

| 496 | | Mondays to Fridays | | | | | | | | | | Saturdays (also Good Friday) | | | | | | | | | |
|--|------|---|------|------|-----------------|------|-----------------|------|------|-----------------|-----------------|---|--------------|-----------------|------|-----------------|--------------|------|-----------------|------|------|
| Harold Wood Station | 0532 | 0552 | 0612 | 0626 | 0640 | 0654 | 0708 | 0722 | 0736 | 0750 | | 0850 | 0905 | 0921 | 0937 | | 1407 | 1421 | | | |
| Harold Hill <i>Dagnam Park Square</i> | 0537 | 0557 | 0617 | 0631 | 0646 | 0700 | 0714 | 0728 | 0742 | 0757 | | 0857 | 0912 | 0928 | 0943 | | 1413 | 1427 | | | |
| Gallows Corner <i>Straight Road</i> | 0546 | 0606 | 0626 | 0641 | 0656 | 0710 | 0724 | 0738 | 0753 | 0808 | <i>Then</i> | 0908 | 0923 | 0939 | 0954 | <i>Then</i> | 1424 | 1438 | | | |
| Gidea Park Station | 0550 | 0610 | 0630 | 0647 | 0703 | 0717 | 0731 | 0746 | 0801 | 0816 | <i>every</i> | 0916 | 0931 | 0945 | 0959 | <i>every</i> | 1429 | 1443 | | | |
| Romford Station | 0558 | 0618 | 0638 | 0657 | 0713 | 0728 | 0743 | 0758 | 0813 | 0828 | 15 | 0928 | 0942 | 0956 | 1010 | 15 | 1440 | 1455 | | | |
| Romford <i>Western Road</i> | 0559 | 0619 | 0639 | 0658 | 0714 | 0729 | 0744 | 0759 | 0814 | 0829 | <i>mins.</i> | 0929 | 0943 | 0957 | 1011 | <i>mins.</i> | 1441 | 1456 | | | |
| Romford Market <i>St. Edward's Way</i> | 0601 | 0621 | 0641 | 0700 | 0716 | 0731 | 0746 | 0801 | 0816 | 0831 | <i>until</i> | 0931 | 0945 | 0959 | 1013 | <i>until</i> | 1443 | 1458 | | | |
| Romford Brewery | 0603 | 0623 | 0643 | 0702 | 0719 | 0734 | 0749 | 0804 | 0819 | 0834 | | 0934 | 0948 | 1002 | 1016 | | 1446 | 1501 | | | |
| Queen's Hospital | 0605 | 0625 | 0645 | 0704 | 0721 | 0736 | 0751 | 0806 | 0821 | 0836 | | 0936 | 0950 | 1004 | 1018 | | 1448 | 1504 | | | |
| Harold Wood Station | 1434 | 1447 | 1500 | 1515 | 1530 | 1546 | | 1701 | 1716 | 1734 | 1746 | 1802 | 1818 | 1835 | 1853 | 1912 | | 2032 | | | |
| Harold Hill <i>Dagnam Park Square</i> | 1440 | 1453 | 1507 | 1522 | 1537 | 1553 | | 1708 | 1723 | 1741 | 1753 | 1809 | 1825 | 1842 | 1859 | 1917 | | 2037 | | | |
| Gallows Corner <i>Straight Road</i> | 1451 | 1504 | 1519 | 1534 | 1549 | 1605 | <i>Then</i> | 1720 | 1735 | 1753 | 1805 | 1820 | 1835 | 1852 | 1909 | 1927 | <i>Then</i> | 2047 | | | |
| Gidea Park Station | 1457 | 1511 | 1526 | 1541 | 1556 | 1612 | <i>every</i> | 1727 | 1742 | 1800 | 1812 | 1826 | 1841 | 1857 | 1914 | 1932 | <i>every</i> | 2052 | | | |
| Romford Station | 1510 | 1525 | 1540 | 1555 | 1609 | 1624 | 15 | 1739 | 1754 | 1809 | 1823 | 1837 | 1851 | 1906 | 1923 | 1941 | 20 | 2101 | | | |
| Romford <i>Western Road</i> | 1511 | 1526 | 1541 | 1556 | 1611 | 1626 | <i>mins.</i> | 1741 | 1756 | 1810 | 1824 | 1838 | 1852 | 1907 | 1924 | 1942 | <i>mins.</i> | 2102 | | | |
