

W19

Ilford – Leytonstone – Walthamstow

W19		Mondays to Fridays																	
Ilford High Road <i>Hainault Street</i>	0550	0620	0640	0650	0659	0707	0717	0727	0736	0745	0752	0759	0808	0817	0826	0835	0844	0854	
Manor Park Station	0559	0631	0651	0701	0711	0721	0731	0741	0750	0759	0808	0817	0826	0835	0844	0853	0902	0912	
Aldersbrook Park Road	0603	0635	0655	0706	0716	0726	0736	0746	0755	0804	0813	0822	0831	0840	0849	0858	0906	0916	
Leytonstone Station Plaza	0611	0643	0703	0716	0726	0736	0746	0756	0805	0815	0824	0833	0842	0851	0900	0909	0916	0926	
Whipps Cross Hospital <i>Outpatients</i>	0618	0650	0711	0724	0734	0744	0754	0804	0814	0824	0833	0842	0851	0900	0909	0918	0925	0935	
Leyton <i>Baker's Arms (High Rd. Leyton</i>	0627	0659	0721	0734	0744	0754	0804	0814	0824	0834	0843	0852	0901	0910	0919	0928	0935	0945	
Walthamstow Central Station	0633	0705	0728	0741	0751	0801	0812	0822	0832	0842	0851	0900	0908	0917	0926	0935	0942	0952	
Walthamstow South Grove	0636	0709	0732	0745	0755	0805	0816	0826	0836	0846	0855	0904	0912	0921	0930	0939	0946	0956	
Argall Avenue Industrial Estate	0641	0713	0736	0749	0759	0810	0821	0831	0841	0851	0900	0909	0917	0926	0935	0944	0951	1001	
Ilford High Road <i>Hainault Street</i>	0904	0914	0924	0934	0944	0954	1004	1014	1024	1034	1044	1054	1104	1114	1124	1134	1144	1154	
Manor Park Station	0919	0929	0939	0949	0959	1009	1019	1029	1039	1049	1059	1109	1119	1129	1139	1149	1159	1209	
Aldersbrook Park Road	0923	0933	0943	0953	1003	1014	1024	1034	1044	1054	1104	1113	1123	1133	1143	1153	1203	1213	
Leytonstone Station Plaza	0933	0943	0953	1003	1013	1024	1034	1044	1054	1104	1114	1123	1133	1143	1153	1203	1213	1223	
Whipps Cross Hospital <i>Outpatients</i>	0942	0952	1002	1011	1021	1032	1042	1052	1102	1112	1122	1131	1141	1151	1201	1211	1221	1231	
Leyton <i>Baker's Arms (High Rd. Leyton</i>	0952	1002	1012	1021	1031	1042	1052	1102	1112	1122	1132	1141	1151	1201	1210	1220	1230	1240	
Walthamstow Central Station	0959	1009	1019	1028	1038	1049	1059	1109	1119	1129	1139	1148	1158	1208	1217	1227	1237	1247	
Walthamstow South Grove	1003	1016	1026	1035	1045	1056	1106	1115	1125	1135	1145	1154	1204	1215	1224	1234	1244	1254	
Argall Avenue Industrial Estate	1008	1021	1031	1040	1050	1101	1111	1120	1130	1140	1150	1159	1209	1220	1229	1239	1249	1259	
Ilford High Road <i>Hainault Street</i>	1204	1214	1224	Then every 10 minutes until	1354	1404	1414	1424	1434	1443	1453	1503	1513	1523	Then every 10 minutes until	1613			
Manor Park Station	1219	1229	1239		1409	1420	1430	1440	1450	1459	1509	1520	1530	1540		1630			
Aldersbrook Park Road	1223	1233	1243		1413	1424	1434	1444	1454	1503	1514	1525	1535	1545		1635			
Leytonstone Station Plaza	1233	1243	1253		1423	1434	1444	1454	1504	1515	1526	1537	1547	1557		1647			
Whipps Cross Hospital <i>Outpatients</i>	1241	1251	1301		1431	1442	1452	1502	1513	1524	1535	1546	1556	1606		1656			
Leyton <i>Baker's Arms (High Rd. Leyton</i>	1250	1300	1311		1441	1452	1502	1512	1523	1534	1545	1556	1606	1617		1707			
Walthamstow Central Station	1257	1308	1319		1449	1500	1512	1522	1533	1544	1555	1606	1616	1627		1717			
Walthamstow South Grove	1304	1316	1327		1457	1507	1519	1529	1540	1551	1602	1612	1622	1633		1723			
Argall Avenue Industrial Estate	1309	1321	1332		1502	1513	1525	1535	1546	1557	1607	1617	1627	1638		1728			
Ilford High Road <i>Hainault Street</i>	1623	1633	1643	1653	1703	1713	1723	1733	1743	1753	1803	1813	1823	1833	1843	1853	1903	1918	
