

474	Saturdays																	
Manor Park Station	0005	0020	0040	0110	0140	0210	0240	0310	0340	0410	0430	0450	0510	0530	0550	0610	0626	0641
East Ham Station	0010	0025	0044	0114	0144	0214	0244	0314	0344	0414	0434	0454	0514	0534	0555	0615	0631	0646
East Ham Newham Town Hall	0015	0029	0048	0118	0148	0218	0248	0318	0348	0418	0438	0458	0518	0539	0600	0620	0636	0651
Beckton Bus Station	0021	0035	0053	0123	0153	0223	0253	0324	0354	0424	0444	0504	0524	0545	0606	0626	0642	0657
Cyprus Station Cyprus Place	0024	0038	0056	0126	0156	0226	0256	0327	0357	0427	0447	0507	0527	0548	0609	0629	0645	0700
North Woolwich Free Ferry	0029	0043	0101	0131	0201	0231	0302	0333	0403	0433	0453	0513	0533	0554	0615	0635	0651	0706
London City Airport	0035	0049	0106	0136	0206	0237	0308	0339	0408	0438	0458	0519	0539	0600	0621	0641	0657	0712
Prince Regent Station	0039	0053	0110	0140	0210	0241	0312	0343	0412	0442	0502	0523	0543	0604	0625	0645	0701	0716
Keir Hardie Est.Radland Rd/Rogers Rd.	0043	0057	0114	0144	0214	0245	0316	0347	0416	0446	0506	0527	0547	0608	0629	0649	0705	0720
Canning Town Bus Station	0046	0100	0117	0147	0217	0248	0319	0350	0420	0450	0510	0531	0551	0612	0633	0653	0709	0724
Canning Town Hermit Road	0048	0102	0119	0149	0219	0250	0321	0352	0422	0452	0512	0533	0553	0614	0635	0655	0711	0726
Manor Park Station	0656	0711	0726	0741	0756	0810	0822	0834	0846	0858	0909	0920	0931	0942	0954	1005	1017	1029
East Ham Station	0701	0716	0731	0746	0801	0815	0828	0840	0852	0904	0916	0927	0938	0949	1001	1012	1024	1036
East Ham Newham Town Hall	0706	0721	0736	0751	0806	0820	0833	0845	0857	0910	0922	0933	0945	0956	1008	1020	1032	1044
Beckton Bus Station	0712	0727	0742	0758	0813	0827	0840	0852	0904	0917	0929	0941	0953	1004	1016	1028	1040	1053
Cyprus Station Cyprus Place	0715	0730	0745	0801	0816	0830	0843	0855	0907	0920	0932	0944	0956	1008	1020	1032	1044	1057
North Woolwich Free Ferry	0721	0736	0751	0807	0822	0836	0849	0901	0913	0926	0939	0951	1003	1015	1027	1039	1051	1104
London City Airport	0727	0742	0757	0813	0828	0842	0855	0908	0920	0933	0946	0958	1010	1022	1034	1046	1058	1111
Prince Regent Station	0731	0746	0801	0817	0832	0846	0859	0912	0924	0937	0950	1002	1014	1026	1038	1050	1102	1115
Keir Hardie Est.Radland Rd/Rogers Rd.	0735	0750	0805	0821	0836	0850	0903	0916	0929	0942	0955	1007	1019	1031	1043	1055	1107	1120
Canning Town Bus Station	0739	0754	0809	0825	0840	0854	0907	0920	0933	0946	0959	1011	1023	1035	1047	1059	1111	1124
Canning Town Hermit Road	0741	0756	0811	0827	0842	0856	0909	0922	0935	0948	1001	1013	1025	1037	1049	1101	1113	1126
Manor Park Station	1041	1053	1105	1116	1128	1139	1150	1201	1212	1224	1236	1248	1300	Then every 12 minutes until	1524	1537	1549	
East Ham Station	1048	1101	1113	1125	1137	1148	1159	1210	1222	1234	1246	1258	1311		1535	1547	1559	
East Ham Newham Town Hall	1057	1110	1123	1135	1147	1158	1209	1221	1233	1245	1257	1310	1323		1547	1559	1611	
Beckton Bus Station	1106	1119	1132	1144	1156	1207	1219	1231	1243	1255	1307	1320	1333		1557	1609	1621	
