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Daily



Stratford - Plaistow - East Beckton



Monday - Friday

Stratford Bus Station	0512	0528	0543	0558	0611	0621	0631		1920		2020	2034	2049	2104	2219
Plaistow Station	0518	0534	0549	0604	0617	0627	0639	Then	1933	Then	2029	2043	2057	2111	Then 2226
Plaistow Greengate	0521	0537	0552	0607	0620	0630	0643	about	1937	about	2033	2047	2101	2114	every 2229
Beckton Asda	0529	0545	0600	0615	0628	0640	0653	every	1949	every	2043	2057	2110	2123	15 2238
Cyprus Winsor Park	0531	0547	0602	0617	0630	0643	0656	10	1952	12	2046	2100	2113	2126	mins 2241
Gallions Retail Park	0535	0551	0606	0621	0635	0648	0701	minutes	1956	minutes	2050	2104	2117	2130	until 2245
East Beckton Sainsbury's	0540	0556	0611	0626	0640	0653	0706	until	2001	until	2055	2109	2122	2135	2250
East Beckton Showcase Cinemas	0544	0600	0615	0630	0644	0657	0710		2005		2059	2113	2126	2139	2254

Saturday (also Good Friday)

Stratford Bus Station	0512	0528	0543	0558	0613	0628	0642	0657	0712	0727		0917		1912	1924	1937
Plaistow Station	0518	0534	0549	0604	0619	0634	0649	0704	0719	0734	Then	0926	Then	1922	1934	1945
Plaistow Greengate	0521	0537	0552	0607	0622	0637	0652	0707	0722	0737	about	0930	about	1926	1937	1948
Beckton Asda	0529	0545	0600	0615	0630	0645	0700	0715	0730	0745	every	0940	every	1935	1945	1956
Cyprus Winsor Park	0531	0547	0602	0617	0633	0648	0703	0718	0733	0748	12	0943	10	1938	1948	1959
Gallions Retail Park	0535	0551	0606	0621	0637	0652	0707	0722	0737	0752	minutes	0948	minutes	1942	1952	2003
East Beckton Sainsbury's	0540	0556	0611	0626	0642	0657	0712	0727	0742	0757	until	0953	until	1947	1957	2008
East Beckton Showcase Cinemas	0544	0600	0615	0630	0646	0701	0716	0731	0746	0801		0957		1951	2001	2012

Sunday and other Public Holidays

Stratford Bus Station	0601	0621	0641	0701		0841	0900	0918	0933	0948	1003		1648	1704	1720	1735	1750
Plaistow Station	0607	0627	0647	0708	Then	0848	0907	0925	0940	0956	1012	Then	1657	1713	1729	1743	1758
Plaistow Greengate	0610	0630	0650	0711	every	0851	0910	0928	0944	1000	1016	every	1701	1717	1733	1747	1802
Beckton Asda	0618	0638	0658	0719	20	0859	0918	0936	0953	1010	1026	15	1711	1727	1742	1756	1811
Cyprus Winsor Park	0620	0640	0700	0721	mins	0901	0921	0939	0956	1013	1029	minutes	1714	1730	1745	1759	1814
Gallions Retail Park	0624	0644	0704	0725	until	0905	0925	0943	1001	1018	1034	until	1719	1734	1749	1803	1818
East Beckton Sainsbury's	0629	0649	0709	0730		0910	0930	0948	1006	1023	1039		1724	1739	1754	1808	1823
East Beckton Showcase Cinemas	0633	0653	0713	0734		0914	0934	0952	1010	1028	1044		1729	1744	1758	1812	1827

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Daily



East Beckton - Plaistow - Stratford



Monday - Friday

East Beckton Showcase Cinemas	0433	0449	0504	0519	0534	0548		1932	1945	1959		2229	2244		2359	0015
East Beckton Sainsbury's	0436	0452	0507	0522	0537	0551	Then	1936	1948	2002	Then	2232	2247	Then	0002	0018
Gallions Retail Park	0441	0457	0512	0527	0542	0556	about	1941	1953	2007	every	2237	2252	every	0007	0023
Cyprus Winsor Park	0446	0502	0517	0532	0547	0601	every	1946	1958	2012	15	2242	2257	15	0012	0028
Beckton Asda	0449	0505	0520	0535	0550	0604	10	1949	2001	2015	minutes	2245	2300	mins	0015	0031
Plaistow Greengate	0457	0513	0528	0543	0558	0612	minutes	1959	2011	2025	until	2255	2309	until	0024	0040
Plaistow Station	0500	0516	0531	0546	0601	0615	until	2002	2014	2028		2258	2312		0027	0043
Stratford Bus Station (DLR)	0506	0522	0537	0552	0607	0622		2010	2022	2036		2304	2318		0033	0049