Manor Park Station	1640	1650	1700	1710	1720	1730	1740	1750	1800	1810	1819	1829	1839	1849	1859	1909	1917	1932	
Aldersbrook Park Road	1645	1655	1705	1715	1725	1735	1745	1755	1804	1814	1823	1833	1843	1853	1903	1913	1921	1936	
Leytonstone Station Plaza	1657	1707	1717	1727	1737	1747	1757	1807	1815	1825	1834	1844	1854	1904	1912	1922	1930	1945	
Whipps Cross Hospital <i>Outpatients</i>	1706	1715	1725	1735	1745	1755	1805	1815	1823	1833	1842	1852	1902	1912	1920	1930	1938	1953	
Leyton <i>Baker's Arms (High Rd. Leyton</i>	1716	1725	1735	1745	1755	1805	1815	1825	1833	1843	1852	1902	1911	1921	1929	1939	1947	2002	
Walthamstow Central Station	1726	1735	1745	1755	1805	1814	1824	1834	1842	1852	1901	1909	1918	1928	1936	1946	1954	2008	
Walthamstow South Grove	1732	1741	1751	1801	1810	1819	1829	1839	1847	1857	1905	1913	1922	1932	1940	1950	1958	2013	
Argall Avenue Industrial Estate	1737	1746	1756	1806	1815	1824	1834	1844	1852	1902	1910	1918	1927	1937	1945	1955	2003	2018	
Ilford High Road <i>Hainault Street</i>	1933	1948	2008	2028	2048	2108	2128	2148	2208	2228	2248	2307	2326	2345					
Manor Park Station	1947	2002	2021	2041	2101	2119	2139	2159	2218	2238	2258	2316	2335	2354					
Aldersbrook Park Road	1951	2006	2025	2045	2105	2123	2143	2203	2222	2242	2302	2319	2338	2357					
Leytonstone Station Plaza	2000	2014	2033	2053	2112	2130	2150	2210	2229	2249	2308	2325	2344	0003					
Whipps Cross Hospital <i>Outpatients</i>	2006	2020	2039	2059	2119	2137	2157	2216	2235	2255	2313	2330	2349	0008					
Leyton <i>Baker's Arms (High Rd. Leyton</i>	2014	2028	2047	2107	2126	2144	2204	2223	2242	2302	2320	2337	2356	0015					
Walthamstow Central Station	2020	2034	2053	2112	2131	2149	2209	2228	2247	2306	2324	2341	0000	0019					
Walthamstow South Grove	2025	2039	2058	2119	2138	2156	2216	2235	2254	2310	2328	2345	0004	0023					
Argall Avenue Industrial Estate	2030	2044	2103	2123	2142	2200	2220	2239	2258	2314	2332	2349	0008	0027					
W19		Saturdays (also Good Friday)																	
Ilford High Road <i>Hainault Street</i>	0555	0625	0655	0725	0745	0757	0809	0821	0833	0845	0857	0907	0919	0930	0941	0952	1002	1014	
Manor Park Station	0604	0634	0704	0734	0754	0806	0820	0832	0844	0856	0908	0920	0932	0943	0954	1005	1017	1029	
Aldersbrook Park Road	0607	0637	0708	0738	0758	0810	0824	0836	0848	0900	0912	0924	0936	0947	0958	1009	1021	1033	
Leytonstone Station Plaza	0614	0644	0715	0745	0805	0818	0832	0844	0856	0909	0921	0933	0945	0956	1007	1019	1031	1043	
Whipps Cross Hospital <i>Outpatients</i>	0620	0650	0721	0751	0812	0825	0839	0851	0903	0916	0928	0940	0952	1003	1015	1027	1039	1051	
Leyton <i>Baker's Arms (High Rd. Leyton</i>	0627	0657	0729	0759	0820	0833	0847	0859	0911	0924	0936	0948	1000	1012	1024	1036	1048	1100	
Walthamstow Central Station	0632	0702	0734	0804	0825	0838	0852	0904	0917	0930	0942	0954	1007	1019	1031	1043	1055	1107	
Walthamstow South Grove	0635	0705	0737	0807	0828	0841	0855	0908	0921	0934	0946	0958	1011	1023	1035	1047	1059	1113	
Argall Avenue Industrial Estate	0638	0709	0741	0811	0832	0845	0859	0912	0925	0938	0950	1002	1015	1027	1039	1051	1103	1117	
Ilford High Road <i>Hainault Street</i>	1026	1038	1050	1102	1114	1126	1138	1150	1202	1214	1226	1238	1250	1302	1314	1326	1338	1350	
Manor Park Station	1041	1053	1105	1120	1132	1144	1156	1208	1222	1234	1246	1258	1310	1324	1336	1348	1400	1412	
