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Daily



Stratford - Plaistow - East Beckton



Monday - Friday

Stratford Bus Station ⇄ DLR	0513	0528	0543	0558	0611				1920		2034	2049	2104	2119	2134	2149	2204	2219
Plaistow Station ⇄	0519	0534	0549	0604	0617	Then		1932	Then		2041	2056	2111	2126	2141	2156	2211	2226
Plaistow Greengate	0522	0537	0552	0607	0620	about		1937	about		2044	2059	2114	2129	2144	2159	2214	2229
Beckton Asda	0530	0545	0600	0615	0628	every		1952	every		2056	2107	2122	2137	2152	2207	2222	2237
Cyprus Winsor Park	0532	0547	0602	0617	0631	10		1955	12		2059	2110	2125	2140	2155	2210	2225	2240
East Beckton Tesco Extra	0536	0551	0606	0621	0635	minutes		1959	minutes		2103	2114	2129	2144	2159	2214	2229	2244
East Beckton Sainsbury's	0541	0556	0611	0626	0640	until		2005	until		2108	2119	2134	2149	2204	2219	2234	2249
East Beckton Showcase Cinemas	0545	0600	0615	0630	0644			2009			2112	2123	2138	2153	2208	2223	2238	2253

Saturday (also Good Friday)

Stratford Bus Station ⇄ DLR	0513	0528	0543	0558	0613	0628	0642	0657	0712	0727			0907			1859	1912	1925
Plaistow Station ⇄	0519	0534	0549	0604	0619	0634	0649	0704	0719	0734	Then		0915	Then		1907	1920	1932
Plaistow Greengate	0522	0537	0552	0607	0622	0637	0652	0707	0722	0737	about		0918	about		1910	1923	1935
Beckton Asda	0530	0545	0600	0615	0630	0645	0700	0715	0730	0745	every		0928	every		1922	1932	1943
Cyprus Winsor Park	0532	0547	0602	0617	0633	0648	0703	0718	0733	0748	12		0931	10		1925	1935	1946
East Beckton Tesco Extra	0536	0551	0606	0621	0637	0652	0707	0722	0737	0752	minutes		0936	minutes		1930	1940	1951
East Beckton Sainsbury's	0541	0556	0611	0626	0642	0657	0712	0727	0742	0757	until		0942	until		1935	1945	1956
East Beckton Showcase Cinemas	0545	0600	0615	0630	0646	0701	0716	0731	0746	0801			0946			1939	1949	2000

Sunday and other Public Holidays

Stratford Bus Station ⇄ DLR	0603	0625	0645	0705	0725	0743	0803	0823	0843	0903	0918	0933	0948	1003	1018	1033	1048	1103
Plaistow Station ⇄	0610	0632	0652	0712	0732	0750	0810	0830	0850	0910	0925	0940	0957	1012	1027	1042	1057	1112
Plaistow Greengate	0613	0635	0655	0715	0735	0753	0813	0833	0853	0913	0929	0944	1001	1016	1031	1046	1101	1116
Beckton Asda	0621	0643	0703	0723	0743	0801	0821	0841	0901	0921	0939	0954	1011	1026	1041	1056	1111	1126
Cyprus Winsor Park	0623	0645	0705	0725	0745	0803	0823	0843	0903	0923	0941	0957	1014	1029	1044	1059	1114	1129
East Beckton Tesco Extra	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓
East Beckton Sainsbury's	0627	0649	0709	0729	0749	0812	0832	0852	0912	0932	0950	1007	1024	1039	1054	1109	1124	1139
East Beckton Showcase Cinemas	0631	0653	0713	0733	0753	0816	0836	0856	0916	0936	0954	1011	1028	1043	1058	1113	1128	1143

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Daily



East Beckton - Plaistow - Stratford



Monday - Friday

East Beckton Showcase Cinemas	0434	0449	0504	0519	0534	0550			1907	1920	1933	1945	1959	2014	2029	2044	2059	2114
East Beckton Sainsbury's	0437	0452	0507	0522	0537	0553	Then		1910	1923	1936	1948	2002	2017	2032	2047	2102	2117
East Beckton Tesco Extra	0442	0457	0512	0527	0542	0558	about		1915	1928	1941	1953	2007	2022	2037	2052	2107	2122
Cyprus Winsor Park	0447	0502	0517	0532	0547	0603	every		1921	1934	1946	1958	2012	2027	2042	2057	2112	2127
Beckton Asda	0450	0505	0520	0535	0550	0606	10		1924	1937	1949	2001	2015	2030	2045	2100	2115	2130
Plaistow Greengate	0458	0513	0528	0543	0558	0614	minutes		1939	1949	1959	2011	2025	2040	2055	2110	2125	2140
Plaistow Station ⇄	0501	0516	0531	0546	0601	0617	until		1942	1952	2002	2014	2028	2043	2058	2113	2128	2143
Stratford Bus Station ⇄ DLR	0507	0522	0537	0552	0607	0623			1948	1958	2008	2020	2034	2049	2104	2119	2134	2149

