

474	Mondays to Fridays (school days)																	
	MX	MO	MX	MO	MX	MO	MX	MO	MX	MO	MX	MO	MX	MO				
Manor Park Station	0005	0020	0020	0040	0040	0110	0110	0140	0140	0210	0210	0240	0240	0310	0340	0410	0430	0450
East Ham Station	0010	0024	0025	0044	0045	0114	0115	0144	0145	0214	0214	0244	0244	0314	0344	0414	0434	0454
East Ham Newham Town Hall	0014	0028	0029	0048	0049	0118	0119	0148	0149	0218	0218	0248	0248	0318	0348	0418	0438	0458
Beckton Bus Station	0020	0034	0035	0054	0055	0124	0125	0154	0155	0224	0224	0254	0254	0324	0354	0424	0444	0504
Cyprus Station Cyprus Place	0023	0037	0038	0057	0058	0127	0128	0157	0158	0227	0227	0257	0257	0327	0357	0427	0447	0507
North Woolwich Free Ferry	0028	0042	0043	0102	0103	0132	0133	0202	0203	0232	0233	0302	0303	0333	0403	0433	0453	0513
London City Airport	0033	0047	0048	0107	0108	0137	0138	0207	0208	0237	0238	0308	0309	0339	0409	0439	0459	0519
West Silvertown Station	0037	0051	0052	0111	0112	0141	0142	0211	0212	0242	0243	0313	0314	0344	0414	0444	0504	0524
Canning Town Bus Station	0040	0054	0055	0114	0115	0144	0145	0214	0215	0245	0246	0316	0317	0347	0417	0447	0507	0527
Canning Town Hermit Road	0042	0056	0057	0116	0117	0146	0147	0216	0217	0247	0248	0318	0319	0349	0419	0449	0509	0529
Manor Park Station	0510	0530	0545	0600	0612	0624	0636	0647	0656	0707	0717	0729	0738	0750	0802	0813	0825	0837
East Ham Station	0514	0535	0550	0605	0617	0629	0641	0652	0702	0713	0723	0735	0745	0757	0809	0820	0832	0845
East Ham Newham Town Hall	0518	0539	0554	0609	0621	0633	0645	0657	0707	0718	0729	0741	0752	0804	0816	0828	0840	0853
Beckton Bus Station	0524	0545	0600	0616	0628	0640	0652	0704	0714	0725	0737	0749	0801	0813	0825	0837	0849	0902
Cyprus Station Cyprus Place	0527	0548	0603	0619	0631	0643	0655	0707	0718	0729	0741	0753	0805	0817	0829	0841	0853	0906
North Woolwich Free Ferry	0533	0554	0609	0625	0637	0649	0702	0714	0725	0737	0749	0801	0813	0825	0837	0849	0901	0914
London City Airport	0539	0601	0616	0632	0644	0656	0709	0721	0733	0745	0757	0809	0821	0833	0845	0857	0909	0921
West Silvertown Station	0544	0606	0621	0638	0650	0702	0715	0727	0740	0752	0804	0816	0828	0840	0852	0904	0916	0927
Canning Town Bus Station	0547	0609	0624	0642	0654	0706	0719	0731	0745	0757	0809	0821	0833	0845	0857	0908	0920	0931
Canning Town Hermit Road	0549	0611	0626	0644	0656	0708	0721	0733	0747	0759	0811	0823	0835	0847	0859	0910	0922	0933
Manor Park Station	0849	0901	0913	Then every 12 minutes until	1113	1125	1137	1149	1201	1214	1226	1238	1249	1300	1311	1322	1333	
East Ham Station	0857	0909	0921		1121	1133	1145	1157	1209	1222	1234	1246	1257	1308	1319	1330	1341	
East Ham Newham Town Hall	0905	0917	0929		1129	1141	1153	1205	1218	1232	1244	1256	1307	1318	1329	1340	1351	
Beckton Bus Station	0914	0926	0937		1137	1149	1201	1213	1226	1240	1252	1304	1315	1327	1339	1350	1401	
Cyprus Station Cyprus Place	0918	0930	0941		1141	1153	1205	1217	1230	1244	1256	1308	1319	1331	1343	1354	1405	
North Woolwich Free Ferry	0926	0937	0948		1148	1200	1212	1224	1237	1251	1303	1315	1326	1338	1350	1402	1413	
London City Airport	0933	0944	0955		1155	1207	1219	1231	1244	1258	1310	1322	1334	1346	1358	1410	1422	
West Silvertown Station	0939	0950	1001		1201	1213	1225	1237	1250	1304	1316	1328	1340	1352	1404	1416	1428	
Canning Town Bus Station	0943	0954	1005		1205	1217	1229	1241	1254	1308	1320	1332	1344	1356	1408	1420	1432	
Canning Town Hermit Road	0945	0956	1007	1207	1220	1232	1244	1257	1311	1323	1335	1347	1359	1411	1423	1435		
Manor Park Station	1345	1357	1408	1420	1432	1443	1455	1506	1518	1529	1540	Then every 12 minutes until	1640	1652	1704	1716	1728	
East Ham Station	1353	1405	1417	1429	1441	1452	1504	1516	1528	1539	1551		1651	1703	1715	1727	1739	
East Ham Newham Town Hall	1403	1415	1427	1439	1451	1502	1514	1526	1538	1550	1602		1702	1714	1726	1738	1750	
Beckton Bus Station	1413	1425	1438	1450	1502	1513	1525	1537	1549	1601	1613		1713	1725	1737	1749	1801	
Cyprus Station Cyprus Place	1417	1429	1442	1454	1506	1517	1529	1541	1553	1605	1617		1717	1729	1741	1753	1805	
North Woolwich Free Ferry	1425	1437	1450	1502	1514	1526	1538	1550	1602	1614	1626		1726	1738	1750	1802	1814	
London City Airport	1434	1446	1459	1511	1523	1535	1547	1559	1611	1623	1635		1735	1746	1758	1810	1822	
West Silvertown Station	1440	1452	1505	1517	1529	1541	1553	1605	1617	1629	1641		1741	1752	1804	1816	1828	
Canning Town Bus Station	1444	1456	1509	1521	1534	1546	1558	1610	1622	1634	1646		1746	1757	1809	1820	1832	
Canning Town Hermit Road	1447	1459	1512	1524	1537	1549	1601	1613	1625	1637	1649	1749	1800	1812	1823	1835		
Manor Park Station	1740	1752	1804	1816	1828	1840	1852	1905	1917	1929	1941	1953	2005	2020	2035	2050	2106	2121
East Ham Station	1750	1802	1814	1826	1837	1849	1901	1914	1926	1937	1949	2001	2012	2027	2042	2057	2112	2127
East Ham Newham Town Hall	1800	1812	1824	1836	1847	1859	1911	1923	1934	1945	1957	2009	2020	2035	2050	2105	2119	2134
Beckton Bus Station	1811	1823	1835	1847	1858	1910	1921	1932	1943	1954	2006	2018	2029	2044	2059	2113	2126	2141
Cyprus Station Cyprus Place	1815	1827	1839	1851	1902	1914	1924	1935	1946	1957	2009	2021	2032	2047	2102	2116	2129	2144
North Woolwich Free Ferry	1824	1835	1847	1859	1910	1921	1931	1942	1953	2004	2016	2028	2039	2053	2108	2122	2135	2150
London City Airport	1832	1843	1855	1907	1918	1929	1939	1950	2001	2012	2023	2035	2046	2100	2115	2128	2141	2156
West Silvertown Station	1838	1849	1901	1913	1924	1934	1944	1955	2006	2017	2028	2040	2051	2105	2120	2133	2146	2201
Canning Town Bus Station	1842	1853	1905	1917	1928	1938	1948	1959	2010	2021	2032	2044	2055	2109	2123	2136	2149	2204
Canning Town Hermit Road	1846	1857	1908	1919	1930	1940	1950	2001	2012	2023	2034	2046	2057	2111	2125	2138	2151	2206
Manor Park Station	2136	2151	2206	2221	2235	2250	2305	2320	2335	2350								
East Ham Station	2142	2157	2212	2227	2241	2256	2310	2325	2340	2355								
East Ham Newham Town Hall	2149	2204	2219	2233	2246	2301	2315	2330	2344	2359								