Cyprus Station Cyprus Place	1110	1123	1136	1148	1200	1211	1223	1235	1247	1259	1311	1324	1337		1601	1613	1625	
North Woolwich Free Ferry	1117	1130	1143	1155	1207	1218	1231	1243	1255	1307	1319	1332	1345		1609	1621	1633	
London City Airport	1124	1137	1150	1202	1214	1226	1238	1250	1302	1314	1326	1339	1352		1616	1628	1640	
Prince Regent Station	1128	1141	1154	1206	1218	1230	1242	1254	1306	1318	1330	1343	1356		1620	1632	1644	
Keir Hardie Est.Radland Rd/Rogers Rd.	1133	1146	1159	1211	1223	1235	1247	1259	1311	1323	1335	1348	1401		1625	1637	1649	
Canning Town Bus Station	1137	1150	1203	1215	1227	1239	1251	1303	1315	1327	1339	1352	1405	1629	1641	1653		
Canning Town Hermit Road	1139	1152	1205	1218	1230	1242	1254	1306	1318	1330	1342	1355	1408	1632	1644	1656		
Manor Park Station	1601	1613	1625	1637	1649	1701	1713	1725	1737	1749	1801	1813	1825	1837	1849	1903	1919	1935
East Ham Station	1611	1623	1635	1647	1659	1711	1723	1735	1747	1759	1811	1822	1834	1846	1858	1912	1928	1943
East Ham Newham Town Hall	1622	1634	1646	1658	1710	1722	1734	1746	1758	1810	1821	1832	1844	1856	1908	1922	1937	1952
Beckton Bus Station	1632	1644	1656	1708	1720	1732	1744	1755	1807	1819	1830	1841	1853	1905	1917	1930	1945	2000
Cyprus Station Cyprus Place	1636	1648	1700	1712	1724	1736	1748	1759	1811	1823	1834	1845	1857	1908	1920	1933	1948	2003
North Woolwich Free Ferry	1644	1656	1708	1720	1732	1744	1756	1807	1819	1831	1842	1853	1904	1915	1927	1940	1955	2010
London City Airport	1651	1703	1715	1727	1739	1751	1803	1814	1826	1838	1849	1900	1911	1922	1934	1947	2001	2016
Prince Regent Station	1655	1707	1719	1731	1743	1755	1807	1818	1830	1842	1853	1904	1915	1926	1938	1951	2005	2020
Keir Hardie Est.Radland Rd/Rogers Rd.	1700	1712	1724	1736	1748	1800	1812	1823	1835	1847	1858	1909	1920	1931	1943	1955	2009	2024
Canning Town Bus Station	1704	1716	1728	1740	1752	1804	1816	1827	1839	1851	1902	1913	1924	1935	1947	1959	2013	2028
Canning Town Hermit Road	1707	1719	1731	1743	1755	1806	1818	1829	1841	1853	1904	1915	1926	1937	1949	2001	2015	2030
Manor Park Station	1950	2005	2020	2035	2050	2105	2120	2135	2150	2205	2220	2235	2250	2305	2320	2335	2350	
East Ham Station	1958	2013	2028	2042	2057	2111	2126	2141	2156	2211	2226	2241	2256	2310	2325	2340	2355	
East Ham Newham Town Hall	2007	2021	2036	2050	2104	2118	2132	2147	2202	2217	2232	2246	2301	2315	2330	2345	0000	
Beckton Bus Station	2015	2029	2043	2057	2111	2125	2139	2153	2208	2223	2238	2252	2307	2321	2336	2351	0006	
Cyprus Station Cyprus Place	2018	2032	2046	2100	2114	2128	2142	2156	2211	2226	2241	2255	2310	2324	2339	2354	0009	
North Woolwich Free Ferry	2024	2038	2052	2106	2120	2134	2148	2202	2217	2232	2247	2301	2316	2330	2345	2359	0014	
London City Airport	2030	2044	2058	2112	2126	2140	2154	2208	2223	2237	2252	2306	2321	2335	2350	0004	0019	
Prince Regent Station	2034	2048	2102	2116	2130	2144	2158	2212	2227	2241	2256	2310	2325	2339	2354	0008	0023	
Keir Hardie Est.Radland Rd/Rogers Rd.	2038	2052	2106	2120	2134	2148	2202	2216	2231	2245	2300	2314	2329	2343	2358	0012	0027	