| Romford Market <i>St. Edward's Way</i> | 1513 | 1528 | 1543 | 1558 | 1613 | 1628 | <i>until</i> | 1743 | 1758 | 1812 | 1826 | 1840 | 1854 | 1909 | 1926 | 1944 | <i>until</i> | 2104 | | | |
| Romford Brewery | 1516 | 1531 | 1546 | 1601 | 1616 | 1631 | | 1746 | 1801 | 1815 | 1829 | 1843 | 1857 | 1912 | 1928 | 1946 | | 2106 | | | |
| Queen's Hospital | 1519 | 1534 | 1549 | 1604 | 1619 | 1634 | | 1749 | 1803 | 1817 | 1831 | 1845 | 1859 | 1914 | 1930 | 1948 | | 2108 | | | |
| 496 | | Mondays to Fridays (cont.) | | | | | | | | | | Saturdays (also Good Friday) | | | | | | | | | |
| Harold Wood Station | 2051 | 2111 | 2131 | 2151 | | | | 2251 | 2311 | 2331 | 2351 | 0532 | | 0712 | 0731 | 0750 | 0810 | 0830 | 0850 | 0908 | |
| Harold Hill <i>Dagnam Park Square</i> | 2056 | 2116 | 2136 | 2156 | | | | 2256 | 2316 | 2336 | 2356 | 0537 | | 0717 | 0736 | 0755 | 0815 | 0835 | 0855 | 0914 | |
| Gallows Corner <i>Straight Road</i> | 2106 | 2126 | 2146 | 2205 | <i>Then</i> | | | 2305 | 2324 | 2344 | 0004 | 0546 | <i>Then</i> | 0726 | 0745 | 0804 | 0825 | 0845 | 0905 | 0924 | |
| Gidea Park Station | 2111 | 2131 | 2150 | 2209 | <i>every</i> | | | 2309 | 2328 | 2348 | 0008 | 0550 | <i>every</i> | 0730 | 0749 | 0808 | 0829 | 0849 | 0909 | 0929 | |
| Romford Station | 2120 | 2139 | 2158 | 2217 | 20 | | | 2317 | 2336 | 2356 | 0016 | 0558 | 20 | 0738 | 0757 | 0817 | 0838 | 0858 | 0919 | 0939 | |
| Romford <i>Western Road</i> | 2121 | ↓ | ↓ | ↓ | <i>mins.</i> | | | ↓ | ↓ | ↓ | ↓ | 0559 | <i>mins.</i> | 0739 | 0758 | 0818 | 0840 | 0900 | 0921 | 0941 | |
| Romford Market <i>St. Edward's Way</i> | 2123 | 2142 | 2201 | 2220 | <i>until</i> | | | 2320 | 2339 | 2359 | 0019 | 0601 | <i>until</i> | 0741 | 0800 | 0820 | 0842 | 0902 | 0923 | 0943 | |
| Romford Brewery | 2125 | 2144 | 2203 | 2222 | | | | 2322 | 2341 | 0001 | 0021 | 0603 | | 0743 | 0803 | 0823 | 0845 | 0906 | 0927 | 0947 | |
| Queen's Hospital | 2127 | 2146 | 2205 | 2224 | | | | 2324 | 2343 | 0003 | 0023 | 0605 | | 0745 | 0805 | 0825 | 0847 | 0908 | 0929 | 0949 | |
| 496 | | Saturdays (also Good Friday) | | | | | | | | | | Sundays and other Public Holidays (except Christmas Day and Boxing Day) | | | | | | | | | |
| Harold Wood Station | 0923 | 0937 | 0951 | 1005 | | | | 1105 | 1120 | | | 1235 | 1250 | | | 1635 | 1651 | 1707 | 1723 | 1738 | |
| Harold Hill <i>Dagnam Park Square</i> | 0929 | 0943 | 0957 | 1011 | | | | 1111 | 1126 | | | 1241 | 1256 | | | 1641 | 1657 | 1713 | 1729 | 1744 | |
| Gallows Corner <i>Straight Road</i> | 0939 | 0953 | 1007 | 1022 | <i>Then</i> | | | 1122 | 1138 | <i>Then</i> | | 1253 | 1307 | <i>Then</i> | | 1652 | 1708 | 1724 | 1740 | 1755 | |