Beckton Bus Station	2156	2211	2226	2240	2253	2307	2321	2336	2350	0005								
Cyprus Station Cyprus Place	2159	2214	2229	2243	2256	2310	2324	2339	2353	0008								
North Woolwich Free Ferry	2205	2220	2235	2249	2302	2316	2330	2345	2359	0014								
London City Airport	2211	2226	2240	2254	2307	2321	2335	2350	0004	0019								
West Silvertown Station	2216	2231	2244	2258	2311	2325	2339	2354	0008	0023								
Canning Town Bus Station	2219	2234	2247	2301	2314	2328	2342	2357	0011	0026								
Canning Town Hermit Road	2221	2236	2249	2303	2316	2330	2344	2359	0013	0028								

Notes: MO – Operates on Mondays only MX – Operates on Tuesdays to Fridays only

## Mondays to Fridays (school holidays)

	MO	MX	MO	MX	MX	MO	MX	MO	MX	MO	MX	MO	MX	MO	MX	MO	MX	MO
Manor Park Station	0005	0005	0020	0020	0040	0040	0110	0110	0140	0140	0210	0210	0240	0240	0310	0340	0410	0430
East Ham Station	0010	0010	0025	0025	0044	0045	0114	0115	0144	0145	0214	0214	0244	0244	0314	0344	0414	0434
East Ham Newham Town Hall	0014	0015	0029	0030	0048	0049	0118	0119	0148	0149	0218	0218	0248	0248	0318	0348	0418	0438
Beckton Bus Station	0020	0021	0035	0036	0054	0055	0124	0125	0154	0155	0224	0224	0254	0254	0324	0354	0424	0444
Cyprus Station Cyprus Place	0023	0024	0038	0039	0057	0058	0127	0128	0157	0158	0227	0227	0257	0257	0327	0357	0427	0447
North Woolwich Free Ferry	0028	0030	0043	0045	0102	0103	0132	0133	0202	0203	0232	0233	0302	0303	0333	0403	0433	0453
London City Airport	0033	0035	0048	0050	0107	0108	0137	0138	0207	0208	0237	0238	0308	0309	0339	0409	0439	0459
West Silvertown Station	0037	0040	0052	0055	0111	0112	0141	0142	0211	0212	0242	0243	0313	0314	0344	0415	0445	0505
Canning Town Bus Station	0040	0043	0055	0058	0114	0115	0144	0145	0214	0215	0245	0246	0316	0317	0347	0419	0449	0509
Canning Town Hermit Road	0042	0045	0057	0100	0116	0117	0146	0147	0216	0217	0247	0248	0318	0319	0349	0421	0451	0511
Manor Park Station	0450	0510	0530	0545	0600	0612	0624	Then every 12 minutes until	0736	0747	0757	0808	0820	0832	0844	0855	0906	
East Ham Station	0454	0514	0534	0549	0605	0617	0629		0741	0752	0802	0814	0826	0838	0850	0901	0913	
East Ham Newham Town Hall	0458	0518	0538	0553	0610	0622	0634		0746	0757	0808	0820	0832	0844	0856	0908	0920	
Beckton Bus Station	0504	0524	0544	0559	0617	0629	0641		0753	0804	0816	0828	0840	0852	0904	0916	0928	
Cyprus Station Cyprus Place	0508	0528	0548	0603	0621	0633	0645		0757	0808	0820	0832	0844	0856	0908	0920	0932	
North Woolwich Free Ferry	0515	0535	0555	0610	0628	0640	0652		0804	0816	0828	0840	0852	0904	0915	0927	0939	
London City Airport	0522	0542	0602	0618	0636	0648	0700		0812	0824	0836	0848	0900	0912	0923	0935	0947	
West Silvertown Station	0528	0548	0609	0625	0643	0655	0708		0820	0832	0844	0856	0907	0919	0930	0942	0954	
Canning Town Bus Station	0532	0552	0613	0629	0647	0659	0713		0825	0837	0849	0901	0912	0924	0935	0947	0959	
Canning Town Hermit Road	0534	0554	0615	0631	0649	0701	0715	0827	0839	0851	0904	0915	0927	0938	0950	1002		
Manor Park Station	0918	0930	0942	0954	1006	1017	1029	1041	1052	1103	1115	1126	1137	1149	1201	1214	1226	1238
East Ham Station	0925	0937	0949	1001	1013	1024	1036	1048	1059	1111	1123	1134	1145	1157	1210	1223	1235	1247
East Ham Newham Town Hall	0932	0944	0956	1008	1020	1031	1043	1055	1107	1119	1131	1142	1153	1205	1218	1231	1243	1255
Beckton Bus Station	0940	0952	1004	1016	1028	1039	1051	1103	1115	1127	1140	1151	1202	1214	1227	1240	1252	1304
Cyprus Station Cyprus Place	0944	0956	1008	1020	1032	1043	1055	1107	1119	1131	1144	1155	1206	1218	1231	1244	1256	1308
North Woolwich Free Ferry	0951	1003	1015	1027	1039	1050	1102	1114	1126	1138	1151	1202	1213	1225	1238	1251	1303	1316
London City Airport	0959	1011	1023	1035	1047	1058	1109	1121	1133	1145	1158	1210	1221	1233	1246	1259	1311	1324
West Silvertown Station	1006	1017	1029	1041	1053	1104	1115	1127	1139	1151	1204	1216	1228	1240	1253	1306	1318	1330
Canning Town Bus Station	1011	1022	1034	1046	1058	1110	1121	1133	1145	1157	1209	1221	1233	1245	1258	1311	1323	1335
Canning Town Hermit Road	1014	1025	1037	1049	1101	1113	1124	1136	1148	1200	1212	1224	1236	1248	1301	1314	1326	1338
Manor Park Station	1249	1259	1309	1320	1332	1343	1355	1406	1418	1430	1442	1454	1506	1518	1529	1541	1553	1604
East Ham Station	1258	1308	1318	1329	1341	1352	1404	1416	1428	1440	1452	1503	1515	1527	1538	1550	1602	1613
East Ham Newham Town Hall	1306	1317	1327	1338	1350	1401	1413	1425	1437	1449	1501	1512	1524	1536	1547	1559	1611	1622
Beckton Bus Station	1315	1326	1336	1347	1359	1411	1423	1435	1447	1459	1511	1522	1534	1546	1557	1609	1621	1632
Cyprus Station Cyprus Place	1319	1330	1340	1351	1403	1415	1427	1439	1451	1503	1515	1526	1538	1550	1601	1613	1625	1636
North Woolwich Free Ferry	1327	1338	1348	1359	1411	1423	1435	1447	1459	1511	1523	1534	1546	1558	1609	1621	1633	1645
London City Airport	1335	1346	1356	1407	1419	1431	1443	1455	1507	1519	1531	1542	1554	1606	1618	1630	1642	1654
West Silvertown Station	1341	1352	1402	1414	1426	1438	1450	1502	1514	1526	1538	1550	1602	1614	1626	1638	1650	1702
Canning Town Bus Station	1346	1357	1407	1419	1431	1443	1455	1507	1519	1531	1543	1555	1608	1620	1632	1644	1656	1708
Canning Town Hermit Road	1349	1400	1410	1422	1434	1446	1458	1510	1522	1534	1546	1558	1611	1623	1635	1647	1659	1711
Manor Park Station	1616	1628	1640	1652	1704	1716	1728	1740	1752	1804	1816	1828	1840	1852	1904	1916	1928	1941
East Ham Station	1625	1637	1649	1701	1714	1726	1738	1750	1802	1814	1826	1838	1850	1902	1913	1925	1937	1950
East Ham Newham Town Hall	1634	1646	1658	1710	1723	1735	1747	1759	1811	1823	1835	1847	1859	1910	1921	1933	1945	1957
Beckton Bus Station	1644	1656	1708	1721	1734	1746	1758	1810	1821	1833	1845	1857	1908	1919	1930	1942	1954	2005
Cyprus Station Cyprus Place	1648	1700	1712	1725	1738	1750	1802	1814	1825	1837	1849	1901	1912	1923	1934	1946	1958	2009
North Woolwich Free Ferry	1657	1709	1721	1734	1746	1758	1810	1822	1833	1845	1857	1909	1920	1931	1942	1954	2006	2017
London City Airport	1706	1718	1729	1742	1754	1806	1818	1830	1841	1853	1905	1916	1927	1938	1949	2001	2013	2024
