

308		Mondays to Fridays																		
Wanstead Woodbine Place	0550	0610	0630	0648	0702	0715	0728	0741	0755	0810	0825	0840	0855	0910	0925	Then every 15 minutes until	1355			
Dames Road Wanstead Flats	0555	0616	0637	0655	0709	0723	0736	0750	0804	0820	0835	0850	0905	0920	0934		1404			
Forest Gate Station	0600	0621	0642	0700	0714	0728	0742	0756	0810	0826	0841	0856	0911	0926	0940		1410			
Romford Road Water Lane	0605	0626	0647	0705	0720	0734	0748	0802	0817	0833	0848	0903	0918	0933	0947		1417			
Stratford Bus Station	0610	0631	0652	0710	0725	0739	0753	0807	0822	0838	0853	0908	0923	0938	0952		1422			
Leyton Station	0616	0637	0658	0717	0732	0746	0800	0814	0829	0845	0900	0915	0930	0944	0958		1428			
Temple Mills Eastway	0620	0641	0703	0723	0739	0754	0808	0822	0837	0853	0908	0923	0937	0951	1005		1435			
Homerton Hospital Brooksby's Walk	0627	0649	0712	0733	0749	0805	0820	0834	0849	0905	0920	0934	0947	1000	1013		1443			
Clapton Park Millfields Road	0630	0652	0715	0737	0753	0810	0825	0839	0854	0910	0925	0939	0951	1004	1017		1447			
Wanstead Woodbine Place	1410	1425	1440	1453	1506	1519	1533	1548	1602	1617	1632	1647	1702	1717	1732	1747	1803	1819		
Dames Road Wanstead Flats	1419	1434	1449	1502	1515	1529	1543	1558	1612	1627	1642	1657	1712	1727	1742	1757	1812	1828		
Forest Gate Station	1425	1440	1455	1508	1521	1535	1549	1604	1618	1633	1648	1703	1718	1733	1748	1803	1818	1834		
Romford Road Water Lane	1431	1446	1501	1514	1528	1542	1556	1611	1625	1640	1655	1710	1725	1740	1755	1810	1825	1840		
Stratford Bus Station	1436	1451	1506	1520	1534	1548	1602	1617	1631	1646	1701	1716	1731	1746	1800	1815	1830	1845		
Leyton Station	1442	1458	1514	1528	1542	1556	1610	1625	1639	1654	1709	1724	1739	1754	1808	1823	1838	1853		
Temple Mills Eastway	1449	1505	1521	1536	1550	1604	1618	1633	1647	1702	1717	1732	1747	1802	1816	1831	1846	1901		
Homerton Hospital Brooksby's Walk	1457	1513	1530	1545	1559	1613	1627	1642	1656	1711	1726	1741	1755	1810	1824	1839	1854	1908		
Clapton Park Millfields Road	1501	1517	1534	1549	1604	1617	1631	1646	1700	1715	1730	1745	1759	1814	1828	1843	1858	1912		
Wanstead Woodbine Place	1835	1855	1915	1935	1959	2029			59	29			2329							
Dames Road Wanstead Flats	1843	1903	1923	1943	2006	2036			Then	06	36			2336						
Forest Gate Station	1848	1908	1928	1948	2011	2040			every 30	10	40			2340						
Romford Road Water Lane	1854	1914	1934	1953	2016	2045			minutes	15	45			2345						
Stratford Bus Station	1859	1919	1939	1958	2020	2049			at these	19	49	until			2349					
Leyton Station	1907	1926	1946	2005	2026	2055			minutes	25	55			2355						
Temple Mills Eastway	1915	1933	1952	2011	2031	2059			past	29	59			2359						
Homerton Hospital Brooksby's Walk	1922	1940	1959	2017	2037	2105			the hour	35	05			0005						
Clapton Park Millfields Road	1926	1944	2002	2020	2040	2108				38	08			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				1633	1648	1703	
Romford Road Water Lane	0605	0636	0706	0736	0805	0835	0854	0913	0928	0942	0956	1010	1024				1639	1654	1709	
Stratford Bus Station	0610	0641	0711	0741	0810	0840	0859	0918	0933	0947	1001	1015	1029				1644	1659	1714	
Leyton Station	0616	0647	0717	0747	0816	0846	0905	0925	0940	0954	1009	1023	1037				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				38	08			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				38	08			0008					

308		Mondays to Fridays																
Clapton Park Millfields Road	0539	0559	0619	0638	0651	0704	0717	0731	0745	0800	0815	0830	0845	0900	0915	<i>Then every 15 minutes until</i>	1400	
Homerton Hospital Homerton Grove	0543	0603	0623	0642	0655	0709	0722	0736	0750	0805	0820	0835	0850	0905	0920		1405	
Temple Mills Eastway	0549	0609	0630	0649	0702	0716	0730	0744	0758	0814	0830	0845	0900	0915	0930		1415	
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	1415	1430	1444	1459	1513	1527	1541	1556	1611	1626	1640	1654	1709	1724	1739		1754	1809
Homerton Hospital Homerton Grove	1420	1435	1449	1504	1519	1533	1547	1602	1617	1632	1646	1700	1715	1730	1745	1800	1814	1830
Temple Mills Eastway	1430	1445	1459	1514	1529	1543	1558	1613	1628	1643	1657	1712	1727	1742	1757	1812	1825	1840
Leyton Station	1437	1452	1506	1521	1536	1550	1605	1620	1635	1650	1705	1720	1735	1750	1805	1820	1833	1847
Stratford The Grove	1444	1459	1513	1528	1543	1557	1612	1627	1642	1657	1712	1727	1742	1757	1812	1827	1840	1854
Romford Road Water Lane	1447	1502	1516	1531	1546	1601	1616	1631	1646	1701	1716	1731	1746	1801	1816	1830	1843	1857
Forest Gate Station	1454	1509	1524	1539	1554	1609	1624	1639	1654	1709	1724	1739	1754	1809	1823	1837	1850	1904
Dames Road Wanstead Flats	1458	1514	1529	1544	1559	1614	1629	1644	1659	1714	1729	1744	1759	1814	1828	1842	1855	1909
Wanstead Woodbine Place	1507	1523	1539	1555	1610	1625	1640	1655	1710	1725	1740	1755	1810	1824	1838	1852	1905	1918
Clapton Park Millfields Road	1841	1856	1911	1940	2010	<i>Then every 30 minutes at these minutes past the hour</i>	40	10	2310									
Homerton Hospital Homerton Grove	1846	1901	1916	1945	2014		44	14	2314									
Temple Mills Eastway	1855	1909	1923	1952	2021		51	21	2321									
Leyton Station	1902	1915	1929	1957	2026		56	26	2326									
Stratford The Grove	1909	1922	1936	2003	2032		02	32	until 2332									
Romford Road Water Lane	1912	1925	1939	2006	2035		05	35	2335									
Forest Gate Station	1919	1932	1946	2013	2041		11	41	2341									
Dames Road Wanstead Flats	1923	1936	1950	2017	2045		15	45	2345									
Wanstead Woodbine Place	1931	1944	1957	2024	2051		21	51	2351									
Clapton Park Millfields Road	1733	1748	1803	1818	1840		1910	1940	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	<i>Then every 30 minutes at these minutes past the hour</i>	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	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								