| Gidea Park Station | 0944 | 0958 | 1013 | 1028 | <i>every 15</i> | | | 1128 | 1144 | <i>every 15</i> | | 1259 | 1313 | <i>every 15</i> | | 1658 | 1714 | 1730 | 1746 | 1801 | |
| Romford Station | 0954 | 1009 | 1024 | 1039 | <i>minutes</i> | | | 1139 | 1155 | <i>minutes</i> | | 1310 | 1324 | 15 | | 1709 | 1724 | 1740 | 1756 | 1810 | |
| Romford <i>Western Road</i> | 0956 | 1011 | 1026 | 1041 | <i>until</i> | | | 1141 | 1157 | <i>until</i> | | 1312 | 1326 | <i>mins.</i> | | 1711 | 1726 | 1742 | 1758 | 1812 | |
| Romford Market <i>St. Edward's Way</i> | 0958 | 1013 | 1028 | 1043 | | | | 1143 | 1159 | | | 1314 | 1328 | <i>until</i> | | 1713 | 1728 | 1744 | 1800 | 1814 | |
| Romford Brewery | 1002 | 1017 | 1032 | 1047 | | | | 1147 | 1203 | | | 1318 | 1332 | | | 1717 | 1732 | 1748 | 1803 | 1817 | |
| Queen's Hospital | 1005 | 1020 | 1035 | 1050 | | | | 1150 | 1206 | | | 1321 | 1335 | | | 1720 | 1735 | 1750 | 1805 | 1819 | |
| Harold Wood Station | 1753 | 1808 | 1823 | 1838 | 1853 | 1911 | | | | | | 2051 | 2111 | 2131 | 2151 | 2211 | 2231 | 2251 | 2311 | 2331 | 2351 |
| Harold Hill <i>Dagnam Park Square</i> | 1759 | 1814 | 1829 | 1844 | 1859 | 1916 | | | | | | 2056 | 2116 | 2136 | 2156 | 2216 | 2236 | 2256 | 2316 | 2336 | 2356 |
| Gallows Corner <i>Straight Road</i> | 1810 | 1824 | 1839 | 1854 | 1909 | 1925 | <i>Then</i> | | | | | 2105 | 2125 | 2145 | 2205 | 2225 | 2245 | 2305 | 2324 | 2344 | 0004 |
| Gidea Park Station | 1815 | 1829 | 1844 | 1858 | 1913 | 1929 | <i>every 20</i> | | | | | 2109 | 2129 | 2149 | 2209 | 2229 | 2249 | 2309 | 2328 | 2348 | 0008 |
| Romford Station | 1824 | 1838 | 1853 | 1907 | 1922 | 1938 | <i>minutes</i> | | | | | 2118 | 2138 | 2157 | 2217 | 2237 | 2257 | 2317 | 2336 | 2356 | 0016 |
| Romford <i>Western Road</i> | 1826 | 1840 | 1854 | 1908 | 1923 | 1939 | <i>until</i> | | | | | 2119 | ↓ | ↓ | ↓ | ↓ | ↓ | ↓ | ↓ | ↓ | ↓ |
| Romford Market <i>St. Edward's Way</i> | 1828 | 1842 | 1856 | 1910 | 1925 | 1941 | | | | | | 2121 | 2141 | 2200 | 2220 | 2240 | 2300 | 2320 | 2339 | 2359 | 0019 |
| Romford Brewery | 1831 | 1845 | 1859 | 1913 | 1928 | 1944 | | | | | | 2124 | 2143 | 2202 | 2222 | 2242 | 2302 | 2322 | 2341 | 0001 | 0021 |
| Queen's Hospital | 1833 | 1847 | 1901 | 1915 | 1930 | 1946 | | | | | | 2126 | 2145 | 2204 | 2224 | 2244 | 2304 | 2324 | 2343 | 0003 | 0023 |
| 496 | | Sundays and other Public Holidays (except Christmas Day and Boxing Day) | | | | | | | | | | Sundays and other Public Holidays (except Christmas Day and Boxing Day) | | | | | | | | | |
| Harold Wood Station | 0731 | | | | | | | 0851 | 0911 | 0931 | 0951 | 1011 | 1031 | 1051 | 1111 | | 1311 | 1331 | | | 1651 |
| Harold Hill <i>Dagnam Park Square</i> | 0736 | | | | | | | 0856 | 0916 | 0937 | 0957 | 1017 | 1037 | 1057 | 1117 | | 1317 | 1337 | | | 1657 |