Aldersbrook Park Road	1045	1057	1109	1124	1136	1148	1200	1213	1227	1239	1251	1303	1314	1328	1340	1352	1404	1416	
Leytonstone Station Plaza	1055	1107	1120	1135	1147	1159	1212	1225	1239	1251	1303	1315	1326	1340	1352	1404	1416	1428	
Whipps Cross Hospital <i>Outpatients</i>	1103	1115	1128	1143	1155	1207	1220	1233	1247	1259	1311	1323	1334	1348	1400	1412	1424	1436	
Leyton <i>Baker's Arms (High Rd. Leyton</i>	1112	1124	1137	1152	1204	1217	1230	1243	1257	1309	1321	1333	1344	1358	1410	1422	1434	1446	
Walthamstow Central Station	1119	1131	1144	1159	1211	1224	1237	1250	1304	1317	1329	1341	1352	1406	1418	1430	1442	1454	
Walthamstow South Grove	1125	1137	1150	1205	1217	1230	1243	1256	1314	1327	1339	1351	1402	1411	1423	1435	1447	1459	
Argall Avenue Industrial Estate	1129	1141	1154	1210	1222	1235	1248	1301	1318	1331	1343	1355	1406	1415	1427	1439	1451	1503	

W19	Saturdays (also Good Friday) (cont.)																	
Ilford High Road <i>Hainault Street</i>	1402	1414	1426	1438	1450	1502	1514	1526	1538	1550	1602	1614	1626	1638	1650	1702	1714	1726
Manor Park Station	1424	1436	1448	1500	1512	1521	1533	1545	1557	1609	1621	1633	1645	1657	1709	1720	1732	1744
Aldersbrook <i>Park Road</i>	1428	1440	1452	1505	1517	1526	1538	1550	1602	1614	1626	1638	1650	1702	1714	1725	1737	1749
Leytonstone Station <i>Plaza</i>	1440	1452	1504	1517	1529	1538	1550	1602	1614	1626	1638	1650	1702	1713	1725	1736	1748	1800
Whipps Cross Hospital <i>Outpatients</i>	1448	1500	1512	1525	1537	1546	1558	1610	1622	1634	1646	1658	1710	1721	1733	1744	1756	1807
Leyton <i>Baker's Arms (High Rd. Leyton</i>	1458	1510	1522	1535	1547	1556	1608	1620	1632	1644	1656	1708	1719	1730	1742	1753	1805	1816
Walthamstow Central Station	1506	1518	1530	1543	1555	1604	1616	1628	1640	1652	1704	1716	1727	1738	1750	1801	1813	1824
Walthamstow <i>South Grove</i>	1513	1525	1537	1550	1602	1611	1623	1635	1647	1659	1709	1721	1732	1743	1755	1806	1818	1829
Argall Avenue Industrial Estate	1517	1529	1541	1554	1606	1615	1627	1639	1651	1703	1714	1726	1737	1748	1800	1810	1822	1833
Ilford High Road <i>Hainault Street</i>	1738	1750	1802	1814	1826	1838	1850	1902	1917	1932	1947	2006	2026	2046	2106	2126	2146	2206
Manor Park Station	1756	1808	1820	1832	1844	1856	1908	1919	1934	1949	2004	2019	2039	2059	2118	2138	2158	2218
Aldersbrook <i>Park Road</i>	1801	1812	1824	1836	1848	1900	1912	1923	1938	1953	2008	2023	2043	2103	2121	2141	2201	2222
Leytonstone Station <i>Plaza</i>	1811	1822	1834	1846	1858	1910	1922	1933	1948	2003	2016	2031	2051	2111	2129	2149	2208	2229
Whipps Cross Hospital <i>Outpatients</i>	1818	1829	1841	1853	1905	1917	1929	1940	1955	2010	2023	2038	2058	2118	2136	2156	2214	2235
Leyton <i>Baker's Arms (High Rd. Leyton</i>	1827	1838	1850	1902	1914	1926	1938	1949	2004	2018	2031	2046	2106	2125	2143	2203	2221	2242
Walthamstow Central Station	1835	1846	1858	1909	1921	1933	1945	1956	2010	2024	2037	2052	2112	2131	2149	2208	2226	2247
Walthamstow <i>South Grove</i>	1840	1851	1903	1913	1925	1937	1949	2000	2016	2030	2043	2058	2121	2140	2158	2211	2229	2250
Argall Avenue Industrial Estate	1844	1855	1907	1917	1929	1941	1953	2004	2020	2034	2047	2102	2125	2144	2202	2215	2233	2254
Ilford High Road <i>Hainault Street</i>	2226	2246	2306	2326	2345													
Manor Park Station	2238	2258	2317	2337	2356													
Aldersbrook <i>Park Road</i>	2242	2302	2320	2340	2359													