Canning Town Bus Station	2042	2056	2110	2124	2138	2152	2206	2220	2235	2249	2304	2318	2333	2347	0002	0016	0031	
Canning Town Hermit Road	2044	2058	2112	2126	2140	2154	2208	2222	2237	2251	2306	2320	2335	2349	0004	0018	0033	

474	Mondays to Fridays																	
Canning Town Hermit Road	0006	0021	0036	0051	0106	0128	0158	0228	0258	0328	0356	0426	0451	0511	0531	0546	0601	0614
Canning Town Bus Station	0008	0023	0038	0053	0108	0130	0200	0230	0300	0330	0358	0428	0453	0513	0534	0549	0604	0617
Keir Hardie Estate Tarling Road	0011	0026	0041	0056	0111	0133	0203	0233	0303	0333	0402	0432	0457	0517	0538	0553	0608	0621
Prince Regent Station	0016	0031	0046	0101	0116	0138	0208	0238	0308	0338	0407	0437	0502	0522	0543	0558	0613	0626
London City Airport	0020	0035	0050	0105	0120	0142	0212	0242	0312	0342	0411	0441	0506	0526	0547	0602	0617	0631
North Woolwich Free Ferry	0026	0041	0056	0111	0126	0148	0218	0248	0318	0348	0417	0447	0512	0532	0553	0608	0623	0637
Cyprus Station Cyprus Place	0031	0046	0101	0116	0131	0153	0223	0253	0323	0353	0422	0452	0517	0538	0559	0614	0629	0644
Beckton Bus Station	0033	0048	0103	0118	0133	0155	0225	0255	0325	0355	0424	0454	0519	0540	0602	0617	0632	0647
East Ham Newham Town Hall	0038	0053	0108	0123	0138	0200	0230	0300	0330	0400	0429	0459	0525	0547	0609	0625	0640	0655
East Ham Station	0042	0057	0112	0127	0142	0204	0234	0304	0334	0404	0433	0504	0530	0552	0614	0630	0645	0700
Manor Park Station	0046	0101	0116	0131	0146	0208	0238	0308	0338	0408	0437	0508	0534	0556	0618	0634	0650	0705
Canning Town Hermit Road	0625	0635	0646	0656	0707	0718	0729	0741	0753	0805	0817	0829	0841	Then every 12 minutes until	1253	1305	1317	
Canning Town Bus Station	0628	0638	0649	0700	0711	0722	0733	0745	0757	0809	0821	0833	0845		1257	1309	1321	
Keir Hardie Estate Tarling Road	0632	0642	0653	0704	0715	0726	0737	0749	0801	0813	0825	0837	0849		1301	1313	1325	
Prince Regent Station	0637	0648	0659	0710	0721	0732	0743	0755	0807	0819	0831	0843	0856		1308	1320	1332	
London City Airport	0642	0653	0704	0715	0726	0737	0748	0800	0812	0824	0836	0848	0901		1313	1325	1337	
North Woolwich Free Ferry	0649	0700	0712	0723	0734	0746	0757	0809	0821	0833	0845	0857	0909		1321	1333	1345	
Cyprus Station Cyprus Place	0656	0707	0719	0731	0742	0754	0805	0817	0829	0841	0853	0905	0916		1328	1340	1352	
Beckton Bus Station	0659	0710	0722	0734	0746	0758	0809	0821	0833	0845	0857	0909	0920		1332	1344	1356	
East Ham Newham Town Hall	0707	0719	0731	0743	0755	0807	0819	0831	0843	0855	0907	0918	0929		1341	1353	1405	
East Ham Station	0713	0725	0737	0749	0801	0814	0826	0838	0850	0902	0914	0925	0936		1348	1401	1413	
Manor Park Station	0718	0730	0742	0755	0807	0820	0832	0845	0857	0909	0921	0932	0943	1355	1408	1420		
Canning Town Hermit Road	1329	1341	1353	1404	1416	1428	1440	1452	1504	1515	1527	1538	Then every 12 minutes until	1714	1726	1738	1750	
Canning Town Bus Station	1333	1345	1357	1408	1420	1432	1444	1456	1508	1519	1531	1543		1719	1731	1743	1755	