Saturday (also Good Friday)

East Beckton Showcase Cinemas	0433	0449		0549	0605	0620	0635	0651		0751		1901	1914	1929	1944
East Beckton Sainsbury's	0436	0452	Then	0552	0608	0623	0638	0654	Then	0754	Then	1905	1918	1932	1947
Gallions Retail Park	0441	0457	every	0557	0613	0628	0643	0659	every	0759	about	1910	1923	1937	1952
Cyprus Winsor Park	0446	0502	15	0602	0618	0633	0648	0704	15	0804	every	1916	1929	1943	1957
Beckton Asda	0449	0505	minutes	0605	0621	0636	0651	0707	minutes	0807	10	1919	1932	1946	2000
Plaistow Greengate	0457	0513	until	0613	0629	0645	0701	0717	until	0817	minutes	1932	1944	1956	2010
Plaistow Station	0500	0516		0616	0632	0648	0704	0720		0820	until	1935	1947	1959	2013
Stratford Bus Station (DLR)	0506	0522		0622	0638	0654	0710	0726		0826		1943	1955	2007	2021

East Beckton Showcase Cinemas	1959		2214	2229	2244		2359	0015							
East Beckton Sainsbury's	2002	Then	2217	2232	2247	Then	0002	0018							
Gallions Retail Park	2007	every	2222	2237	2252	every	0007	0023							
Cyprus Winsor Park	2012	15	2227	2242	2257	15	0012	0028							
Beckton Asda	2015	minutes	2230	2245	2300	minutes	0015	0031							
Plaistow Greengate	2025	until	2240	2255	2309	until	0024	0040							
Plaistow Station	2028		2243	2258	2312		0027	0043							
Stratford Bus Station (DLR)	2036		2251	2304	2318		0033	0049							

Sunday and other Public Holidays

East Beckton Showcase Cinemas	0528	0553	0618	0640	0700	0720	0740	0758	0813	0828	0843	0858	0913	0928	0941	0954	1654
East Beckton Sainsbury's	0531	0556	0621	0643	0703	0723	0743	0801	0816	0831	0846	0901	0916	0931	0944	0957	Then 1657
Gallions Retail Park	0536	0601	0626	0648	0708	0728	0748	0806	0821	0836	0851	0906	0921	0936	0949	1002	every 1702
Cyprus Winsor Park	0541	0606	0631	0653	0713	0733	0753	0811	0826	0841	0856	0911	0926	0941	0954	1008	15 1708
Beckton Asda	0544	0609	0634	0656	0716	0736	0756	0814	0829	0844	0859	0914	0929	0944	0957	1011	mins 1711
Plaistow Greengate	0551	0616	0641	0703	0723	0743	0803	0821	0837	0854	0909	0924	0939	0954	1009	1025	until 1725
Plaistow Station	0554	0619	0644	0706	0726	0746	0805	0824	0840	0857	0912	0927	0942	0957	1013	1029	1729
Stratford Bus Station (DLR)	0600	0625	0650	0712	0732	0752	0812	0830	0847	0904	0919	0934	0949	1005	1021	1037	1737

East Beckton Showcase Cinemas	1710	1726	1742	1758	1814	1829		2214	2229	2244		2359	0015		
East Beckton Sainsbury's	1713	1729	1745	1801	1817	1832	Then	2217	2232	2247	Then	0002	0018		
Gallions Retail Park	1718	1734	1750	1806	1822	1837	every	2222	2237	2252	every	0007	0023		
Cyprus Winsor Park	1724	1739	1755	1811	1827	1842	15	2227	2242	2257	15	0012	0028		
Beckton Asda	1727	1742	1758	1814	1830	1845	minutes	2230	2245	2300	minutes	0015	0031		
Plaistow Greengate	1740	1755	1810	1825	1840	1855	until	2240	2255	2309	until	0024	0040		
Plaistow Station	1744	1759	1814	1829	1844	1858		2243	2258	2312		0027	0043		
Stratford Bus Station (DLR)	1752	1807	1822	1837	1852	1906		2251	2304	2318		0033	0049		

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