Leytonstone Station <i>Plaza</i>	2249	2309	2327	2347	0006													
Whipps Cross Hospital <i>Outpatients</i>	2255	2315	2333	2353	0012													
Leyton <i>Baker's Arms (High Rd. Leyton</i>	2302	2322	2340	0000	0019													
Walthamstow Central Station	2307	2327	2345	0005	0024													
Walthamstow <i>South Grove</i>	2310	2330	2348	0008	0027													
Argall Avenue Industrial Estate	2314	2334	2352	0012	0031													
W19	Sundays and other Public Holidays (except Christmas Day)																	
Ilford High Road <i>Hainault Street</i>	0705	0735	0805	0835	0905	0925	0944	1002	1022	1040	1100	1120	1140	1200	1220	1240	1300	1320
Manor Park Station	0714	0744	0814	0844	0916	0936	0955	1015	1035	1053	1115	1135	1155	1218	1238	1258	1320	1340
Aldersbrook <i>Park Road</i>	0717	0747	0818	0848	0920	0940	0959	1019	1039	1057	1120	1140	1200	1223	1243	1303	1325	1345
Leytonstone Station <i>Plaza</i>	0724	0754	0825	0855	0928	0948	1008	1028	1048	1106	1129	1149	1211	1234	1254	1314	1336	1356
Whipps Cross Hospital <i>Outpatients</i>	0730	0800	0831	0901	0935	0955	1015	1035	1055	1114	1137	1157	1219	1242	1302	1322	1344	1404
Leyton <i>Baker's Arms (High Rd. Leyton</i>	0737	0807	0838	0909	0943	1003	1023	1043	1103	1123	1146	1206	1228	1251	1311	1331	1353	1413
Walthamstow Central Station	0741	0812	0843	0914	0948	1009	1029	1049	1110	1130	1153	1213	1235	1258	1318	1338	1400	1420
Walthamstow <i>South Grove</i>	0744	0815	0846	0917	0951	1013	1033	1053	1114	1134	1157	1219	1241	1304	1324	1344	1404	1424
Argall Avenue Industrial Estate	0747	0818	0849	0921	0955	1017	1037	1057	1118	1138	1201	1223	1245	1308	1328	1348	1408	1428
Ilford High Road <i>Hainault Street</i>	1340	1400	1420	1440	1500	1520	1540	1600	1620	1640	1700	1720	1740	1800	1820	1840	1900	1920
Manor Park Station	1400	1419	1439	1459	1517	1537	1557	1617	1637	1657	1717	1737	1757	1815	1835	1855	1914	1934
Aldersbrook <i>Park Road</i>	1405	1424	1444	1504	1522	1542	1602	1622	1642	1702	1722	1742	1802	1819	1839	1859	1918	1938
Leytonstone Station <i>Plaza</i>	1417	1436	1456	1515	1533	1553	1612	1632	1652	1712	1732	1752	1811	1828	1848	1908	1926	1946
Whipps Cross Hospital <i>Outpatients</i>	1424	1443	1503	1523	1541	1601	1619	1639	1659	1719	1739	1759	1818	1835	1855	1915	1933	1953
Leyton <i>Baker's Arms (High Rd. Leyton</i>	1433	1452	1512	1532	1550	1610	1628	1648	1708	1728	1748	1808	1826	1843	1903	1923	1941	2001
Walthamstow Central Station	1440	1459	1519	1539	1557	1617	1635	1655	1715	1735	1755	1815	1833	1850	1909	1929	1947	2006
Walthamstow <i>South Grove</i>	1444	1503	1528	1548	1606	1627	1645	1705	1722	1742	1802	1819	1837	1854	1912	1932	1950	2010
Argall Avenue Industrial Estate	1448	1508	1533	1553	1611	1632	1650	1710	1727	1747	1807	1824	1842	1859	1917	1937	1955	2015
Ilford High Road <i>Hainault Street</i>	1940	2000	2020	2040	2100	2120	2140	2200	2220	2240	2300	2320	2340					
Manor Park Station	1954	2012	2032	2052	2112	2132	2152	2210	2230	2250	2309	2329	2349					
Aldersbrook <i>Park Road</i>	1958	2016	2036	2056	2116	2136	2156	2213	2233	2253	2312	2332	2352					
Leytonstone Station <i>Plaza</i>	2006	2024	2044	2104	2123	2143	2203	2220	2240	2300	2318	2338	2358					
Whipps Cross Hospital <i>Outpatients</i>	2012	2030	2050	2110	2129	2149	2208	2225	2245	2305	2323	2343	0003					
Leyton <i>Baker's Arms (High Rd. Leyton</i>	2020	2038	2058	2117	2136	2156	2215	2232	2252	2311	2329	2349	0009					
