

308		Mondays to Fridays																		
Wanstead Woodbine Place	0550	0610	0630	0648	0702	0715	0728	0741	0755	0810	0825	0840	0855	0910	0925	0940		1355		
Dames Road Wanstead Flats	0555	0616	0637	0655	0709	0723	0736	0750	0804	0820	0835	0850	0905	0920	0934	0949		1404		
Forest Gate Station	0600	0621	0642	0700	0714	0728	0742	0756	0810	0826	0841	0856	0911	0926	0940	0955	Then	1410		
Romford Road Water Lane	0605	0626	0647	0705	0720	0734	0748	0802	0817	0833	0848	0903	0918	0933	0947	1001	every	1416		
Stratford Bus Station	0610	0631	0652	0710	0725	0739	0753	0807	0822	0838	0853	0908	0923	0938	0952	1006	15	1421		
Leyton Station	0616	0637	0658	0717	0732	0746	0800	0814	0829	0845	0900	0915	0930	0944	0958	1012	mins.	1427		
Temple Mills Eastway	0620	0641	0702	0722	0738	0752	0806	0820	0835	0851	0906	0921	0936	0950	1004	1018	until	1433		
Homerton Hospital Brooksby's Walk	0627	0649	0711	0732	0748	0803	0818	0832	0847	0903	0918	0932	0946	0959	1012	1025		1440		
Clapton Park Millfields Road	0630	0652	0714	0736	0752	0808	0823	0837	0852	0908	0923	0937	0950	1003	1016	1029		1444		
Wanstead Woodbine Place	1355	1410	1425	1440	1453	1506	1519	1533	1548	1602	1617	1632	1647	1702	1717	1732	1747	1803		
Dames Road Wanstead Flats	1404	1419	1434	1449	1502	1515	1529	1543	1558	1612	1627	1642	1657	1712	1727	1742	1757	1812		
Forest Gate Station	1410	1425	1440	1455	1508	1521	1535	1549	1604	1618	1633	1648	1703	1718	1733	1748	1803	1818		
Romford Road Water Lane	1416	1431	1446	1501	1514	1528	1542	1556	1611	1625	1640	1655	1710	1725	1740	1755	1810	1825		
Stratford Bus Station	1421	1436	1451	1506	1520	1534	1548	1602	1617	1631	1646	1701	1716	1731	1746	1800	1815	1830		
Leyton Station	1427	1442	1458	1514	1528	1542	1556	1610	1625	1639	1654	1709	1724	1739	1754	1808	1823	1838		
Temple Mills Eastway	1433	1448	1505	1521	1536	1551	1606	1620	1635	1649	1704	1718	1733	1748	1803	1817	1832	1847		
Homerton Hospital Brooksby's Walk	1440	1456	1513	1530	1545	1600	1615	1629	1644	1658	1713	1727	1742	1756	1811	1825	1840	1855		
Clapton Park Millfields Road	1444	1500	1517	1534	1549	1605	1619	1633	1648	1702	1717	1731	1746	1800	1815	1829	1844	1859		
Wanstead Woodbine Place	1819	1835	1855	1915	1935	1959	2029					59 29						2329		
Dames Road Wanstead Flats	1828	1843	1903	1923	1943	2006	2036					Then	06 36					2336		
Forest Gate Station	1834	1848	1908	1928	1948	2011	2040					every 30	10 40					2340		
Romford Road Water Lane	1840	1854	1914	1934	1953	2016	2045					minutes	15 45					2345		
Stratford Bus Station	1845	1859	1919	1939	1958	2020	2049					at these	19 49	until				2349		
Leyton Station	1853	1907	1926	1946	2005	2026	2055					minutes	25 55					2355		
Temple Mills Eastway	1902	1915	1933	1952	2011	2031	2059					past	29 59					2359		
Homerton Hospital Brooksby's Walk	1909	1922	1940	1959	2017	2037	2105					the hour	35 05					0005		
Clapton Park Millfields Road	1913	1926	1944	2002	2020	2040	2108											0008		
308		Saturdays (also Good Friday)																		
Wanstead Woodbine Place	0550	0620	0650	0719	0748	0817	0836	0855	0909	0923	0936	0949	1002					1617	1632	1647
Dames Road Wanstead Flats	0555	0626	0656	0725	0754	0824	0843	0902	0917	0931	0945	0958	1012					1627	1642	1657