| Gallows Corner <i>Straight Road</i> | 0745 | <i>Then</i> | | | | | | 0905 | 0925 | 0946 | 1007 | 1027 | 1047 | 1107 | 1127 | <i>Then</i> | 1327 | 1347 | <i>Then</i> | | 1707 |
| Gidea Park Station | 0749 | <i>every 20</i> | | | | | | 0909 | 0929 | 0951 | 1012 | 1032 | 1052 | 1112 | 1132 | <i>every 20</i> | 1332 | 1352 | <i>every 20</i> | | 1712 |
| Romford Station | 0757 | <i>minutes</i> | | | | | | 0917 | 0937 | 0959 | 1020 | 1041 | 1101 | 1121 | 1142 | <i>minutes</i> | 1342 | 1401 | <i>minutes</i> | | 1721 |
| Romford <i>Western Road</i> | 0758 | <i>until</i> | | | | | | 0918 | 0938 | 1000 | 1021 | 1042 | 1102 | 1122 | 1143 | <i>until</i> | 1343 | 1402 | <i>until</i> | | 1722 |
| Romford Market <i>St. Edward's Way</i> | 0800 | | | | | | | 0920 | 0940 | 1002 | 1023 | 1044 | 1104 | 1124 | 1145 | | 1345 | 1404 | | | 1724 |
| Romford Brewery | 0802 | | | | | | | 0922 | 0943 | 1005 | 1027 | 1048 | 1108 | 1128 | 1149 | | 1349 | 1408 | | | 1728 |
| Queen's Hospital | 0804 | | | | | | | 0924 | 0945 | 1007 | 1029 | 1051 | 1111 | 1131 | 1152 | | 1352 | 1411 | | | 1731 |
| Harold Wood Station | 1711 | 1731 | 1751 | 1811 | | | | 2051 | 2111 | 2131 | | | | | | 2351 | | | | | |
| Harold Hill <i>Dagnam Park Square</i> | 1717 | 1737 | 1757 | 1816 | | | | 2056 | 2116 | 2136 | | | | | | 2356 | | | | | |
| Gallows Corner <i>Straight Road</i> | 1727 | 1747 | 1807 | 1825 | <i>Then</i> | | | 2105 | 2125 | 2144 | <i>Then</i> | | | | | 0004 | | | | | |
| Gidea Park Station | 1732 | 1752 | 1811 | 1829 | <i>every 20</i> | | | 2109 | 2129 | 2148 | <i>every 20</i> | | | | | 0008 | | | | | |
| Romford Station | 1741 | 1801 | 1819 | 1837 | <i>minutes</i> | | | 2117 | 2137 | 2156 | <i>minutes</i> | | | | | 0016 | | | | | |
| Romford <i>Western Road</i> | 1742 | 1802 | 1820 | 1838 | <i>until</i> | | | 2118 | ↓ | ↓ | <i>until</i> | | | | | ↓ | | | | | |
| Romford Market <i>St. Edward's Way</i> | 1744 | 1804 | 1822 | 1840 | | | | 2120 | 2140 | 2159 | | | | | | 0019 | | | | | |
| Romford Brewery | 1748 | 1806 | 1824 | 1842 | | | | 2122 | 2142 | 2201 | | | | | | 0021 | | | | | |

| 496 Mondays to Fridays | | | | | | | | | | | | | | | | | | | | |
|--|------|-------|----------|------|------|----------|------|------|----------|----------|----------|------|------|------|------|----------|------|------|------|------|
| Queen's Hospital | 0530 | 0550 | 0610 | 0630 | 0648 | 0703 | 0717 | 0730 | 0743 | | | 0843 | 0859 | 0915 | 0932 | | | 1402 | | |
| Romford Brewery | 0532 | 0552 | 0612 | 0632 | 0650 | 0705 | 0719 | 0732 | 0746 | | | 0846 | 0902 | 0918 | 0935 | | | 1405 | | |
| Romford Market St. Edward's Way | 0534 | 0554 | 0614 | 0634 | 0652 | 0707 | 0721 | 0734 | 0748 | Then | | 0848 | 0904 | 0921 | 0938 | Then | | 1408 | | |