Keir Hardie Estate Tarling Road	1337	1349	1401	1412	1424	1436	1448	1500	1512	1523	1535	1547		1723	1735	1747	1759	
Prince Regent Station	1344	1356	1408	1419	1431	1443	1455	1507	1519	1530	1542	1554		1730	1742	1754	1806	
London City Airport	1349	1401	1413	1424	1436	1448	1500	1512	1524	1535	1547	1559		1735	1747	1759	1811	
North Woolwich Free Ferry	1357	1409	1421	1432	1444	1456	1508	1520	1532	1544	1556	1608		1744	1755	1807	1819	
Cyprus Station Cyprus Place	1405	1417	1429	1440	1452	1504	1516	1528	1540	1552	1604	1616		1752	1803	1815	1827	
Beckton Bus Station	1409	1421	1433	1444	1456	1508	1520	1532	1544	1556	1608	1620		1756	1807	1819	1831	
East Ham Newham Town Hall	1418	1431	1444	1456	1508	1520	1532	1544	1556	1608	1620	1632		1808	1819	1831	1842	
East Ham Station	1426	1439	1452	1504	1516	1528	1540	1553	1605	1617	1629	1641		1817	1828	1840	1851	
Manor Park Station	1433	1446	1459	1511	1524	1536	1548	1601	1613	1625	1637	1649	1825	1836	1848	1859		
Canning Town Hermit Road	1802	1814	1826	1838	1850	1902	1914	1926	1938	1950	2002	2014	2026	2038	2051	2106	2121	2136
Canning Town Bus Station	1807	1819	1830	1842	1854	1906	1918	1929	1941	1953	2005	2017	2029	2041	2054	2109	2124	2139
Keir Hardie Estate Tarling Road	1811	1823	1834	1846	1858	1910	1922	1933	1945	1957	2009	2021	2033	2045	2058	2113	2128	2143
Prince Regent Station	1818	1830	1841	1852	1903	1915	1927	1938	1950	2002	2014	2026	2038	2050	2103	2118	2133	2148
London City Airport	1823	1835	1846	1857	1908	1920	1932	1943	1955	2007	2019	2031	2042	2054	2107	2122	2137	2152
North Woolwich Free Ferry	1831	1843	1854	1905	1916	1927	1939	1950	2002	2014	2026	2038	2049	2101	2114	2128	2143	2158
Cyprus Station Cyprus Place	1839	1851	1902	1912	1923	1934	1946	1957	2008	2020	2032	2044	2055	2107	2120	2134	2149	2204
Beckton Bus Station	1843	1855	1906	1916	1927	1938	1949	2000	2011	2023	2035	2047	2058	2110	2123	2137	2152	2207
East Ham Newham Town Hall	1853	1904	1915	1925	1936	1946	1957	2007	2018	2030	2042	2054	2105	2117	2130	2144	2159	2214
East Ham Station	1902	1913	1924	1934	1944	1954	2004	2014	2024	2036	2047	2059	2110	2122	2135	2149	2204	2219
Manor Park Station	1910	1921	1932	1942	1952	2002	2012	2022	2032	2043	2054	2105	2116	2128	2140	2154	2209	2224
Canning Town Hermit Road	2151	2206	2221	2236	2251	2306	2321	2336	2351									
Canning Town Bus Station	2154	2209	2223	2238	2253	2308	2323	2338	2353									
Keir Hardie Estate Tarling Road	2158	2213	2227	2242	2257	2312	2327	2342	2356									
Prince Regent Station	2203	2218	2232	2247	2302	2317	2332	2347	0001									
London City Airport	2207	2222	2236	2251	2306	2321	2336	2351	0005									
North Woolwich Free Ferry	2213	2228	2242	2257	2312	2327	2342	2357	0011									
Cyprus Station Cyprus Place	2219	2234	2248	2303	2318	2333	2347	0002	0016									
Beckton Bus Station	2222	2237	2251	2306	2321	2335	2349	0004	0018									
East Ham Newham Town Hall	2229	2244	2258	2312	2327	2341	2355	0009	0023									
East Ham Station	2234	2248	2302	2316	2331	2345	2359	0013	0027									