Forest Gate Station	0600	0631	0701	0730	0759	0829	0848	0907	0922	0936	0950	1004	1018				Then	1633	1648	1703
Romford Road Water Lane	0605	0636	0706	0736	0805	0835	0854	0913	0928	0942	0956	1010	1024				every 15	1639	1654	1709
Stratford Bus Station	0610	0641	0711	0741	0810	0840	0859	0918	0933	0947	1001	1015	1029				minutes	1644	1659	1714
Leyton Station	0616	0647	0717	0747	0816	0846	0905	0925	0940	0954	1009	1023	1037				until	1652	1707	1722
Temple Mills Eastway	0620	0651	0721	0751	0821	0851	0910	0930	0945	1000	1015	1030	1044					1659	1713	1728
Homerton Hospital Brooksby's Walk	0627	0658	0728	0758	0828	0858	0917	0937	0952	1007	1022	1037	1052					1707	1721	1736
Clapton Park Millfields Road	0630	0701	0731	0801	0831	0901	0921	0941	0956	1011	1026	1041	1056					1711	1725	1740
Wanstead Woodbine Place	1702	1717	1732	1747	1802	1817	1832	1859	1929				59 29					2329		
Dames Road Wanstead Flats	1711	1726	1741	1756	1810	1825	1840	1906	1936				Then	06 36				2336		
Forest Gate Station	1717	1732	1747	1801	1815	1830	1845	1910	1940				every 30	10 40				2340		
Romford Road Water Lane	1723	1738	1753	1807	1821	1836	1851	1916	1945				minutes	15 45				2345		
Stratford Bus Station	1728	1743	1758	1812	1826	1840	1855	1920	1949				at these	19 49	until			2349		
Leyton Station	1736	1751	1806	1820	1834	1848	1902	1927	1955				minutes	25 55				2355		
Temple Mills Eastway	1742	1757	1812	1826	1839	1853	1906	1931	1959				past	29 59				2359		
Homerton Hospital Brooksby's Walk	1750	1805	1820	1834	1847	1900	1913	1938	2005				the hour	35 05				0005		
Clapton Park Millfields Road	1754	1809	1823	1837	1850	1903	1916	1941	2008									0008		
308		Sundays and other Public Holidays (except Christmas Day and Boxing Day)																		
Wanstead Woodbine Place	0736	0806	0835	0905	0935	1005	1035	1105	1135	1205	1235	1305	1335	1405	1435	1505	1535	1605		
Dames Road Wanstead Flats	0742	0812	0841	0912	0942	1012	1043	1113	1143	1213	1244	1314	1344	1414	1444	1514	1543	1613		
Forest Gate Station	0746	0816	0846	0917	0947	1017	1048	1118	1148	1219	1250	1320	1350	1420	1450	1520	1549	1618		
Romford Road Water Lane	0751	0821	0851	0922	0952	1022	1053	1124	1154	1225	1256	1326	1356	1426	1456	1526	1555	1624		
Stratford Bus Station	0755	0825	0855	0926	0956	1027	1058	1129	1159	1230	1301	1331	1401	1431	1501	1531	1600	1629		
Leyton Station	0801	0831	0901	0932	1002	1033	1104	1136	1206	1238	1309	1339	1409	1439	1509	1539	1608	1637		
Temple Mills Eastway	0804	0835	0905	0936	1006	1037	1109	1141	1212	1244	1315	1345	1415	1445	1515	1545	1614	1643		
Homerton Hospital Brooksby's Walk	0810	0841	0911	0942	1013	1044	1116	1148	1220	1252	1323	1353	1423	1453	1523	1553	1622	1651		
Clapton Park Millfields Road	0813	0844	0914	0945	1016	1048	1120	1152	1224	1256	1327	1357	1427	1457	1527	1556	1625	1654		
Wanstead Woodbine Place	1635	1705	1735	1805	1833	1901	1929						59 29					2329		
Dames Road Wanstead Flats	1643	1713	1743	1813	1841	1909	1936						Then	06 36				2336		
Forest Gate Station	1648	1717	1747	1817	1845	1913	1940						every 30	10 40				2340		
Romford Road Water Lane	1654	1723	1753	1823	1851	1919	1945						minutes	15 45				2345		
Stratford Bus Station	1659	1728	1758	1827	1855	1923	1949						at these	19 49	until			2349		
Leyton Station	1706	1735	1805	1834	1902	1929	1955						minutes	25 55				2355		