West Silvertown Station	1714	1726	1737	1749	1801	1813	1825	1837	1848	1900	1911	1922	1933	1944	1955	2007	2019	2030
Canning Town Bus Station	1720	1732	1744	1755	1807	1819	1831	1843	1854	1905	1916	1927	1938	1949	2000	2011	2023	2034
Canning Town Hermit Road	1723	1735	1747	1758	1810	1822	1834	1846	1857	1908	1919	1930	1941	1952	2002	2013	2025	2036
Manor Park Station	1953	2005	2021	2036	2051	2106	2121	2136	2151	2206	2221	2236	2251	2305	2320	2335	2350	
East Ham Station	2002	2013	2029	2044	2059	2112	2127	2142	2157	2212	2227	2242	2257	2310	2325	2340	2355	
East Ham Newham Town Hall	2009	2020	2036	2051	2106	2119	2133	2148	2203	2217	2232	2247	2302	2315	2330	2345	0000	
Beckton Bus Station	2017	2028	2043	2058	2112	2126	2140	2155	2210	2224	2239	2254	2308	2321	2336	2351	0006	
Cyprus Station Cyprus Place	2021	2032	2047	2102	2116	2130	2144	2159	2214	2228	2243	2258	2311	2324	2339	2354	0009	
North Woolwich Free Ferry	2028	2039	2054	2109	2123	2137	2151	2206	2220	2234	2249	2304	2317	2330	2345	0000	0015	
London City Airport	2035	2046	2100	2115	2129	2143	2157	2212	2226	2240	2255	2309	2322	2335	2350	0005	0020	
West Silvertown Station	2041	2052	2106	2121	2135	2149	2203	2217	2231	2245	2300	2314	2327	2340	2355	0010	0025	
Canning Town Bus Station	2045	2056	2110	2125	2139	2153	2207	2221	2235	2249	2303	2317	2330	2343	2358	0013	0028	
Canning Town Hermit Road	2047	2058	2112	2127	2141	2155	2209	2223	2237	2251	2305	2319	2332	2345	0000	0015	0030	

Notes: MO - Operates on Mondays only

MX - Operates on Tuesdays to Fridays only

	SD	NSD	SD	NSD															
Manor Park Station	0005	0005	0020	0020	0040	0110	0140	0210	0240	0310	0340	0410	0430	0450	0510	0530	0550	0610	
East Ham Station	0010	0010	0024	0025	0044	0114	0144	0214	0244	0314	0344	0414	0434	0454	0514	0534	0555	0615	
East Ham Newham Town Hall	0014	0015	0028	0030	0048	0118	0148	0218	0248	0318	0348	0418	0438	0458	0518	0538	0559	0619	
Beckton Bus Station	0020	0021	0034	0036	0054	0124	0154	0224	0254	0324	0354	0424	0444	0504	0524	0544	0605	0625	
Cyprus Station Cyprus Place	0023	0024	0037	0039	0057	0127	0157	0227	0257	0327	0357	0427	0447	0507	0527	0547	0608	0628	
North Woolwich Free Ferry	0028	0030	0042	0045	0102	0132	0202	0232	0302	0333	0403	0433	0453	0513	0533	0553	0614	0634	
London City Airport	0033	0035	0047	0050	0107	0137	0207	0237	0308	0339	0408	0438	0458	0519	0539	0559	0620	0640	
West Silvertown Station	0037	0040	0051	0055	0111	0141	0211	0242	0313	0344	0412	0442	0502	0524	0544	0604	0625	0645	
Canning Town Bus Station	0040	0043	0054	0058	0114	0144	0214	0245	0316	0347	0415	0445	0505	0527	0547	0607	0628	0648	
Canning Town Hermit Road	0042	0045	0056	0100	0116	0146	0216	0247	0318	0349	0417	0447	0507	0529	0549	0609	0630	0650	
Manor Park Station	0625	0640	0655	0710	0725	0740	0755	0810	0822	0834	0846	0858	0909	0919	0931	0942	0954	1005	
East Ham Station	0630	0645	0700	0715	0730	0745	0800	0815	0828	0840	0852	0904	0916	0926	0938	0949	1001	1012	
East Ham Newham Town Hall	0634	0649	0705	0720	0735	0750	0805	0820	0833	0845	0857	0910	0922	0933	0945	0956	1008	1020	
Beckton Bus Station	0640	0655	0711	0726	0741	0756	0812	0827	0840	0852	0904	0917	0929	0941	0953	1004	1016	1028	
Cyprus Station Cyprus Place	0643	0658	0714	0729	0744	0759	0815	0830	0843	0855	0907	0920	0932	0944	0956	1008	1020	1032	
North Woolwich Free Ferry	0649	0704	0720	0735	0750	0805	0821	0836	0849	0901	0913	0927	0939	0951	1003	1015	1027	1039	
London City Airport	0655	0710	0726	0741	0756	0811	0827	0842	0855	0908	0920	0934	0946	0958	1010	1022	1034	1046	
West Silvertown Station	0700	0715	0731	0746	0801	0816	0832	0847	0900	0913	0925	0939	0951	1003	1015	1027	1040	1052	
Canning Town Bus Station	0703	0719	0735	0750	0805	0820	0836	0851	0904	0917	0929	0943	0955	1007	1019	1031	1044	1056	
Canning Town Hermit Road	0705	0721	0737	0752	0807	0822	0838	0853	0906	0919	0931	0945	0957	1009	1021	1033	1046	1058	
Manor Park Station	1017	1029	1041	1053	1105	1117	1129	1141	1153	1205	1217	1229	1241	1253	1305	Then every 12 minutes until	1529		
East Ham Station	1024	1036	1049	1101	1114	1126	1138	1150	1202	1215	1227	1239	1251	1303	1316		1540		
East Ham Newham Town Hall	1032	1044	1058	1110	1124	1136	1148	1200	1212	1226	1238	1250	1302	1315	1328		1552		
Beckton Bus Station	1040	1053	1107	1119	1133	1145	1157	1209	1222	1236	1248	1300	1312	1325	1338		1602		
Cyprus Station Cyprus Place	1044	1057	1111	1123	1137	1149	1201	1213	1226	1240	1252	1304	1316	1329	1342		1606		
North Woolwich Free Ferry	1051	1104	1118	1130	1144	1156	1208	1221	1234	1248	1300	1312	1324	1337	1350		1614		
London City Airport	1058	1111	1125	1137	1151	1203	1215	1228	1241	1255	1307	1319	1331	1344	1357		1621		
West Silvertown Station	1104	1117	1131	1143	1157	1209	1221	1234	1247	1300	1312	1324	1336	1349	1402		1626		
Canning Town Bus Station	1108	1122	1136	1148	1202	1214	1226	1239	1252	1305	1317	1329	1341	1354	1407		1631		
Canning Town Hermit Road	1110	1124	1138	1150	1204	1217	1229	1242	1255	1308	1320	1332	1344	1357	1410		1634		
Manor Park Station	1541	1553	1605	1617	1629	1641	1653	1705	1717	1729	1741	1753	1805	1817	1829	1841	1853	1905	
East Ham Station	1551	1603	1615	1627	1639	1651	1703	1715	1727	1739	1751	1802	1814	1826	1838	1850	1902	1913	
East Ham Newham Town Hall	1603	1615	1627	1638	1650	1702	1714	1726	1738	1750	1802	1812	1824	1836	1848	1900	1911	1922	
Beckton Bus Station	1613	1625	1637	1648	1700	1712	1724	1736	1748	1800	1812	1821	1833	1845	1857	1909	1919	1930	
Cyprus Station Cyprus Place	1617	1629	1641	1652	1704	1716	1728	1740	1752	1804	1816	1825	1837	1849	1900	1912	1922	1933	
North Woolwich Free Ferry	1625	1637	1649	1700	1712	1724	1736	1748	1800	1812	1824	1833	1845	1856	1907	1919	1929	1940	
London City Airport	1632	1644	1656	1707	1719	1731	1743	1755	1807	1819	1831	1840	1852	1903	1914	1926	1936	1946	
West Silvertown Station	1637	1649	1701	1712	1724	1736	1748	1800	1812	1824	1836	1845	1857	1908	1919	1931	1941	1951	