Walthamstow Central Station	2025	2043	2103	2122	2141	2201	2220	2237	2257	2315	2333	2353	0013					
Walthamstow <i>South Grove</i>	2029	2047	2109	2128	2147	2204	2223	2240	2300	2318	2336	2356	0016					
Argall Avenue Industrial Estate	2034	2052	2113	2132	2151	2208	2227	2244	2304	2322	2340	0000	0020					

W19

Walthamstow – Leytonstone – Ilford

W19		Mondays to Fridays																
Argall Avenue Industrial Estate	0555	0625	0655	0715	0733	0750	0758	0807	0818	0828	0838	0848	0858	0908	0918	0928	0938	0948
Walthamstow South Grove	0600	0630	0700	0720	0738	0755	0803	0813	0824	0834	0844	0854	0904	0913	0923	0933	0943	0953
Walthamstow Central Station	0603	0633	0704	0724	0742	0759	0807	0817	0828	0838	0848	0858	0908	0917	0927	0937	0947	0957
Leyton Baker's Arms (Lea Bridge Road)	0609	0639	0711	0731	0749	0806	0816	0826	0837	0847	0857	0907	0916	0925	0935	0945	0955	1005
Whipps Cross Hospital Outpatients	0615	0645	0719	0739	0757	0816	0826	0836	0847	0857	0907	0916	0925	0934	0944	0954	1004	1014
Leytonstone Station Plaza	0623	0653	0728	0748	0806	0826	0836	0846	0857	0907	0917	0926	0935	0944	0954	1004	1014	1024
Aldersbrook Park Road	0630	0700	0737	0757	0816	0836	0846	0856	0907	0916	0926	0935	0944	0953	1003	1014	1024	1034
Manor Park Station	0634	0704	0741	0801	0821	0841	0851	0901	0911	0920	0930	0939	0948	0957	1007	1018	1028	1038
Ilford High Road Hainault Street	0643	0715	0752	0814	0834	0854	0904	0913	0923	0932	0942	0951	1000	1009	1019	1030	1040	1050
Argall Avenue Industrial Estate	0958			1058	1108	1118	1128	1138	1148	1158			1248	1258	1308	1318	1328	1338
Walthamstow South Grove	1003			1103	1113	1123	1133	1143	1153	1203			1253	1303	1314	1324	1334	1344
Walthamstow Central Station	1009			1109	1119	1129	1139	1149	1158	1209			1259	1308	1319	1329	1339	1349
Leyton Baker's Arms (Lea Bridge Road)	1017			1117	1127	1137	1147	1157	1207	1218			1308	1317	1328	1338	1348	1358
Whipps Cross Hospital Outpatients	1026			1126	1136	1146	1156	1206	1217	1228			1318	1327	1338	1348	1358	1408
Leytonstone Station Plaza	1036			1136	1146	1156	1206	1216	1227	1238			1328	1337	1348	1358	1408	1418
Aldersbrook Park Road	1046			1146	1156	1206	1216	1226	1237	1248			1338	1347	1358	1408	1419	1429
Manor Park Station	1050			1150	1200	1210	1220	1230	1241	1252			1342	1351	1402	1412	1423	1433
Ilford High Road Hainault Street	1102			1202	1213	1223	1233	1243	1254	1305			1355	1404	1418	1428	1439	1449
Argall Avenue Industrial Estate	1348	1358	1409	1419	1429	1439	1447	1453	1502	1511	1520	1530	1540	1550	1600	1610	1620	1630
Walthamstow South Grove	1354	1404	1414	1424	1434	1444	1452	1458	1508	1517	1526	1536	1546	1556	1606	1616	1626	1636
Walthamstow Central Station	1359	1410	1420	1430	1440	1450	1458	1507	1517	1526	1535	1545	1555	1605	1614	1624	1634	1644
Leyton Baker's Arms (Lea Bridge Road)	1408	1419	1429	1439	1449	1459	1507	1517	1527	1536	1545	1555	1605	1615	1624	1634	1644	1654
Whipps Cross Hospital Outpatients	1419	1430	1440	1450	1500	1510	1520	1530	1540	1549	1558	1608	1618	1628	1637	1647	1657	1707
Leytonstone Station Plaza	1429	1440	1450	1500	1510	1520	1530	1540	1550	1559	1608	1618	1628	1638	1647	1657	1707	1717
Aldersbrook Park Road	1440	1451	1501	1511	1521	1531	1541	1551	1601	1610	1621	1631	1641	1651	1700	1710	1720	1730
Manor Park Station	1444	1455	1505	1515	1525	1535	1545	1555	1605	1615	1625	1635	1645	1655	1704	1714	1724	1734
Ilford High Road Hainault Street	1500	1511	1523	1533	1543	1553	1603	1613	1623	1633	1643	1653	1703	1713	1723	1733	1743	1753