| Romford Station | 0538 | 0558 | 0618 | 0638 | 0656 | 0711 | 0725 | 0739 | 0753 | every 15 | | 0853 | 0909 | 0926 | 0943 | every 15 | | 1413 | | |
| Gidea Park Station | 0544 | 0604 | 0624 | 0646 | 0704 | 0719 | 0733 | 0748 | 0803 | minutes | | 0903 | 0919 | 0935 | 0951 | minutes | | 1421 | | |
| Gallows Corner Straight Road | 0548 | 0608 | 0628 | 0650 | 0708 | 0724 | 0739 | 0754 | 0809 | until | | 0909 | 0925 | 0940 | 0956 | until | | 1426 | | |
| Harold Hill Dagnam Park Square | 0557 | 0617 | 0638 | 0700 | 0720 | 0736 | 0752 | 0807 | 0822 | | | 0922 | 0938 | 0953 | 1008 | | | 1438 | | |
| Harold Wood Station | 0602 | 0622 | 0644 | 0706 | 0727 | 0743 | 0759 | 0814 | 0829 | | | 0929 | 0944 | 0959 | 1014 | | | 1444 | | |
| Queen's Hospital | 1417 | 1432 | 1446 | 1500 | 1514 | 1528 | 1543 | 1558 | | | | 1713 | 1730 | 1743 | 1758 | 1813 | 1828 | 1843 | 1858 | |
| Romford Brewery | 1420 | 1435 | 1449 | 1503 | 1517 | 1531 | 1546 | 1601 | | | | 1716 | 1733 | 1746 | 1801 | 1815 | 1830 | 1845 | 1900 | |
| Romford Market St. Edward's Way | 1423 | 1438 | 1452 | 1506 | 1520 | 1534 | 1549 | 1604 | Then | | | 1719 | 1736 | 1749 | 1803 | 1818 | 1832 | 1847 | 1902 | |
| Romford Station | 1428 | 1443 | 1458 | 1512 | 1526 | 1540 | 1555 | 1609 | every 15 | | | 1724 | 1741 | 1754 | 1808 | 1823 | 1836 | 1851 | 1906 | |
| Gidea Park Station | 1436 | 1451 | 1506 | 1521 | 1536 | 1550 | 1605 | 1620 | minutes | | | 1735 | 1752 | 1804 | 1817 | 1832 | 1844 | 1859 | 1914 | |
| Gallows Corner Straight Road | 1441 | 1456 | 1512 | 1528 | 1543 | 1557 | 1613 | 1628 | until | | | 1743 | 1800 | 1812 | 1824 | 1837 | 1849 | 1904 | 1919 | |
| Harold Hill Dagnam Park Square | 1453 | 1509 | 1525 | 1541 | 1556 | 1610 | 1626 | 1641 | | | | 1756 | 1811 | 1824 | 1836 | 1848 | 1900 | 1915 | 1930 | |
| Harold Wood Station | 1500 | 1516 | 1532 | 1548 | 1603 | 1618 | 1634 | 1649 | | | | 1804 | 1817 | 1830 | 1842 | 1854 | 1906 | 1921 | 1936 | |
| Queen's Hospital | 1915 | 1933 | | | 2113 | 2134 | 2154 | 2214 | 2234 | 2255 | 2315 | 2335 | 2355 | | | | | | | |
| Romford Brewery | 1917 | 1935 | | | 2115 | 2136 | 2156 | 2216 | 2236 | 2257 | 2317 | 2337 | 2357 | | | | | | | |
| Romford Market St. Edward's Way | 1919 | 1937 | Then | | 2117 | 2138 | 2158 | 2218 | 2238 | 2259 | 2319 | 2339 | 2359 | | | | | | | |
| Romford Station | 1923 | 1941 | every 20 | | 2121 | 2142 | 2202 | 2222 | 2242 | 2303 | 2323 | 2343 | 0003 | | | | | | | |
| Gidea Park Station | 1931 | 1948 | minutes | | 2128 | 2148 | 2208 | 2228 | 2248 | 2309 | 2329 | 2349 | 0009 | | | | | | | |
| Gallows Corner Straight Road | 1935 | 1952 | until | | 2132 | 2152 | 2212 | 2232 | 2252 | 2313 | 2333 | 2353 | 0013 | | | | | | | |