Canning Town Bus Station	1642	1654	1706	1717	1729	1741	1753	1805	1816	1828	1840	1849	1901	1912	1923	1935	1945	1955	
Canning Town Hermit Road	1645	1657	1709	1720	1732	1744	1756	1807	1818	1830	1842	1851	1903	1914	1925	1937	1947	1957	
Manor Park Station	1920	1935	1950	2005	2020	2035	2050	2105	2120	2135	2150	2205	2220	2235	2250	2305	2320	2335	
East Ham Station	1928	1943	1958	2013	2028	2042	2057	2112	2126	2141	2156	2211	2226	2241	2256	2311	2325	2340	
East Ham Newham Town Hall	1937	1952	2007	2021	2036	2049	2104	2118	2132	2147	2202	2217	2232	2246	2301	2316	2330	2345	
Beckton Bus Station	1945	2000	2015	2028	2043	2056	2111	2125	2139	2154	2209	2224	2238	2252	2307	2322	2336	2351	
Cyprus Station Cyprus Place	1948	2003	2018	2031	2046	2059	2114	2128	2142	2157	2212	2227	2241	2255	2310	2325	2339	2354	
North Woolwich Free Ferry	1955	2010	2024	2037	2052	2105	2120	2134	2148	2203	2218	2233	2247	2301	2316	2331	2345	0000	
London City Airport	2001	2016	2030	2043	2058	2111	2126	2140	2154	2209	2224	2239	2253	2306	2321	2336	2350	0005	
West Silvertown Station	2006	2021	2035	2048	2103	2116	2130	2144	2158	2213	2228	2243	2257	2310	2325	2340	2354	0009	
Canning Town Bus Station	2010	2025	2038	2051	2106	2119	2133	2147	2201	2216	2231	2246	2300	2313	2328	2343	2357	0012	
Canning Town Hermit Road	2012	2027	2040	2053	2108	2121	2135	2149	2203	2218	2233	2248	2302	2315	2330	2345	2359	0014	
Manor Park Station	2350																		
East Ham Station	2355																		
East Ham Newham Town Hall	0000																		
Beckton Bus Station	0006																		
Cyprus Station Cyprus Place	0009																		
North Woolwich Free Ferry	0015																		
London City Airport	0020																		
West Silvertown Station	0024																		
Canning Town Bus Station	0027																		
Canning Town Hermit Road	0029																		

Notes: SD - Operates on the morning after school days only NSD - Operates on the morning after school holidays only

474	Sundays																	
Manor Park Station	0005	0020	0040	0110	0140	0210	0240	0310	0340	0410	0440	0510	Then every 20 minutes until	0730	0750	0810	0830	
East Ham Station	0010	0025	0045	0115	0145	0214	0244	0314	0344	0414	0444	0514		0734	0755	0815	0835	
East Ham Newham Town Hall	0015	0029	0049	0119	0149	0218	0248	0318	0348	0418	0448	0518		0738	0759	0820	0840	
Beckton Bus Station	0021	0035	0055	0125	0155	0224	0254	0324	0354	0424	0454	0524		0744	0805	0826	0846	
Cyprus Station Cyprus Place	0024	0038	0058	0128	0158	0227	0257	0327	0357	0427	0457	0527		0747	0808	0829	0849	
North Woolwich Free Ferry	0029	0043	0103	0133	0203	0233	0303	0333	0403	0433	0503	0533		0753	0814	0835	0855	
London City Airport	0034	0048	0108	0138	0208	0238	0308	0338	0408	0438	0509	0539		0759	0820	0841	0901	
West Silvertown Station	0038	0052	0112	0142	0212	0242	0312	0342	0412	0442	0514	0544		0804	0825	0846	0906	
Canning Town Bus Station	0041	0055	0115	0145	0215	0245	0315	0345	0415	0445	0517	0547		0807	0828	0850	0910	
Canning Town Hermit Road	0043	0057	0117	0147	0217	0247	0317	0347	0417	0447	0519	0549	0809	0830	0852	0912		
Manor Park Station	0850	0905	0920	0935	0949	1004	1017	1031	1045	1059	1111	1126	1141	1156	1210	1225	1240	1255
East Ham Station	0855	0911	0926	0941	0955	1010	1024	1038	1052	1107	1119	1134	1149	1204	1218	1233	1248	1304
East Ham Newham Town Hall	0900	0916	0931	0947	1001	1016	1030	1045	1059	1114	1127	1142	1157	1212	1227	1242	1258	1314
Beckton Bus Station	0906	0922	0938	0954	1008	1023	1038	1053	1107	1122	1136	1151	1206	1221	1236	1251	1307	1323
Cyprus Station Cyprus Place	0909	0925	0941	0957	1011	1026	1041	1056	1110	1125	1140	1155	1210	1225	1240	1255	1311	1327
North Woolwich Free Ferry	0915	0931	0947	1003	1017	1032	1047	1102	1117	1132	1147	1202	1217	1232	1247	1302	1318	1334
London City Airport	0921	0937	0953	1009	1024	1039	1054	1109	1124	1139	1154	1209	1224	1239	1254	1309	1325	1341
West Silvertown Station	0926	0942	0958	1014	1029	1044	1059	1114	1129	1144	1159	1214	1229	1244	1259	1314	1330	1346
Canning Town Bus Station	0930	0946	1002	1018	1033	1049	1104	1119	1134	1149	1204	1219	1234	1249	1304	1319	1335	1350
Canning Town Hermit Road	0932	0948	1004	1020	1035	1051	1106	1121	1136	1151	1206	1221	1236	1251	1306	1321	1337	1352
Manor Park Station	1308	1322	1336	1350	1405	1420	1435	1450	1505	1520	1535	1550	1605	1620	1635	1650	1705	1720
East Ham Station	1317	1331	1345	1400	1415	1430	1445	1459	1514	1529	1544	1559	1614	1629	1644	1658	1713	1728
East Ham Newham Town Hall	1327	1341	1356	1411	1426	1441	1456	1510	1525	1540	1555	1609	1624	1639	1654	1708	1723	1737
Beckton Bus Station	1337	1351	1406	1421	1436	1451	1506	1519	1534	1549	1604	1618	1633	1648	1703	1716	1731	1745
Cyprus Station Cyprus Place	1341	1355	1410	1425	1440	1455	1510	1523	1538	1553	1608	1622	1637	1652	1707	1720	1735	1749
North Woolwich Free Ferry	1348	1403	1418	1433	1448	1503	1518	1531	1546	1601	1616	1630	1645	1700	1715	1728	1742	1756
London City Airport	1355	1410	1425	1440	1455	1510	1525	1538	1553	1608	1623	1637	1652	1707	1722	1735	1749	1803
West Silvertown Station	1400	1415	1430	1445	1500	1515	1530	1543	1558	1613	1628	1642	1657	1712	1727	1740	1754	1808
Canning Town Bus Station	1404	1419	1434	1449	1504	1519	1534	1547	1602	1617	1632	1646	1701	1716	1731	1744	1758	1812
Canning Town Hermit Road	1406	1421	1436	1451	1506	1521	1536	1549	1604	1619	1634	1648	1703	1718	1733	1746	1800	1814
Manor Park Station	1735	1750	1805	1820	1835	1850	1905	1920	1935	1950	2005	2020	2035	2050	2105	2120	2135	2150
East Ham Station	1743	1758	1813	1828	1843	1858	1913	1928	1942	1957	2012	2027	2042	2057	2112	2126	2141	2156
East Ham Newham Town Hall	1752	1807	1821	1836	1851	1906	1920	1935	1949	2004	2019	2034	2048	2103	2118	2132	2147	2201
Beckton Bus Station	1800	1815	1829	1844	1859	1914	1928	1943	1956	2011	2026	2041	2055	2110	2125	2139	2153	2207
Cyprus Station Cyprus Place	1804	1819	1833	1848	1903	1917	1931	1946	1959	2014	2029	2044	2058	2113	2128	2142	2156	2210
North Woolwich Free Ferry	1811	1826	1840	1855	1910	1923	1937	1952	2005	2020	2035	2050	2104	2119	2134	2148	2202	2216