Manor Park Station	2239	2253	2307	2321	2335	2349	0003	0017	0031									

474	Saturdays																	
Canning Town Hermit Road	0006	0021	0036	0051	0106	0128	0158	0228	0258	0328	0356	0426	0451	0511	0531	0546	0601	0616
Canning Town Bus Station	0008	0023	0038	0053	0108	0130	0200	0230	0300	0330	0358	0428	0453	0513	0533	0548	0603	0618
Keir Hardie Estate Tarling Road	0011	0026	0041	0056	0111	0133	0203	0233	0303	0333	0401	0431	0456	0516	0536	0551	0606	0621
Prince Regent Station	0016	0031	0046	0101	0116	0138	0208	0238	0308	0338	0407	0437	0502	0522	0542	0557	0612	0627
London City Airport	0020	0035	0050	0105	0120	0142	0212	0242	0312	0342	0411	0441	0506	0526	0546	0601	0616	0631
North Woolwich Free Ferry	0026	0041	0056	0111	0126	0148	0218	0248	0318	0348	0417	0447	0512	0532	0552	0607	0622	0637
Cyprus Station Cyprus Place	0031	0046	0101	0116	0131	0153	0223	0253	0323	0353	0422	0452	0517	0537	0557	0612	0627	0642
Beckton Bus Station	0033	0048	0103	0118	0133	0155	0225	0255	0325	0355	0424	0454	0519	0539	0559	0614	0629	0644
East Ham Newham Town Hall	0038	0053	0108	0123	0138	0200	0230	0300	0330	0400	0429	0459	0525	0545	0606	0621	0636	0651
East Ham Station	0042	0057	0112	0127	0142	0204	0234	0304	0334	0404	0433	0503	0529	0549	0610	0625	0641	0656
Manor Park Station	0046	0101	0116	0131	0146	0208	0238	0308	0338	0408	0437	0507	0533	0553	0614	0629	0645	0700
Canning Town Hermit Road	0631	0646	0701	0716	0731	0746	0758	0810	0822	0834	0846	0858	0909	0920	0932	0943	0954	1005
Canning Town Bus Station	0633	0648	0703	0718	0733	0748	0800	0812	0824	0836	0848	0900	0911	0922	0934	0945	0956	1007
Keir Hardie Estate Tarling Road	0636	0651	0706	0721	0736	0751	0803	0815	0827	0839	0851	0903	0914	0926	0938	0949	1000	1011
Prince Regent Station	0642	0657	0712	0727	0742	0757	0809	0821	0833	0845	0857	0909	0920	0932	0944	0955	1006	1017
London City Airport	0646	0701	0716	0731	0746	0801	0813	0826	0838	0850	0902	0914	0925	0937	0949	1000	1011	1022
North Woolwich Free Ferry	0652	0707	0722	0737	0752	0807	0819	0832	0844	0856	0908	0920	0932	0944	0956	1007	1018	1030
Cyprus Station Cyprus Place	0658	0713	0728	0743	0758	0813	0825	0838	0851	0903	0915	0927	0939	0951	1003	1014	1025	1037
Beckton Bus Station	0700	0715	0731	0746	0801	0816	0828	0841	0854	0906	0918	0930	0942	0954	1006	1018	1029	1041
East Ham Newham Town Hall	0707	0722	0738	0753	0808	0823	0835	0849	0902	0914	0926	0938	0950	1002	1014	1026	1038	1050
East Ham Station	0712	0727	0743	0758	0813	0828	0841	0855	0908	0920	0932	0944	0956	1008	1021	1033	1045	1057
Manor Park Station	0716	0731	0747	0802	0818	0833	0847	0901	0914	0926	0938	0950	1002	1014	1027	1039	1052	1104
Canning Town Hermit Road	1017	1029	1041	1053	1105	1117	1129	1141	1153	1205	1217	Then every 12 minutes until	1353	1405	Then every 12 minutes until	1729		
Canning Town Bus Station	1019	1031	1044	1056	1108	1120	1132	1144	1156	1208	1220		1356	1408		1732		
Keir Hardie Estate Tarling Road	1023	1035	1048	1100	1112	1124	1136	1148	1200	1212	1224		1400	1412		1736		