Saturday (also Good Friday)

East Beckton Showcase Cinemas	0434	0449	0504	0519	0534	0550	0605	0620	0635	0651	0706	0721	0736	0751			1836	1848
East Beckton Sainsbury's	0437	0452	0507	0522	0537	0553	0608	0623	0638	0654	0709	0724	0739	0754	Then		1839	1851
East Beckton Tesco Extra	0442	0457	0512	0527	0542	0558	0613	0628	0643	0659	0714	0729	0744	0759	about		1845	1857
Cyprus Winsor Park	0447	0502	0517	0532	0547	0603	0618	0633	0648	0704	0719	0734	0749	0804	every		1852	1904
Beckton Asda	0450	0505	0520	0535	0550	0606	0621	0636	0651	0707	0722	0737	0752	0807	10		1855	1907
Plaistow Greengate	0458	0513	0528	0543	0558	0614	0629	0646	0701	0717	0732	0747	0802	0817	minutes		1907	1919
Plaistow Station ⇄	0501	0516	0531	0546	0601	0617	0632	0649	0704	0720	0735	0750	0805	0820	until		1910	1922
Stratford Bus Station ⇄ DLR	0507	0522	0537	0552	0607	0623	0638	0655	0710	0726	0741	0756	0811	0826			1916	1928

Sunday and other Public Holidays

East Beckton Showcase Cinemas	0530	0552	0614	0636	0658	0718	0738	0758	0813	0828	0843	0858	0913	0927	0941	0956	1011	1026
East Beckton Sainsbury's	0533	0555	0617	0639	0701	0721	0741	0801	0816	0831	0846	0901	0916	0930	0944	0959	1014	1029
East Beckton Tesco Extra	↓	↓	↓	↓	↓	↓	↓	↓	0821	0836	0851	0906	0921	0935	0949	1004	1019	1034
Cyprus Winsor Park	0538	0600	0622	0644	0706	0726	0746	0806	0826	0841	0856	0911	0926	0940	0954	1010	1025	1040
Beckton Asda	0540	0602	0624	0646	0708	0728	0748	0808	0828	0843	0858	0913	0928	0942	0957	1013	1028	1043
Plaistow Greengate	0547	0609	0631	0653	0715	0735	0755	0815	0835	0850	0905	0920	0935	0952	1008	1024	1039	1054
Plaistow Station ⇄	0550	0612	0634	0656	0718	0738	0758	0818	0838	0853	0908	0923	0938	0955	1011	1027	1042	1057
Stratford Bus Station ⇄ DLR	0557	0619	0641	0703	0725	0745	0805	0825	0845	0900	0915	0930	0946	1003	1019	1035	1050	1105

East Beckton Showcase Cinemas	1041	1056	Then	11	26	41	56		1611	1626	1641	1657	1713	1729	1744	1759	1818	1833
East Beckton Sainsbury's	1044	1059	every	14	29	44	59		1614	1629	1644	1700	1716	1732	1747	1802	1821	1836
East Beckton Tesco Extra	1049	1104	15 mins	19	34	49	04		1619	1634	1649	1705	1721	1737	1752	1807	↓	↓
Cyprus Winsor Park	1055	1110	at these	25	40	55	10	until	1625	1640	1655	1711	1727	1742	1757	1812	1826	1841
Beckton Asda	1058	1113	mins	28	43	58	13		1628	1643	1658	1714	1730	1745	1800	1815	1829	1844
Plaistow Greengate	1109	1124	past	39	54	09	24		1639	1654	1709	1725	1740	1755	1810	1825	1839	1854
Plaistow Station ⇄	1112	1127	the	42	57	12	27		1642	1657	1712	1728	1743	1758	1813	1828	1842	1857
Stratford Bus Station ⇄ DLR	1120	1135	hour	50	05	20	35		1650	1705	1720	1736	1750	1805	1820	1835	1849	1904