London City Airport	1818	1833	1847	1902	1917	1930	1943	1958	2011	2026	2041	2056	2110	2125	2140	2154	2207	2221
West Silvertown Station	1823	1838	1852	1907	1922	1935	1948	2003	2016	2031	2046	2101	2115	2130	2145	2158	2211	2225
Canning Town Bus Station	1827	1842	1856	1911	1926	1939	1952	2007	2020	2035	2049	2104	2118	2133	2148	2201	2214	2228
Canning Town Hermit Road	1829	1844	1858	1913	1928	1941	1954	2009	2022	2037	2051	2106	2120	2135	2150	2203	2216	2230
Manor Park Station	2205	2220	2235	2250	2305	2320	2335	2350										
East Ham Station	2211	2226	2240	2255	2310	2325	2340	2355										
East Ham Newham Town Hall	2216	2231	2245	2300	2315	2329	2344	2359										
Beckton Bus Station	2222	2237	2251	2306	2321	2335	2350	0005										
Cyprus Station Cyprus Place	2225	2240	2254	2309	2324	2338	2353	0008										
North Woolwich Free Ferry	2231	2246	2300	2315	2330	2343	2358	0013										
London City Airport	2236	2251	2305	2320	2335	2348	0003	0018										
West Silvertown Station	2240	2255	2309	2324	2339	2352	0007	0022										
Canning Town Bus Station	2243	2258	2312	2327	2342	2355	0010	0025										
Canning Town Hermit Road	2245	2300	2314	2329	2344	2357	0012	0027										

474	Mondays to Fridays (school days)																		
Canning Town Hermit Road	0005	0020	0035	0050	0105	0125	0155	0225	0255	0325	0355	0425	0450	0510	0530	0545	0600	0615	
Canning Town Bus Station	0007	0022	0037	0052	0107	0127	0157	0227	0257	0327	0357	0427	0452	0512	0533	0548	0603	0618	
West Silvertown Station	0011	0026	0041	0056	0111	0131	0201	0231	0301	0331	0401	0431	0456	0516	0537	0552	0608	0623	
London City Airport	0015	0030	0045	0100	0115	0135	0205	0235	0305	0336	0406	0436	0501	0521	0542	0557	0613	0628	
North Woolwich Free Ferry	0021	0036	0051	0106	0121	0141	0211	0241	0311	0342	0412	0442	0507	0527	0548	0603	0620	0635	
Cyprus Station Cyprus Place	0026	0041	0056	0111	0126	0146	0216	0246	0316	0347	0417	0447	0512	0533	0554	0610	0627	0642	
Beckton Bus Station	0028	0043	0058	0113	0128	0148	0218	0248	0318	0349	0419	0449	0514	0535	0557	0613	0630	0645	
East Ham Newham Town Hall	0033	0048	0103	0118	0133	0153	0223	0253	0323	0354	0424	0454	0519	0543	0605	0621	0638	0654	
East Ham Station	0037	0052	0107	0122	0137	0157	0227	0257	0327	0358	0428	0458	0523	0547	0609	0626	0643	0659	
Manor Park Station	0041	0056	0111	0126	0141	0201	0231	0301	0331	0402	0432	0502	0527	0551	0613	0630	0647	0704	
Canning Town Hermit Road	0627	0639	0650	0701	0713	0723	0734	0746	0758	0810	0822	0834	0846	0857	Then every 12 minutes until	1245	1257		
Canning Town Bus Station	0630	0642	0654	0705	0717	0727	0738	0750	0802	0814	0826	0838	0850	0901		1249	1301		
West Silvertown Station	0635	0647	0659	0710	0722	0732	0743	0755	0807	0819	0831	0844	0856	0907		1255	1307		
London City Airport	0641	0653	0705	0716	0728	0738	0749	0801	0813	0825	0837	0850	0902	0913		1301	1313		
North Woolwich Free Ferry	0649	0701	0713	0724	0736	0747	0758	0810	0822	0834	0846	0858	0910	0922		1310	1322		
Cyprus Station Cyprus Place	0656	0708	0720	0732	0744	0755	0806	0818	0830	0842	0854	0906	0918	0930		1318	1330		
Beckton Bus Station	0659	0711	0723	0735	0747	0759	0810	0822	0834	0846	0858	0910	0922	0934		1322	1334		
East Ham Newham Town Hall	0708	0720	0732	0744	0756	0808	0820	0832	0844	0856	0908	0920	0932	0944		1332	1344		
East Ham Station	0714	0726	0738	0750	0802	0815	0827	0839	0851	0903	0916	0928	0940	0952		1340	1353		
Manor Park Station	0719	0731	0743	0756	0808	0821	0833	0846	0858	0910	0923	0935	0947	0959		1347	1400		
Canning Town Hermit Road	1308	1320	1331	1342	1353	1404	1416	1428	1440	1452	1504	1515	1527	1538	Then every 12 minutes until	1714	1727		
Canning Town Bus Station	1312	1324	1335	1346	1358	1409	1421	1433	1445	1457	1509	1520	1532	1544		1720	1733		
West Silvertown Station	1318	1330	1341	1352	1404	1415	1427	1439	1451	1503	1515	1526	1538	1550		1726	1739		
London City Airport	1324	1336	1347	1358	1410	1421	1433	1445	1457	1509	1521	1532	1544	1556		1732	1745		
North Woolwich Free Ferry	1333	1345	1356	1407	1419	1430	1442	1454	1506	1518	1530	1542	1554	1606		1742	1754		
Cyprus Station Cyprus Place	1341	1353	1405	1416	1428	1439	1451	1503	1515	1527	1539	1551	1603	1615		1751	1803		
Beckton Bus Station	1345	1357	1409	1420	1432	1443	1455	1507	1519	1531	1543	1555	1607	1619		1755	1807		
East Ham Newham Town Hall	1356	1408	1420	1432	1444	1456	1508	1520	1532	1544	1556	1608	1620	1632		1808	1820		
East Ham Station	1406	1417	1429	1441	1453	1505	1517	1529	1541	1554	1606	1618	1630	1642		1818	1830		
Manor Park Station	1413	1424	1436	1448	1500	1512	1525	1537	1549	1602	1614	1626	1638	1650		1826	1838		
Canning Town Hermit Road	1740	1752	1804	1817	1830	1843	1856	1909	1922	1935	1948	2001	2014	2026	2038	2050	2105	2120	
Canning Town Bus Station	1746	1758	1810	1823	1835	1848	1901	1914	1926	1939	1952	2005	2018	2030	2041	2053	2108	2123	
West Silvertown Station	1752	1804	1816	1829	1841	1853	1906	1919	1931	1944	1957	2010	2023	2035	2045	2057	2112	2127	
London City Airport	1758	1810	1822	1835	1847	1859	1911	1924	1936	1949	2002	2015	2028	2040	2050	2102	2117	2132	
North Woolwich Free Ferry	1807	1819	1831	1844	1856	1908	1920	1932	1944	1957	2010	2022	2035	2047	2057	2109	2124	2139	
Cyprus Station Cyprus Place	1816	1828	1840	1853	1905	1917	1929	1941	1952	2004	2017	2029	2042	2054	2104	2116	2131	2146	
Beckton Bus Station	1820	1832	1844	1857	1909	1921	1933	1945	1956	2007	2020	2032	2045	2057	2107	2119	2134	2149	
East Ham Newham Town Hall	1832	1844	1856	1908	1920	1932	1944	1956	2007	2018	2029	2040	2053	2105	2115	2127	2142	2157	
East Ham Station	1842	1854	1906	1918	1930	1942	1954	2006	2017	2028	2039	2050	2101	2112	2122	2133	2148	2203	
Manor Park Station	1850	1902	1914	1925	1937	1949	2001	2013	2024	2035	2046	2057	2108	2119	2129	2139	2153	2208	
Canning Town Hermit Road	2135	2150	2205	2220	2235	2250	2305	2320	2335	2350									
Canning Town Bus Station	2138	2153	2207	2222	2237	2252	2307	2322	2337	2352									
West Silvertown Station	2142	2157	2211	2226	2241	2256	2311	2326	2341	2356									