Prince Regent Station	1029	1041	1054	1106	1118	1130	1142	1154	1206	1218	1230		1406	1418		1742		
London City Airport	1034	1046	1059	1111	1123	1135	1147	1159	1211	1223	1235		1411	1423		1747		
North Woolwich Free Ferry	1042	1054	1107	1119	1131	1143	1155	1207	1219	1231	1243		1419	1431		1755		
Cyprus Station Cyprus Place	1049	1101	1114	1126	1138	1150	1202	1214	1226	1238	1250		1426	1438		1802		
Beckton Bus Station	1053	1105	1118	1130	1142	1154	1206	1218	1230	1242	1254		1430	1442		1806		
East Ham Newham Town Hall	1102	1114	1127	1139	1152	1204	1217	1229	1241	1253	1305		1441	1452		1816		
East Ham Station	1109	1122	1135	1147	1200	1212	1225	1237	1249	1301	1314		1450	1501		1825		
Manor Park Station	1117	1130	1143	1155	1208	1220	1233	1245	1257	1309	1322	1458	1509	1833				
Canning Town Hermit Road	1742	1755	1807	1819	1832	1848	1904	1920	1936	1951	2006	2021	2036	2051	2106	2121	2136	2151
Canning Town Bus Station	1745	1758	1810	1822	1835	1851	1906	1922	1938	1953	2008	2023	2038	2053	2108	2123	2138	2153
Keir Hardie Estate Tarling Road	1749	1802	1814	1826	1839	1855	1910	1925	1941	1956	2011	2026	2041	2056	2111	2126	2141	2156
Prince Regent Station	1755	1808	1820	1832	1845	1901	1916	1931	1947	2002	2017	2032	2047	2102	2117	2132	2147	2202
London City Airport	1800	1813	1825	1837	1850	1906	1921	1936	1952	2007	2022	2037	2052	2107	2122	2136	2151	2206
North Woolwich Free Ferry	1807	1820	1832	1844	1857	1913	1928	1943	1959	2013	2028	2043	2058	2113	2128	2142	2157	2212
Cyprus Station Cyprus Place	1814	1827	1839	1851	1904	1919	1934	1949	2005	2019	2034	2049	2104	2119	2134	2148	2203	2218
Beckton Bus Station	1818	1831	1843	1855	1907	1922	1937	1952	2008	2022	2037	2052	2107	2122	2137	2151	2206	2221
East Ham Newham Town Hall	1828	1840	1852	1904	1916	1930	1945	2000	2016	2030	2045	2059	2114	2129	2144	2158	2212	2227
East Ham Station	1837	1849	1901	1913	1925	1939	1953	2008	2023	2037	2051	2105	2120	2134	2149	2203	2217	2232
Manor Park Station	1845	1857	1909	1921	1933	1946	2000	2015	2030	2044	2058	2112	2126	2140	2155	2209	2223	2238
Canning Town Hermit Road	2206	2221	2236	2251	2306	2321	2336	2351										
Canning Town Bus Station	2208	2223	2238	2253	2308	2323	2338	2353										
Keir Hardie Estate Tarling Road	2211	2226	2241	2256	2311	2326	2341	2356										
Prince Regent Station	2217	2232	2247	2301	2316	2331	2346	0001										
London City Airport	2221	2236	2251	2305	2320	2335	2350	0005										
North Woolwich Free Ferry	2227	2242	2257	2311	2326	2341	2356	0011										
Cyprus Station Cyprus Place	2233	2248	2303	2317	2332	2347	0002	0016										
Beckton Bus Station	2236	2251	2306	2320	2335	2350	0005	0019										
East Ham Newham Town Hall	2242	2257	2312	2326	2341	2356	0010	0024										
East Ham Station	2246	2301	2316	2330	2345	0000	0014	0028										
Manor Park Station	2252	2306	2321	2335	2349	0004	0018	0032										

474	Sundays																	
Canning Town Hermit Road	0006	0021	0036	0051	0106	0128	0158	0228	0258	0328	0356	0426	0456	0521	0541	0601	0621	0641
