	2009	2024	2039	2054	2108			2223	2237
East Ham Station	1804	1817	1832	1847	1902	1917	1931	1945	2000	2014	2029	2044	2059	2113			2228	2242
Manor Park Station	1811	1824	1839	1854	1908	1923	1937	1951	2005	2019	2034	2049	2104	2118			2233	2247
Canning Town Hermit Road	2220			2350														
Canning Town Bus Station	2223			2353														
West Silvertown Station	2227			2357														
London City Airport	2232	Then		0002														
North Woolwich Free Ferry	2238	every 15		0008														
Cyprus Station Cyprus Place	2244	minutes		0014														
Beckton Bus Station	2246	until		0016														
East Ham Newham Town Hall	2251			0021														
East Ham Station	2255			0025														
Manor Park Station	2259			0029														