London City Airport	2147	2202	2216	2231	2246	2301	2316	2330	2345	0000									
North Woolwich Free Ferry	2154	2209	2222	2237	2252	2307	2322	2336	2351	0006									
Cyprus Station Cyprus Place	2201	2216	2229	2243	2258	2313	2328	2342	2356	0011									
Beckton Bus Station	2204	2219	2232	2246	2301	2316	2331	2345	2358	0013									
East Ham Newham Town Hall	2212	2227	2240	2253	2307	2322	2337	2351	0003	0018									
East Ham Station	2218	2233	2246	2259	2313	2327	2342	2355	0007	0022									
Manor Park Station	2223	2238	2251	2304	2318	2332	2347	0000	0012	0026									

474	Mondays to Fridays (school holidays)																	
Canning Town Hermit Road	0005	0020	0035	0050	0105	0125	0155	0225	0255	0325	0355	0425	0450	0510	0530	0545	0600	0615
Canning Town Bus Station	0007	0022	0037	0052	0107	0127	0157	0227	0257	0327	0358	0428	0453	0513	0533	0548	0603	0618
West Silvertown Station	0011	0026	0041	0056	0111	0131	0201	0231	0301	0331	0402	0432	0457	0517	0537	0552	0607	0622
London City Airport	0015	0030	0045	0100	0115	0135	0205	0235	0305	0336	0408	0438	0503	0525	0545	0600	0616	0631
North Woolwich Free Ferry	0021	0036	0051	0106	0121	0141	0211	0241	0311	0342	0413	0443	0509	0531	0551	0606	0622	0637
Cyprus Station Cyprus Place	0026	0041	0056	0111	0126	0146	0216	0246	0316	0347	0418	0448	0515	0537	0557	0613	0629	0644
Beckton Bus Station	0028	0043	0058	0113	0128	0148	0218	0248	0318	0349	0420	0450	0517	0539	0559	0616	0632	0647
East Ham Newham Town Hall	0033	0048	0103	0118	0133	0153	0223	0253	0323	0354	0426	0456	0525	0547	0607	0624	0640	0655
East Ham Station	0037	0052	0107	0122	0137	0157	0227	0257	0327	0358	0429	0459	0529	0551	0611	0628	0644	0659
Manor Park Station	0041	0056	0111	0126	0141	0201	0231	0301	0331	0402	0433	0503	0533	0555	0616	0633	0649	0704
Canning Town Hermit Road	0627	0639	0650	0701	0713	0724	0736	0747	0759	0811	0823	0834	0846	0857	0909	0920	0931	0943
Canning Town Bus Station	0630	0642	0653	0705	0717	0728	0740	0751	0803	0814	0826	0837	0849	0901	0913	0924	0935	0947
West Silvertown Station	0634	0646	0658	0710	0722	0733	0745	0756	0808	0819	0831	0842	0854	0906	0918	0929	0940	0952
London City Airport	0643	0655	0707	0718	0730	0741	0753	0804	0815	0826	0838	0849	0901	0913	0925	0936	0947	0959
North Woolwich Free Ferry	0649	0701	0713	0725	0737	0748	0800	0811	0822	0833	0845	0856	0908	0920	0932	0943	0954	1006
Cyprus Station Cyprus Place	0656	0708	0720	0732	0744	0755	0807	0819	0830	0841	0853	0904	0916	0928	0940	0951	1002	1014
Beckton Bus Station	0659	0711	0723	0735	0747	0758	0810	0822	0833	0844	0856	0908	0920	0932	0944	0955	1006	1018
East Ham Newham Town Hall	0707	0719	0731	0743	0755	0806	0818	0830	0841	0852	0904	0916	0928	0940	0952	1003	1014	1026
East Ham Station	0712	0724	0736	0748	0800	0812	0824	0836	0847	0858	0910	0922	0934	0946	0958	1010	1021	1033
Manor Park Station	0717	0729	0741	0753	0806	0818	0830	0842	0853	0904	0916	0928	0940	0952	1004	1016	1028	1040
Canning Town Hermit Road	0955	1006	1017	1028	1040	1052	1104	1116	1128	1140	1152	Then every 12 minutes until	1252	1303	1314	1325	1337	
Canning Town Bus Station	0959	1011	1022	1033	1045	1057	1109	1120	1132	1144	1156		1256	1308	1319	1330	1342	
West Silvertown Station	1004	1016	1027	1038	1050	1102	1114	1125	1137	1149	1201		1301	1313	1325	1336	1348	
London City Airport	1011	1023	1034	1045	1057	1109	1121	1132	1144	1156	1208		1308	1320	1332	1343	1355	
North Woolwich Free Ferry	1018	1030	1041	1052	1104	1116	1128	1139	1151	1203	1215		1315	1327	1339	1350	1402	
Cyprus Station Cyprus Place	1026	1038	1049	1100	1112	1124	1136	1147	1159	1211	1223		1323	1335	1347	1358	1410	
Beckton Bus Station	1030	1042	1053	1104	1116	1128	1140	1151	1203	1215	1227		1327	1339	1351	1402	1414	
East Ham Newham Town Hall	1038	1050	1101	1113	1125	1137	1149	1200	1212	1224	1237		1337	1349	1401	1412	1424	
East Ham Station	1045	1057	1109	1121	1133	1145	1157	1209	1221	1233	1245		1345	1357	1409	1421	1433	
Manor Park Station	1052	1104	1116	1128	1140	1152	1204	1216	1228	1240	1252		1352	1404	1416	1428	1440	
Canning Town Hermit Road	1349	1401	1412	Then every 12 minutes until	1512	1523	1534	1545	1556	1608	1620	1632	1644	1657	1710	1722	1734	
Canning Town Bus Station	1354	1406	1417		1517	1528	1539	1550	1601	1613	1625	1637	1649	1701	1714	1726	1738	
West Silvertown Station	1400	1412	1423		1523	1534	1545	1556	1607	1619	1631	1643	1655	1707	1720	1732	1744	
London City Airport	1407	1419	1430		1530	1541	1552	1603	1615	1627	1639	1651	1703	1715	1728	1740	1752	
North Woolwich Free Ferry	1414	1426	1437		1537	1548	1559	1610	1622	1634	1646	1658	1710	1722	1735	1747	1759	
Cyprus Station Cyprus Place	1422	1434	1445		1545	1556	1607	1618	1630	1642	1654	1706	1718	1730	1743	1755	1807	
Beckton Bus Station	1426	1438	1449		1549	1600	1611	1622	1634	1646	1658	1710	1723	1735	1748	1800	1812	
East Ham Newham Town Hall	1436	1448	1459		1559	1611	1622	1634	1646	1658	1710	1722	1735	1747	1759	1811	1823	
East Ham Station	1445	1457	1508		1608	1620	1631	1643	1655	1707	1719	1731	1744	1757	1809	1821	1833	
Manor Park Station	1452	1504	1516		1616	1628	1639	1651	1703	1715	1727	1739	1752	1804	1816	1828	1840	
Canning Town Hermit Road	1746	1758	1810	1823	1836	1849	1902	1915	1928	1941	1954	2007	2020	2033	2046	2102	2118	2134
Canning Town Bus Station	1750	1802	1815	1828	1841	1854	1906	1919	1932	1945	1958	2011	2024	2037	2050	2105	2121	2137
West Silvertown Station	1756	1808	1821	1834	1847	1900	1912	1925	1938	1951	2003	2016	2029	2042	2055	2110	2126	2142
London City Airport	1804	1816	1829	1842	1855	1907	1919	1932	1944	1957	2010	2023	2035	2048	2101	2116	2132	2147
North Woolwich Free Ferry	1811	1823	1836	1849	1901	1913	1926	1939	1951	2004	2017	2029	2041	2054	2107	2122	2138	2153
Cyprus Station Cyprus Place	1819	1831	1844	1856	1908	1920	1933	1946	1958	2011	2024	2036	2048	2101	2113	2128	2144	2159
Beckton Bus Station	1824	1836	1848	1900	1912	1924	1937	1949	2001	2014	2027	2039	2051	2104	2116	2131	2147	2202