Argall Avenue Industrial Estate	1640	1650	1700	1710	1720	1730	1740	1750	1800	1810	1820	1830	1840	1850	1900	1910	1920	1930
Walthamstow South Grove	1646	1656	1706	1716	1726	1736	1746	1756	1805	1815	1825	1835	1845	1855	1905	1915	1925	1935
Walthamstow Central Station	1654	1704	1713	1723	1733	1743	1753	1803	1809	1819	1829	1839	1849	1859	1909	1919	1929	1939
Leyton Baker's Arms (Lea Bridge Road)	1704	1714	1723	1733	1743	1753	1803	1812	1818	1828	1838	1848	1858	1908	1918	1928	1938	1948
Whipps Cross Hospital Outpatients	1718	1728	1737	1747	1757	1807	1814	1823	1829	1839	1849	1859	1909	1917	1927	1937	1947	1957
Leytonstone Station Plaza	1728	1738	1747	1757	1807	1816	1823	1832	1838	1848	1858	1908	1917	1925	1935	1945	1955	2005
Aldersbrook Park Road	1741	1751	1800	1810	1818	1827	1834	1843	1849	1859	1909	1917	1926	1934	1944	1954	2004	2013
Manor Park Station	1745	1755	1804	1814	1822	1831	1838	1847	1853	1903	1913	1921	1930	1938	1948	1958	2008	2017
Ilford High Road Hainault Street	1804	1814	1822	1832	1840	1849	1856	1905	1911	1917	1927	1935	1944	1952	2002	2012	2020	2029
Argall Avenue Industrial Estate	1940	1950	2005	2020	2040	2100	2120	2140	2200	2220	2240	2300	2320	2340				
Walthamstow South Grove	1945	1955	2010	2025	2045	2105	2125	2145	2204	2224	2244	2304	2324	2344				
Walthamstow Central Station	1949	1959	2014	2029	2049	2110	2130	2150	2206	2226	2246	2306	2326	2346				
Leyton Baker's Arms (Lea Bridge Road)	1958	2008	2022	2037	2057	2117	2137	2157	2213	2233	2253	2312	2332	2352				
Whipps Cross Hospital Outpatients	2007	2015	2029	2044	2104	2123	2143	2203	2219	2239	2259	2317	2337	2357				
Leytonstone Station Plaza	2016	2024	2038	2053	2112	2131	2151	2210	2226	2246	2306	2323	2343	0003				
Aldersbrook Park Road	2024	2032	2046	2101	2120	2139	2159	2218	2234	2254	2313	2330	2350	0010				
Manor Park Station	2028	2036	2050	2105	2124	2143	2203	2221	2237	2257	2316	2333	2353	0013				
Ilford High Road Hainault Street	2040	2048	2102	2116	2135	2154	2212	2230	2246	2306	2324	2341	0001	0021				
W19		Saturdays (also Good Friday)																
Argall Avenue Industrial Estate	0555	0625	0655	0715	0735	0755	0807	0819	0831	0843	0855	0907	0919	0930	0942	0954	1006	1018
Walthamstow South Grove	0600	0630	0700	0719	0739	0759	0812	0824	0836	0848	0900	0912	0924	0935	0947	0959	1011	1023
Walthamstow Central Station	0602	0632	0702	0721	0741	0804	0818	0830	0842	0854	0905	0917	0929	0940	0952	1003	1015	1027
Leyton Baker's Arms (Lea Bridge Road)	0607	0637	0708	0727	0747	0810	0824	0836	0848	0900	0912	0924	0936	0947	0959	1011	1023	1035
Whipps Cross Hospital Outpatients	0612	0642	0714	0733	0753	0817	0831	0843	0855	0908	0920	0932	0944	0955	1008	1020	1032	1044
Leytonstone Station Plaza	0619	0649	0722	0741	0801	0825	0839	0851	0903	0917	0929	0941	0953	1004	1016	1028	1040	1052
Aldersbrook Park Road	0626	0656	0729	0748	0809	0833	0847	0859	0912	0926	0938	0950	1002	1014	1026	1038	1050	1102
Manor Park Station	0629	0659	0732	0751	0813	0837	0851	0903	0916	0930	0942	0954	1006	1018	1030	1042	1054	1106
Ilford High Road Hainault Street	0636	0706	0740	0759	0823	0847	0901	0914	0927	0941	0953	1005	1018	1030	1042	1054	1106	1119
Argall Avenue Industrial Estate	1030	1042	1054	1106	1118	1130	1142	1154	1206	1218	1230	1242	1254	1306	1318	1330	1342	1354
Walthamstow South Grove	1035	1047	1059	1111	1123	1135	1147	1159	1212	1224	1236	1248	1300	1312	1324	1336	1348	1400