| Harold Hill Dagnam Park Square | 1946 | 2001 | | | 2141 | 2201 | 2221 | 2241 | 2301 | 2321 | 2341 | 0001 | 0021 | | | | | | | |
| Harold Wood Station | 1951 | 2006 | | | 2146 | 2206 | 2226 | 2246 | 2306 | 2326 | 2346 | 0006 | 0026 | | | | | | | |
| 496 Saturdays (also Good Friday) | | | | | | | | | | | | | | | | | | | | |
| Queen's Hospital | 0530 | | | 0710 | 0730 | 0750 | 0810 | 0830 | 0847 | 0904 | 0920 | 0935 | 0949 | 1003 | 1017 | | | 1732 | 1747 | 1803 |
| Romford Brewery | 0532 | Then | | 0712 | 0732 | 0752 | 0812 | 0832 | 0849 | 0906 | 0922 | 0937 | 0951 | 1005 | 1020 | Then | | 1735 | 1750 | 1805 |
| Romford Market St. Edward's Way | 0534 | every | | 0714 | 0734 | 0754 | 0814 | 0834 | 0851 | 0908 | 0924 | 0939 | 0953 | 1008 | 1023 | every | | 1738 | 1753 | 1808 |
| Romford Station | 0537 | 20 | | 0717 | 0737 | 0757 | 0817 | 0837 | 0855 | 0912 | 0928 | 0943 | 0957 | 1013 | 1028 | 15 | | 1743 | 1758 | 1813 |
| Gidea Park Station | 0543 | mins. | | 0723 | 0743 | 0803 | 0823 | 0843 | 0902 | 0919 | 0935 | 0950 | 1005 | 1021 | 1036 | mins. | | 1751 | 1806 | 1821 |
| Gallows Corner Straight Road | 0547 | until | | 0727 | 0747 | 0807 | 0827 | 0847 | 0906 | 0924 | 0940 | 0955 | 1011 | 1027 | 1042 | until | | 1757 | 1812 | 1826 |
| Harold Hill Dagnam Park Square | 0555 | | | 0735 | 0756 | 0816 | 0836 | 0856 | 0916 | 0934 | 0950 | 1006 | 1022 | 1038 | 1053 | | | 1808 | 1822 | 1836 |
| Harold Wood Station | 0600 | | | 0740 | 0801 | 0822 | 0842 | 0902 | 0922 | 0940 | 0956 | 1012 | 1028 | 1044 | 1059 | | | 1814 | 1828 | 1842 |
| Queen's Hospital | 1819 | 1835 | 1850 | 1905 | 1920 | 1935 | 1952 | | Then | 2052 | 2113 | 2134 | 2154 | 2214 | 2234 | 2255 | 2315 | 2335 | 2355 | |
| Romford Brewery | 1821 | 1837 | 1852 | 1907 | 1922 | 1937 | 1954 | | every | 2054 | 2115 | 2136 | 2156 | 2216 | 2236 | 2257 | 2317 | 2337 | 2357 | |
| Romford Market St. Edward's Way | 1823 | 1839 | 1854 | 1909 | 1924 | 1939 | 1956 | | 20 | 2056 | 2117 | 2138 | 2158 | 2218 | 2238 | 2259 | 2319 | 2339 | 2359 | |
| Romford Station | 1827 | 1843 | 1858 | 1913 | 1928 | 1943 | 2000 | | mins. | 2100 | 2121 | 2142 | 2202 | 2222 | 2242 | 2303 | 2323 | 2343 | 0003 | |
| Gidea Park Station | 1835 | 1850 | 1905 | 1920 | 1935 | 1950 | 2007 | | until | 2107 | 2128 | 2148 | 2208 | 2228 | 2248 | 2309 | 2329 | 2349 | 0009 | |
| Gallows Corner Straight Road | 1840 | 1855 | 1909 | 1924 | 1939 | 1954 | 2011 | | | 2111 | 2132 | 2152 | 2212 | 2232 | 2252 | 2313 | 2333 | 2353 | 0013 | |
| Harold Hill Dagnam Park Square | 1850 | 1905 | 1919 | 1933 | 1948 | 2003 | 2020 | | | 2120 | 2141 | 2201 | 2221 | 2241 | 2301 | 2321 | 2341 | 0001 | 0021 | |
| Harold Wood Station | 1856 | 1910 | 1924 | 1938 | 1953 | 2008 | 2025 | | | 2125 | 2146 | 2206 | 2226 | 2246 | 2306 | 2326 | 2346 | 0006 | 0026 | |