East Ham Newham Town Hall	1835	1847	1859	1910	1922	1934	1946	1958	2010	2022	2035	2047	2059	2111	2123	2138	2153	2208
East Ham Station	1845	1857	1909	1920	1932	1944	1956	2007	2018	2030	2042	2053	2105	2116	2128	2143	2158	2213
Manor Park Station	1852	1904	1916	1927	1939	1951	2002	2013	2024	2036	2048	2059	2111	2122	2134	2149	2203	2218
Canning Town Hermit Road	2150	2205	2220	2235	2250	2305	2320	2335	2350									
Canning Town Bus Station	2152	2207	2222	2237	2252	2307	2322	2337	2352									
West Silvertown Station	2157	2212	2226	2241	2256	2311	2326	2341	2356									
London City Airport	2202	2217	2231	2246	2301	2316	2330	2345	0000									
North Woolwich Free Ferry	2208	2223	2237	2252	2307	2322	2336	2351	0006									
Cyprus Station Cyprus Place	2214	2229	2243	2258	2313	2328	2342	2356	0011									
Beckton Bus Station	2217	2232	2246	2301	2316	2331	2345	2358	0013									
East Ham Newham Town Hall	2223	2238	2252	2307	2322	2337	2351	0003	0018									
East Ham Station	2228	2244	2258	2313	2327	2342	2355	0007	0022									
Manor Park Station	2233	2249	2303	2318	2332	2347	0000	0012	0026									

474	Saturdays																	
Canning Town Hermit Road	0005	0020	0035	0050	0105	0125	0155	0225	0255	0325	0355	0424	0450	0510	0530	0545	0600	0615
Canning Town Bus Station	0007	0022	0037	0052	0107	0127	0157	0227	0257	0327	0358	0427	0453	0513	0533	0548	0603	0618
West Silvertown Station	0011	0026	0041	0056	0111	0131	0201	0231	0301	0331	0402	0431	0457	0517	0537	0552	0607	0622
London City Airport	0015	0030	0045	0100	0115	0135	0205	0235	0305	0336	0407	0436	0502	0522	0542	0557	0612	0627
North Woolwich Free Ferry	0021	0036	0051	0106	0121	0141	0211	0241	0311	0342	0413	0442	0508	0528	0548	0603	0618	0633
Cyprus Station Cyprus Place	0026	0041	0056	0111	0126	0146	0216	0246	0316	0347	0418	0447	0513	0533	0553	0608	0623	0639
Beckton Bus Station	0028	0043	0058	0113	0128	0148	0218	0248	0318	0349	0420	0449	0515	0535	0555	0610	0625	0641
East Ham Newham Town Hall	0033	0048	0103	0118	0133	0153	0223	0253	0323	0354	0425	0454	0520	0541	0601	0617	0632	0648
East Ham Station	0037	0052	0107	0122	0137	0157	0227	0257	0327	0358	0429	0458	0524	0545	0605	0621	0636	0653
Manor Park Station	0041	0056	0111	0126	0141	0201	0231	0301	0331	0402	0433	0502	0528	0549	0609	0625	0640	0657
Canning Town Hermit Road	0630	0645	0700	0715	0730	0745	0757	0809	0821	0833	0845	0857	0909	0921	0933	0945	0956	1007
Canning Town Bus Station	0633	0648	0703	0718	0733	0748	0800	0812	0824	0836	0848	0900	0912	0924	0936	0948	0959	1010
West Silvertown Station	0637	0652	0707	0722	0737	0752	0804	0816	0828	0841	0853	0905	0917	0929	0941	0953	1004	1015
London City Airport	0642	0657	0712	0727	0742	0757	0809	0821	0833	0846	0858	0910	0922	0934	0946	0958	1009	1020
North Woolwich Free Ferry	0648	0703	0718	0733	0748	0803	0815	0827	0839	0852	0904	0916	0928	0940	0952	1004	1016	1028
Cyprus Station Cyprus Place	0654	0709	0724	0739	0754	0809	0821	0833	0846	0859	0911	0923	0935	0947	0959	1011	1023	1035
Beckton Bus Station	0656	0711	0727	0742	0757	0812	0824	0836	0849	0902	0914	0926	0938	0950	1002	1014	1026	1038
East Ham Newham Town Hall	0703	0718	0734	0749	0804	0819	0831	0844	0857	0910	0922	0934	0946	0958	1010	1022	1034	1046
East Ham Station	0708	0723	0739	0754	0809	0824	0837	0850	0903	0916	0928	0940	0953	1005	1017	1029	1042	1054
Manor Park Station	0712	0727	0743	0759	0814	0829	0843	0856	0909	0922	0934	0946	0959	1012	1024	1036	1049	1101
Canning Town Hermit Road	1018	1029	1041	1053	1105	1117	1129	1141	1152	1203	1214		1350	1403			1639	
Canning Town Bus Station	1021	1032	1045	1057	1109	1121	1133	1145	1156	1207	1218		1354	1407			1643	
West Silvertown Station	1026	1037	1050	1102	1114	1126	1138	1150	1201	1212	1223		1359	1412			1648	
London City Airport	1031	1042	1055	1107	1119	1131	1143	1155	1206	1218	1229	Then	1405	1418	Then		1654	
North Woolwich Free Ferry	1039	1050	1103	1115	1127	1139	1151	1203	1214	1226	1237	every 12	1413	1426	every 12		1702	
Cyprus Station Cyprus Place	1046	1057	1110	1122	1134	1146	1158	1210	1221	1233	1244	minutes	1420	1433	minutes		1709	
Beckton Bus Station	1050	1101	1114	1126	1138	1150	1202	1214	1225	1237	1248	until	1424	1437	until		1713	
East Ham Newham Town Hall	1058	1110	1123	1135	1148	1200	1212	1224	1236	1248	1259		1435	1447			1723	
East Ham Station	1105	1118	1131	1143	1156	1208	1220	1232	1244	1256	1308		1444	1456			1732	
Manor Park Station	1113	1126	1139	1151	1204	1216	1228	1240	1252	1304	1316		1452	1504			1740	
Canning Town Hermit Road	1652	1704	1716	1728	1740	1753	1806	1818	1830	1846	1902	1918	1933	1949	2005	2020	2035	2050
Canning Town Bus Station	1656	1708	1720	1732	1744	1757	1810	1822	1834	1849	1905	1921	1936	1952	2008	2023	2038	2053
West Silvertown Station	1701	1713	1725	1737	1749	1802	1815	1827	1839	1854	1910	1926	1941	1957	2013	2028	2043	2058
London City Airport	1706	1718	1730	1742	1754	1807	1820	1832	1844	1859	1915	1931	1946	2002	2018	2033	2048	2103
North Woolwich Free Ferry	1714	1726	1738	1750	1802	1814	1827	1839	1851	1906	1922	1938	1953	2009	2024	2039	2054	2109
Cyprus Station Cyprus Place	1721	1733	1745	1757	1809	1821	1834	1846	1858	1913	1928	1944	1959	2015	2030	2045	2100	2115
Beckton Bus Station	1725	1737	1749	1801	1813	1825	1838	1850	1903	1916	1931	1947	2002	2018	2033	2048	2103	2118
East Ham Newham Town Hall	1735	1747	1759	1811	1823	1835	1847	1859	1912	1925	1939	1955	2010	2026	2041	2055	2110	2125
East Ham Station	1744	1756	1808	1820	1832	1844	1856	1908	1921	1934	1948	2003	2018	2033	2047	2101	2116	2130
Manor Park Station	1752	1804	1816	1828	1840	1852	1904	1916	1929	1942	1955	2010	2025	2040	2054	2108	2122	2136
Canning Town Hermit Road	2105	2120	2135	2150	2205	2220	2235	2250	2305	2320	2335	2350						
Canning Town Bus Station	2108	2123	2138	2153	2208	2223	2238	2252	2307	2322	2337	2352						
West Silvertown Station	2112	2127	2142	2157	2212	2227	2242	2256	2311	2326	2341	2356						
London City Airport	2117	2132	2147	2202	2216	2231	2246	2300	2315	2330	2345	0000						
North Woolwich Free Ferry	2123	2138	2153	2208	2222	2237	2252	2306	2321	2336	2351	0006						