Canning Town Bus Station	0008	0023	0038	0053	0108	0130	0200	0230	0300	0330	0358	0428	0458	0523	0543	0603	0623	0643
Keir Hardie Estate Tarling Road	0011	0026	0041	0056	0111	0133	0203	0233	0303	0333	0401	0431	0501	0526	0546	0606	0626	0646
Prince Regent Station	0016	0031	0046	0101	0116	0138	0208	0238	0308	0338	0406	0436	0506	0531	0551	0611	0631	0651
London City Airport	0020	0035	0050	0105	0120	0142	0212	0242	0312	0342	0410	0440	0510	0535	0555	0615	0635	0655
North Woolwich Free Ferry	0026	0041	0056	0111	0126	0148	0218	0248	0318	0348	0416	0446	0516	0541	0601	0621	0641	0701
Cyprus Station Cyprus Place	0031	0046	0101	0116	0131	0153	0223	0253	0323	0353	0421	0451	0521	0546	0606	0627	0647	0707
Beckton Bus Station	0034	0048	0103	0118	0133	0155	0225	0255	0325	0355	0423	0453	0523	0548	0608	0629	0649	0709
East Ham Newham Town Hall	0039	0053	0108	0123	0138	0200	0230	0300	0330	0400	0428	0458	0528	0554	0614	0636	0656	0716
East Ham Station	0043	0057	0112	0127	0142	0204	0234	0304	0334	0404	0432	0502	0532	0558	0618	0640	0700	0720
Manor Park Station	0047	0101	0116	0131	0146	0208	0238	0308	0338	0408	0436	0506	0536	0602	0622	0644	0704	0724
Canning Town Hermit Road	0701	0721	0741	0801	0821	0836	0851	0906	0921	0936	0950	1004	1019	1034	1048	1102	1117	1132
Canning Town Bus Station	0703	0723	0743	0803	0823	0838	0853	0908	0923	0938	0952	1006	1021	1036	1050	1104	1119	1134
Keir Hardie Estate Tarling Road	0706	0726	0746	0806	0826	0841	0856	0911	0926	0941	0955	1010	1025	1040	1054	1108	1123	1138
Prince Regent Station	0711	0731	0751	0811	0831	0847	0902	0917	0932	0947	1001	1016	1031	1046	1100	1114	1129	1144
London City Airport	0715	0735	0755	0815	0835	0851	0906	0922	0937	0952	1006	1021	1036	1051	1105	1119	1134	1149
North Woolwich Free Ferry	0721	0741	0801	0821	0841	0857	0913	0929	0944	0959	1013	1028	1043	1058	1112	1126	1141	1156
Cyprus Station Cyprus Place	0727	0747	0807	0827	0847	0903	0919	0935	0950	1005	1020	1035	1050	1105	1119	1133	1148	1203
Beckton Bus Station	0729	0750	0810	0830	0850	0906	0922	0938	0953	1008	1023	1038	1053	1108	1122	1136	1152	1207
East Ham Newham Town Hall	0736	0757	0817	0838	0858	0914	0930	0946	1001	1016	1031	1046	1101	1116	1130	1145	1201	1216
East Ham Station	0740	0801	0821	0843	0903	0919	0935	0951	1007	1022	1037	1052	1107	1122	1137	1152	1208	1224
Manor Park Station	0745	0806	0826	0848	0908	0924	0941	0957	1013	1028	1043	1058	1113	1128	1144	1159	1215	1231
Canning Town Hermit Road	1147	1202	1217	1232	1247	1302	1316	1331	1346	1401	1416	1431	1446	1501	1517	1533	1548	1603
Canning Town Bus Station	1149	1204	1219	1234	1249	1304	1319	1334	1349	1404	1419	1434	1449	1504	1520	1536	1551	1606
Keir Hardie Estate Tarling Road	1153	1208	1223	1238	1253	1308	1323	1338	1353	1408	1423	1438	1453	1508	1524	1540	1555	1610
Prince Regent Station	1159	1214	1229	1244	1259	1314	1329	1344	1359	1414	1429	1444	1459	1514	1530	1546	1601	1616
London City Airport	1204	1219	1234	1249	1304	1319	1334	1349	1404	1419	1434	1449	1504	1519	1535	1551	1606	1621