Walthamstow Central Station	1039	1051	1105	1118	1130	1142	1154	1208	1221	1233	1245	1257	1310	1322	1334	1346	1358	1408
Leyton Baker's Arms (Lea Bridge Road)	1047	1059	1114	1127	1139	1151	1203	1217	1230	1242	1254	1306	1320	1332	1344	1356	1408	1418
Whipps Cross Hospital Outpatients	1056	1108	1124	1137	1149	1201	1214	1228	1241	1253	1305	1318	1332	1344	1356	1408	1420	1430
Leytonstone Station Plaza	1104	1117	1133	1146	1158	1211	1224	1238	1251	1303	1314	1327	1341	1353	1405	1418	1430	1440
Aldersbrook Park Road	1115	1128	1144	1157	1209	1223	1236	1250	1303	1315	1326	1339	1353	1405	1418	1431	1443	1453
Manor Park Station	1119	1132	1148	1201	1213	1227	1240	1254	1307	1319	1330	1343	1357	1409	1422	1435	1447	1457
Ilford High Road Hainault Street	1132	1145	1201	1216	1228	1242	1255	1309	1322	1334	1345	1358	1412	1425	1438	1451		

W19	Saturdays (also Good Friday) (cont.)																	
Argall Avenue Industrial Estate	1406	1418	1430	1442	1454	1506	1518	1530	1542	1554	1606	1618	1630	1642	1654	1706	1718	1730
Walthamstow South Grove	1411	1423	1435	1447	1459	1511	1523	1535	1547	1559	1611	1623	1635	1647	1659	1711	1723	1735
Walthamstow Central Station	1419	1431	1443	1455	1509	1521	1533	1545	1557	1608	1620	1632	1644	1656	1707	1719	1731	1743
Leyton Baker's Arms (Lea Bridge Road)	1429	1441	1453	1505	1518	1530	1542	1554	1606	1617	1629	1641	1653	1705	1716	1728	1740	1752
Whipps Cross Hospital Outpatients	1441	1453	1505	1516	1529	1541	1553	1605	1617	1628	1640	1652	1704	1715	1726	1738	1750	1802
Leytonstone Station Plaza	1451	1503	1514	1525	1538	1550	1602	1614	1626	1637	1649	1701	1713	1724	1735	1747	1759	1811
Aldersbrook Park Road	1504	1515	1526	1537	1550	1602	1614	1626	1638	1649	1701	1712	1724	1735	1746	1758	1810	1822
Manor Park Station	1508	1519	1530	1541	1554	1606	1618	1630	1642	1653	1705	1716	1728	1739	1750	1802	1814	1826
Ilford High Road Hainault Street	1523	1534	1545	1556	1609	1621	1633	1645	1657	1708	1720	1731	1743	1754	1805	1817	1829	1841
Argall Avenue Industrial Estate	1742	1754	1806	1818	1830	1842	1854	1906	1921	1936	1951	2006	2021	2041	2101	2121	2141	2201
Walthamstow South Grove	1747	1759	1811	1823	1835	1847	1859	1911	1926	1941	1956	2011	2026	2046	2106	2126	2146	2205
Walthamstow Central Station	1755	1805	1816	1828	1840	1852	1903	1915	1930	1945	2000	2016	2031	2051	2110	2130	2150	2207
Leyton Baker's Arms (Lea Bridge Road)	1804	1814	1825	1837	1849	1901	1912	1924	1939	1954	2009	2025	2040	2100	2117	2137	2157	2214
Whipps Cross Hospital Outpatients	1814	1824	1835	1847	1859	1910	1921	1933	1948	2003	2016	2032	2047	2106	2123	2143	2203	2220
Leytonstone Station Plaza	1823	1833	1844	1856	1908	1919	1930	1942	1957	2012	2025	2041	2056	2113	2130	2150	2210	2227
Aldersbrook Park Road	1834	1844	1855	1907	1918	1929	1940	1952	2007	2021	2034	2050	2105	2121	2138	2158	2218	2235
Manor Park Station	1838	1848	1859	1911	1922	1933	1944	1956	2011	2025	2038	2054	2109	2125	2142	2202	2221	2238
Ilford High Road Hainault Street	1853	1903	1914	1925	1936	1947	1958	2010	2024	2038	2051	2107	2121	2137	2154	2212	2231	2248
Argall Avenue Industrial Estate	2221	2241	2301	2321	2341													
Walthamstow South Grove	2225	2245	2305	2325	2345													
Walthamstow Central Station	2227	2247	2307	2327	2347													
Leyton Baker's Arms (Lea Bridge Road)	2234	2254	2313	2333	2353													