| 496 Sundays and other Public Holidays (except Christmas Day and Boxing Day) | | | | | | | | | | | | | | | | | | | | |
| Queen's Hospital | 0755 | 0815 | 0835 | 0855 | 0913 | 0931 | 0950 | 1009 | 1027 | 1045 | | | 1625 | 1645 | 1704 | 1722 | 1740 | 1758 | | |
| Romford Brewery | 0757 | 0817 | 0837 | 0857 | 0915 | 0933 | 0952 | 1011 | 1029 | 1048 | | | 1628 | 1648 | 1707 | 1725 | 1743 | 1801 | | |
| Romford Market St. Edward's Way | 0759 | 0819 | 0839 | 0859 | 0917 | 0935 | 0954 | 1013 | 1031 | 1051 | Then | | 1631 | 1651 | 1710 | 1728 | 1746 | 1803 | | |
| Romford Station | 0802 | 0822 | 0842 | 0902 | 0920 | 0938 | 0958 | 1017 | 1035 | 1055 | every 20 | | 1635 | 1655 | 1714 | 1732 | 1750 | 1807 | | |
| Gidea Park Station | 0808 | 0828 | 0848 | 0908 | 0926 | 0945 | 1005 | 1024 | 1043 | 1103 | minutes | | 1643 | 1703 | 1722 | 1740 | 1758 | 1814 | | |
| Gallows Corner Straight Road | 0812 | 0832 | 0852 | 0912 | 0930 | 0949 | 1009 | 1028 | 1048 | 1108 | until | | 1648 | 1708 | 1727 | 1745 | 1803 | 1818 | | |
| Harold Hill Dagnam Park Square | 0820 | 0840 | 0900 | 0920 | 0939 | 0959 | 1019 | 1039 | 1059 | 1119 | | | 1659 | 1718 | 1737 | 1755 | 1813 | 1828 | | |
| Harold Wood Station | 0825 | 0845 | 0905 | 0925 | 0945 | 1005 | 1025 | 1045 | 1105 | 1125 | | | 1705 | 1724 | 1743 | 1801 | 1818 | 1833 | | |
| Queen's Hospital | 1815 | 1833 | 1853 | 1913 | 1934 | | | 2114 | 2135 | 2155 | 2215 | 2235 | 2255 | 2315 | 2335 | 2355 | | | | |
| Romford Brewery | 1817 | 1835 | 1855 | 1915 | 1936 | | | 2116 | 2137 | 2157 | 2217 | 2237 | 2257 | 2317 | 2337 | 2357 | | | | |
| Romford Market St. Edward's Way | 1819 | 1837 | 1857 | 1917 | 1938 | Then | | 2118 | 2139 | 2159 | 2219 | 2239 | 2259 | 2319 | 2339 | 2359 | | | | |
| Romford Station | 1823 | 1841 | 1901 | 1921 | 1942 | every 20 | | 2122 | 2142 | 2202 | 2222 | 2242 | 2302 | 2322 | 2342 | 0002 | | | | |
| Gidea Park Station | 1830 | 1848 | 1908 | 1928 | 1948 | minutes | | 2128 | 2148 | 2208 | 2228 | 2248 | 2308 | 2328 | 2348 | 0008 | | | | |
| Gallows Corner Straight Road | 1834 | 1852 | 1912 | 1932 | 1952 | until | | 2132 | 2152 | 2212 | 2232 | 2252 | 2312 | 2332 | 2352 | 0012 | | | | |
| Harold Hill Dagnam Park Square | 1843 | 1901 | 1921 | 1941 | 2001 | | | 2141 | 2201 | 2221 | 2241 | 2301 | 2320 | 2340 | 0000 | 0020 | | | | |
| Harold Wood Station | 1848 | 1906 | 1926 | 1946 | 2006 | | | 2146 | 2206 | 2226 | 2246 | 2306 | 2325 | 2345 | 0005 | 0025 | | | | |
| 496 Sundays and other Public Holidays (except Christmas Day and Boxing Day) | | | | | | | | | | | | | | | | | | | | |
| A Sunday service operates, commencing with the 0815 journey from Queen's Hospital. | | | | | | | | | | | | | | | | | | | | |