Cyprus Station Cyprus Place	2129	2144	2159	2214	2228	2243	2258	2312	2327	2342	2357	0011						
Beckton Bus Station	2132	2147	2202	2217	2231	2246	2301	2315	2330	2345	0000	0013						
East Ham Newham Town Hall	2139	2154	2208	2223	2237	2252	2307	2321	2336	2351	0005	0018						
East Ham Station	2144	2159	2213	2228	2242	2257	2311	2325	2340	2355	0009	0022						
Manor Park Station	2150	2205	2219	2234	2248	2302	2316	2330	2345	0000	0013	0026						

<b>474</b>	<b>Sundays</b>																	
Canning Town Hermit Road	0005	0020	0035	0050	0105	0125	0155	0225	0255	0325	0355	0425	0455	0520	0540	0600	0620	0640
Canning Town Bus Station	0007	0022	0037	0052	0107	0127	0157	0227	0257	0327	0358	0428	0458	0523	0543	0603	0623	0643
West Silvertown Station	0011	0026	0041	0056	0111	0131	0201	0231	0301	0331	0402	0432	0502	0527	0547	0607	0627	0647
London City Airport	0015	0030	0045	0100	0115	0135	0205	0235	0305	0336	0406	0436	0506	0531	0551	0612	0632	0652
North Woolwich Free Ferry	0021	0036	0051	0106	0121	0141	0211	0241	0311	0342	0412	0442	0512	0537	0557	0618	0638	0658
Cyprus Station Cyprus Place	0026	0041	0056	0111	0126	0146	0216	0246	0316	0347	0417	0447	0517	0542	0602	0624	0644	0704
Beckton Bus Station	0028	0043	0058	0113	0128	0148	0218	0248	0318	0349	0419	0449	0519	0544	0604	0626	0646	0706
East Ham Newham Town Hall	0033	0048	0103	0118	0133	0153	0223	0253	0323	0354	0424	0454	0524	0550	0610	0633	0653	0713
East Ham Station	0037	0052	0107	0122	0137	0157	0227	0257	0327	0358	0428	0458	0528	0554	0614	0637	0657	0717
Manor Park Station	0041	0056	0111	0126	0141	0201	0231	0301	0331	0402	0432	0502	0532	0558	0618	0641	0701	0721
Canning Town Hermit Road	0700	0720	0740	0800	0820	0835	0850	0905	0920	0935	0950	1005	1020	1035	1050	1105	1120	1135
Canning Town Bus Station	0703	0723	0743	0803	0823	0838	0853	0908	0923	0938	0953	1008	1023	1038	1053	1108	1123	1138
West Silvertown Station	0707	0727	0747	0807	0827	0842	0857	0912	0927	0942	0957	1012	1027	1042	1057	1112	1128	1143
London City Airport	0712	0732	0752	0812	0832	0847	0902	0917	0932	0947	1002	1017	1032	1047	1102	1117	1133	1148
North Woolwich Free Ferry	0718	0738	0758	0818	0838	0853	0909	0924	0939	0954	1009	1024	1039	1054	1109	1124	1140	1155
Cyprus Station Cyprus Place	0724	0744	0804	0824	0844	0859	0915	0930	0945	1000	1016	1031	1046	1101	1116	1131	1147	1202
Beckton Bus Station	0726	0747	0807	0827	0847	0902	0918	0933	0948	1003	1019	1034	1049	1104	1119	1134	1150	1206
East Ham Newham Town Hall	0733	0754	0814	0835	0855	0910	0926	0941	0956	1011	1027	1042	1057	1112	1127	1142	1159	1215
East Ham Station	0737	0758	0818	0840	0900	0915	0931	0946	1002	1017	1033	1048	1103	1119	1134	1149	1206	1222
Manor Park Station	0742	0803	0823	0845	0905	0920	0937	0952	1008	1023	1039	1054	1109	1125	1141	1157	1213	1229
Canning Town Hermit Road	1150	1205	1220	1235	1250	1305	1319	1334	1349	1404	1420	1435	1450	1505	1520	1536	1551	1606
Canning Town Bus Station	1153	1208	1223	1238	1253	1308	1323	1338	1353	1408	1424	1439	1454	1509	1524	1540	1555	1610
West Silvertown Station	1158	1213	1228	1243	1258	1313	1328	1343	1358	1413	1429	1444	1459	1514	1529	1545	1600	1615
London City Airport	1203	1218	1233	1248	1303	1318	1333	1348	1403	1418	1434	1449	1504	1519	1534	1550	1605	1620
North Woolwich Free Ferry	1211	1226	1241	1256	1311	1326	1341	1356	1411	1426	1441	1456	1511	1526	1541	1557	1612	1627
Cyprus Station Cyprus Place	1218	1233	1248	1303	1318	1333	1348	1403	1418	1433	1448	1503	1518	1533	1548	1604	1619	1634
Beckton Bus Station	1222	1237	1252	1307	1322	1337	1352	1407	1422	1437	1452	1507	1522	1537	1552	1608	1623	1638
East Ham Newham Town Hall	1231	1246	1301	1316	1332	1347	1402	1417	1432	1447	1502	1517	1532	1547	1602	1617	1632	1647
East Ham Station	1238	1254	1309	1324	1340	1355	1411	1426	1441	1456	1511	1526	1541	1556	1611	1625	1640	1655
Manor Park Station	1245	1301	1316	1331	1347	1402	1418	1433	1448	1503	1518	1533	1548	1603	1618	1632	1647	1702
Canning Town Hermit Road	1621	1636	1651	1707	1723	1739	1755	1810	1826	1842	1858	1913	1929	1945	2000	2015	2031	2046
Canning Town Bus Station	1625	1640	1655	1711	1727	1742	1758	1813	1829	1845	1901	1916	1932	1948	2003	2018	2034	2049
West Silvertown Station	1630	1645	1700	1716	1732	1747	1803	1818	1834	1850	1906	1921	1937	1953	2008	2023	2039	2054
London City Airport	1635	1650	1705	1721	1737	1752	1808	1823	1839	1855	1911	1926	1942	1958	2013	2028	2044	2059
North Woolwich Free Ferry	1642	1657	1712	1728	1744	1759	1815	1830	1846	1902	1918	1933	1948	2004	2019	2034	2050	2105
Cyprus Station Cyprus Place	1649	1704	1719	1735	1751	1806	1822	1837	1852	1908	1924	1939	1954	2010	2025	2040	2056	2111
Beckton Bus Station	1653	1708	1723	1739	1755	1810	1825	1840	1855	1911	1927	1942	1957	2013	2028	2043	2059	2114
East Ham Newham Town Hall	1702	1717	1732	1748	1803	1818	1833	1848	1903	1918	1934	1949	2004	2020	2035	2050	2106	2121
East Ham Station	1710	1725	1740	1755	1810	1825	1840	1855	1910	1925	1940	1955	2010	2026	2041	2056	2111	2126
Manor Park Station	1717	1732	1747	1802	1817	1832	1847	1902	1917	1932	1947	2002	2017	2032	2047	2102	2117	2132
Canning Town Hermit Road	2102	2118	2134	2149	2205	2220	2235	2250	2305	2320	2335	2350						
Canning Town Bus Station	2105	2121	2137	2152	2207	2222	2237	2252	2307	2322	2337	2352						
West Silvertown Station	2109	2125	2141	2156	2211	2226	2241	2256	2311	2326	2341	2356						
London City Airport	2114	2130	2146	2201	2216	2230	2245	2300	2315	2330	2345	0000						
North Woolwich Free Ferry	2120	2136	2152	2207	2222	2236	2251	2306	2321	2336	2351	0006						
Cyprus Station Cyprus Place	2126	2142	2158	2213	2228	2242	2257	2311	2326	2341	2356	0011						
Beckton Bus Station	2129	2145	2201	2216	2231	2245	2300	2314	2329	2344	2359	0013						
East Ham Newham Town Hall	2136	2151	2207	2222	2237	2251	2306	2320	2335	2350	0005	0018						
East Ham Station	2141	2156	2212	2227	2242	2256	2310	2324	2339	2354	0009	0022						
Manor Park Station	2147	2202	2217	2232	2247	2301	2315	2329	2344	2359	0013	0026						