Whipps Cross Hospital Outpatients	2240	2300	2318	2338	2358													
Leytonstone Station Plaza	2247	2306	2324	2344	0004													
Aldersbrook Park Road	2255	2314	2332	2352	0012													
Manor Park Station	2258	2317	2335	2355	0015													
Ilford High Road Hainault Street	2308	2326	2344	0004	0024													
W19	Sundays and other Public Holidays (except Christmas Day)																	
Argall Avenue Industrial Estate	0730	0800	0830	0900	0930	0950	1010	1029	1047	1107	1127	1147	1207	1227	1247	1307	1327	1347
Walthamstow South Grove	0734	0804	0834	0905	0935	0955	1015	1034	1052	1112	1132	1152	1212	1232	1252	1312	1332	1352
Walthamstow Central Station	0736	0809	0839	0910	0940	1000	1020	1039	1057	1117	1137	1157	1217	1237	1257	1319	1339	1359
Leyton Baker's Arms (Lea Bridge Road)	0742	0815	0845	0917	0947	1007	1027	1046	1104	1124	1144	1204	1226	1246	1306	1328	1348	1408
Whipps Cross Hospital Outpatients	0748	0821	0851	0924	0954	1014	1034	1053	1112	1132	1152	1214	1236	1256	1317	1339	1359	1418
Leytonstone Station Plaza	0755	0829	0859	0932	1002	1022	1042	1101	1121	1141	1201	1224	1246	1306	1327	1349	1409	1428
Aldersbrook Park Road	0802	0836	0906	0940	1010	1030	1050	1110	1130	1150	1211	1234	1256	1318	1339	1401	1421	1440
Manor Park Station	0805	0839	0909	0944	1014	1034	1054	1114	1134	1154	1215	1238	1300	1323	1344	1405	1425	1444
Ilford High Road Hainault Street	0814	0848	0918	0954	1025	1045	1105	1126	1146	1206	1228	1251	1314	1337	1358	1419	1439	1458
Argall Avenue Industrial Estate	1407	1427	1447	1507	1527	1547	1607	1627	1647	1707	1727	1747	1807	1827	1847	1907	1927	1947
Walthamstow South Grove	1412	1432	1452	1513	1533	1553	1612	1632	1652	1712	1732	1752	1812	1832	1852	1912	1932	1952
Walthamstow Central Station	1420	1440	1500	1519	1539	1559	1616	1636	1656	1716	1736	1756	1817	1837	1857	1917	1937	1957
Leyton Baker's Arms (Lea Bridge Road)	1429	1449	1509	1528	1548	1608	1625	1645	1705	1725	1745	1805	1825	1845	1905	1924	1944	2004
Whipps Cross Hospital Outpatients	1439	1459	1519	1538	1558	1618	1635	1655	1714	1734	1754	1813	1833	1853	1912	1931	1951	2010
Leytonstone Station Plaza	1449	1509	1528	1547	1607	1627	1644	1704	1723	1743	1803	1821	1841	1901	1920	1939	1959	2017
Aldersbrook Park Road	1501	1520	1539	1558	1617	1637	1654	1714	1733	1753	1812	1830	1850	1910	1929	1948	2008	2025
Manor Park Station	1505	1524	1543	1602	1621	1641	1658	1718	1737	1757	1816	1834	1854	1914	1933	1952	2012	2029
Ilford High Road Hainault Street	1519	1538	1557	1616	1635	1655	1712	1732	1751	1811	1829	1847	1907	1927	1946	2005	2023	2040
Argall Avenue Industrial Estate	2006	2026	2046	2106	2126	2146	2205	2225	2245	2305	2325	2345						
Walthamstow South Grove	2010	2030	2050	2110	2130	2150	2209	2229	2249	2309	2329	2349						
Walthamstow Central Station	2015	2035	2055	2112	2132	2152	2211	2231	2251	2311	2331	2351						
Leyton Baker's Arms (Lea Bridge Road)	2022	2042	2102	2119	2139	2159	2218	2238	2258	2317	2337	2357						
Whipps Cross Hospital Outpatients	2028	2048	2108	2125	2145	2205	2223	2243	2303	2322	2342	0002						
Leytonstone Station Plaza	2035	2055	2115	2132	2152	2211	2229	2249	2309	2328	2348	0008						
Aldersbrook Park Road	2043	2103	2123	2140	2200	2218	2236	2256	2316	2335	2355	0015						
Manor Park Station	2047	2106	2126	2143	2203	2221	2239	2259	2319	2338	2358	0018						
Ilford High Road Hainault Street	2058	2117	2137	2154	2212	2230	2248	2308	2327	2346	0006	0026						