Temple Mills Eastway	1712	1741	1810	1839	1907	1934	1959						past	29 59				2359		
Homerton Hospital Brooksby's Walk	1720	1749	1818	1847	1914	1940	2005						the hour	35 05				0005		
Clapton Park Millfields Road	1723	1752	1821	1850	1917	1943	2008											0008		

308		Mondays to Fridays															
Clapton Park Millfields Road	0539	0559	0619	0638	0651	0704	0717	0731	0745	0800	0815	0830	0845	0901	0917	Then every 15 minutes until	1402
Homerton Hospital Homerton Grove	0543	0603	0623	0642	0655	0709	0722	0736	0750	0805	0820	0835	0850	0906	0922		1407
Temple Mills Eastway	0549	0609	0630	0649	0702	0716	0730	0744	0758	0814	0830	0845	0900	0916	0931		1416
Leyton Station	0553	0613	0634	0653	0707	0721	0735	0749	0804	0820	0836	0851	0906	0922	0937		1422
Stratford The Grove	0557	0618	0639	0659	0714	0728	0743	0757	0812	0828	0844	0859	0914	0930	0944		1429
Romford Road Water Lane	0600	0621	0642	0702	0717	0731	0746	0800	0815	0831	0847	0902	0917	0933	0947		1432
Forest Gate Station	0606	0627	0648	0708	0723	0737	0753	0808	0823	0839	0855	0910	0925	0940	0954		1439
Dames Road Wanstead Flats	0609	0630	0651	0711	0727	0741	0757	0813	0828	0844	0900	0915	0930	0944	0958		1443
Wanstead Woodbine Place	0615	0636	0657	0718	0735	0749	0806	0822	0837	0854	0909	0924	0938	0952	1006		1451
Clapton Park Millfields Road	1417	1432	1446	1500	1514	1527	1541	Then every 15 minutes until	1711	1726	1741	1756	1811	1826	1841		1856
Homerton Hospital Homerton Grove	1422	1437	1451	1505	1520	1533	1547		1717	1732	1747	1802	1816	1831	1846	1901	1916
Temple Mills Eastway	1431	1446	1500	1515	1530	1543	1558		1728	1743	1758	1813	1826	1840	1855	1909	1923
Leyton Station	1437	1452	1506	1521	1536	1550	1605		1735	1750	1805	1820	1833	1847	1902	1915	1929
Stratford The Grove	1444	1459	1513	1528	1543	1557	1612		1742	1757	1812	1827	1840	1854	1909	1922	1936
Romford Road Water Lane	1447	1502	1516	1531	1546	1601	1616		1746	1801	1816	1830	1843	1857	1912	1925	1939
Forest Gate Station	1454	1509	1524	1539	1554	1609	1624		1754	1809	1823	1837	1850	1904	1919	1932	1946
Dames Road Wanstead Flats	1458	1514	1529	1544	1559	1614	1629		1759	1814	1828	1842	1855	1909	1923	1936	1950
Wanstead Woodbine Place	1507	1523	1539	1555	1610	1625	1640		1810	1824	1838	1852	1905	1918	1931	1944	1957
Clapton Park Millfields Road	1940	2010	Then		40 10	2310											
Homerton Hospital Homerton Grove	1945	2014	every 30		44 14	2314											
Temple Mills Eastway	1952	2021	minutes		51 21	2321											
Leyton Station	1957	2026	at these		56 26	2326											
Stratford The Grove	2003	2032	minutes		02 32 until	2332											
Romford Road Water Lane	2006	2035	minutes		05 35	2335											
Forest Gate Station	2013	2041	past		11 41	2341											
Dames Road Wanstead Flats	2017	2045	the hour		15 45	2345											
Wanstead Woodbine Place	2024	2051			21 51	2351											
308		Saturdays (also Good Friday)															
Clapton Park Millfields Road	0539	0609	0639	0709	0739	0809	0828	0848	0907	0921	0935	0949	1003	Then every 15 minutes until	1648	1703	1718
Homerton Hospital Homerton Grove	0543	0613	0643	0713	0743	0813	0832	0852	0912	0926	0940	0954	1008		1653	1708	1723
Temple Mills Eastway	0549	0619	0649	0720	0750	0820	0839	0859	0919	0934	0948	1002	1017		1702	1716	1731