North Woolwich Free Ferry	1212	1227	1242	1257	1312	1327	1342	1357	1412	1427	1441	1456	1511	1526	1542	1558	1613	1628
Cyprus Station Cyprus Place	1219	1234	1249	1304	1319	1334	1349	1404	1419	1434	1448	1503	1518	1533	1549	1605	1620	1635
Beckton Bus Station	1223	1238	1253	1308	1323	1338	1353	1408	1423	1438	1452	1507	1522	1537	1553	1609	1624	1639
East Ham Newham Town Hall	1232	1247	1302	1317	1333	1348	1403	1418	1433	1448	1502	1517	1532	1547	1603	1618	1633	1648
East Ham Station	1240	1257	1310	1325	1341	1356	1412	1427	1442	1457	1511	1526	1541	1556	1611	1626	1641	1656
Manor Park Station	1247	1304	1317	1332	1348	1403	1419	1434	1449	1504	1518	1533	1548	1603	1618	1633	1648	1703
Canning Town Hermit Road	1618	1633	1648	1703	1719	1735	1751	1807	1822	1837	1851	1905	1919	1934	1949	2004	2019	2034
Canning Town Bus Station	1621	1636	1651	1706	1722	1737	1753	1809	1824	1839	1853	1907	1921	1936	1951	2006	2021	2036
Keir Hardie Estate Tarling Road	1625	1640	1655	1710	1726	1741	1756	1812	1827	1842	1856	1910	1924	1939	1954	2009	2024	2039
Prince Regent Station	1631	1646	1701	1716	1732	1747	1802	1818	1833	1848	1902	1916	1930	1945	2000	2015	2030	2045
London City Airport	1636	1651	1706	1721	1737	1752	1807	1823	1838	1853	1907	1921	1935	1950	2005	2020	2035	2050
North Woolwich Free Ferry	1643	1658	1713	1728	1744	1759	1814	1830	1845	1900	1914	1928	1941	1956	2011	2026	2041	2056
Cyprus Station Cyprus Place	1650	1705	1720	1735	1751	1806	1821	1837	1851	1906	1920	1934	1947	2002	2017	2032	2047	2102
Beckton Bus Station	1654	1709	1724	1739	1755	1810	1825	1840	1854	1909	1923	1937	1950	2005	2020	2035	2050	2105
East Ham Newham Town Hall	1703	1718	1733	1748	1803	1818	1833	1848	1902	1917	1931	1944	1957	2012	2027	2042	2057	2112
East Ham Station	1711	1726	1741	1755	1810	1825	1840	1855	1909	1924	1938	1950	2003	2018	2033	2048	2102	2117
Manor Park Station	1718	1733	1748	1802	1817	1832	1847	1902	1916	1931	1945	1957	2009	2024	2039	2054	2108	2123
Canning Town Hermit Road	2049	2104	2119	2134	2149	2204	2220	2236	2251	2306	2321	2336	2351					
Canning Town Bus Station	2051	2106	2121	2136	2151	2206	2222	2238	2253	2308	2323	2338	2353					
Keir Hardie Estate Tarling Road	2054	2109	2124	2139	2154	2209	2225	2241	2256	2311	2326	2341	2356					
Prince Regent Station	2100	2115	2130	2145	2200	2215	2230	2246	2301	2316	2331	2346	0001					
London City Airport	2104	2119	2134	2149	2204	2219	2234	2250	2305	2320	2335	2350	0005					
North Woolwich Free Ferry	2110	2125	2140	2155	2210	2225	2240	2256	2311	2326	2341	2356	0011					
Cyprus Station Cyprus Place	2116	2131	2146	2201	2216	2231	2246	2302	2316	2331	2346	0001	0016					
Beckton Bus Station	2119	2134	2149	2204	2219	2234	2249	2305	2319	2334	2349	0004	0018					
East Ham Newham Town Hall	2126	2141	2155	2210	2225	2240	2255	2311	2325	2340	2355	0010	0023					
East Ham Station	2131	2146	2200	2215	2230	2245	2300	2315	2329	2344	2359	0014	0027					
Manor Park Station	2137	2152	2205	2220	2235	2250	2305	2320	2334	2349	0004	0018	0031					