Leyton Station	0553	0623	0653	0724	0754	0824	0844	0904	0924	0939	0954	1009	1024		1709	1723	1738
Stratford The Grove	0557	0628	0658	0729	0800	0830	0850	0910	0930	0945	1000	1015	1031		1716	1730	1745
Romford Road Water Lane	0600	0631	0701	0732	0803	0833	0853	0913	0933	0948	1003	1019	1035		1720	1734	1749
Forest Gate Station	0606	0637	0707	0738	0809	0839	0859	0919	0939	0955	1011	1027	1043		1728	1742	1756
Dames Road Wanstead Flats	0609	0640	0711	0742	0813	0843	0903	0923	0943	0959	1015	1031	1047		1732	1746	1800
Wanstead Woodbine Place	0615	0646	0717	0748	0819	0850	0910	0931	0951	1007	1023	1039	1055		1740	1754	1808
Clapton Park Millfields Road	1733	1748	1803	1818	1840	1910	1940	Then every 30 minutes at these minutes past the hour	10 40	2310							
Homerton Hospital Homerton Grove	1738	1753	1808	1823	1845	1915	1944		14 44	2314							
Temple Mills Eastway	1746	1801	1816	1831	1852	1922	1951		21 51	2321							
Leyton Station	1753	1807	1822	1837	1858	1927	1956		26 56	2326							
Stratford The Grove	1800	1814	1828	1843	1904	1933	2002		32 02 until	2332							
Romford Road Water Lane	1804	1818	1832	1847	1908	1936	2005		35 05	2335							
Forest Gate Station	1810	1824	1838	1853	1914	1942	2011		41 11	2341							
Dames Road Wanstead Flats	1814	1828	1842	1857	1918	1946	2015		45 15	2345							
Wanstead Woodbine Place	1822	1836	1850	1904	1925	1953	2021		51 21	2351							
308		Sundays and other Public Holidays (except Christmas Day and Boxing Day)															
Clapton Park Millfields Road	0717	0747	0817	0847	0915	0943	1012	1041	1110	1139	1208	Then every 30 minutes at these minutes past the hour	38 08	1508	1539	1610	
Homerton Hospital Homerton Grove	0721	0751	0821	0851	0920	0948	1017	1046	1115	1144	1213		43 13	1513	1544	1615	
Temple Mills Eastway	0727	0757	0827	0857	0926	0955	1025	1054	1123	1152	1221		51 21	1521	1552	1623	
Leyton Station	0731	0801	0831	0901	0930	1000	1030	1059	1129	1158	1228		58 28	1528	1558	1629	
Stratford The Grove	0735	0806	0836	0906	0936	1006	1036	1106	1136	1205	1235		05 35 until	1535	1605	1636	
Romford Road Water Lane	0738	0809	0839	0909	0939	1009	1039	1109	1140	1209	1239		09 39	1539	1609	1640	
Forest Gate Station	0744	0815	0845	0915	0945	1015	1045	1115	1146	1216	1246		16 46	1546	1616	1646	
Dames Road Wanstead Flats	0747	0818	0849	0919	0949	1019	1049	1119	1150	1220	1250		20 50	1550	1620	1650	
Wanstead Woodbine Place	0753	0824	0855	0926	0956	1026	1057	1127	1158	1228	1258		28 58	1558	1628	1658	
Clapton Park Millfields Road	1640	1710	1740	1810	1840	1910	1940	Then every 30 minutes at these minutes past the hour	10 40	2310							
Homerton Hospital Homerton Grove	1645	1715	1745	1815	1845	1914	1944		14 44	2314							
Temple Mills Eastway	1653	1723	1752	1822	1852	1921	1951		21 51	2321							
Leyton Station	1658	1728	1757	1827	1857	1926	1956		26 56	2326							
Stratford The Grove	1705	1735	1804	1834	1904	1933	2002		32 02 until	2332							
Romford Road Water Lane	1709	1739	1808	1837	1907	1936	2005		35 05	2335							
Forest Gate Station	1715	1745	1814	1843	1913	1942	2011		41 11	2341							
Dames Road Wanstead Flats	1719	1749	1818	1847	1917	1946	2015		45 15	2345							
Wanstead Woodbine Place	1727	1756	1825	1854	1923	1952	2021		51 21	2351							