

308 Mondays to Fridays																	
Wanstead Woodbine Place	0550	0610	0630	0648	0702	0715	0728	0742	0756	0810	0825	0840	0855	0910	0925	0940	1410
Dames Road Wanstead Flats	0555	0616	0637	0655	0709	0723	0736	0751	0805	0820	0835	0850	0905	0920	0934	0949	1419
Forest Gate Station	0600	0621	0642	0700	0714	0728	0742	0757	0811	0826	0841	0856	0911	0926	0940	0955	Then 1425
Romford Road Water Lane	0605	0626	0647	0705	0720	0734	0748	0803	0818	0833	0848	0903	0918	0933	0947	1001	every 1431
Stratford Bus Station	0610	0631	0652	0710	0725	0739	0753	0808	0823	0838	0853	0908	0923	0938	0952	1006	15 1436
Leyton Station	0616	0637	0658	0717	0732	0746	0800	0815	0830	0845	0900	0915	0930	0944	0958	1012	mins. 1442
Ruckholt Road Temple Mills Lane	0620	0641	0702	0722	0738	0753	0808	0824	0840	0855	0910	0925	0940	0954	1008	1022	until 1452
Olympic Park North Homerton Road	0621	0642	0703	0723	0739	0754	0809	0825	0841	0856	0911	0926	0941	0955	1009	1023	1453
Homerton Hospital Brooksby's Walk	0630	0652	0714	0735	0752	0808	0824	0840	0856	0911	0926	0941	0956	1010	1024	1038	1508
Clapton Park Millfields Road	0633	0655	0717	0739	0756	0813	0829	0845	0901	0916	0931	0946	1000	1014	1028	1042	1512
Wanstead Woodbine Place	1425	1440	1453	1506	1519	1533	1548	1602	Then every 15 minutes until	1717	1732	1747	1802	1817	1832	1847	1902
Dames Road Wanstead Flats	1434	1449	1502	1515	1529	1543	1558	1612		1727	1742	1757	1811	1826	1840	1855	1910
Forest Gate Station	1440	1455	1508	1521	1535	1549	1604	1618		1733	1748	1803	1817	1832	1845	1900	1915
Romford Road Water Lane	1446	1501	1514	1528	1542	1556	1611	1625		1740	1755	1810	1824	1838	1851	1906	1921
Stratford Bus Station	1451	1506	1520	1534	1548	1602	1617	1631		1746	1800	1815	1829	1843	1856	1911	1926
Leyton Station	1458	1514	1528	1542	1556	1610	1625	1639		1754	1808	1823	1837	1851	1904	1918	1933
Ruckholt Road Temple Mills Lane	1508	1524	1538	1552	1606	1620	1635	1649		1804	1818	1833	1847	1901	1914	1928	1943
Olympic Park North Homerton Road	1509	1525	1539	1553	1607	1621	1636	1650		1805	1819	1834	1848	1902	1915	1929	1944
Homerton Hospital Brooksby's Walk	1524	1540	1554	1608	1622	1636	1651	1705		1820	1834	1849	1903	1917	1930	1944	1959
Clapton Park Millfields Road	1528	1544	1558	1613	1626	1640	1655	1709	1824	1838	1853	1907	1921	1934	1948	2002	
Wanstead Woodbine Place	1920	1940	2010	2040	Then every 30 minutes until	2340											
Dames Road Wanstead Flats	1928	1948	2017	2047		2347											
Forest Gate Station	1933	1953	2022	2051		2351											
Romford Road Water Lane	1939	1958	2027	2056		2356											
Stratford Bus Station	1944	2003	2031	2100		0000											
Leyton Station	1951	2010	2037	2106		0006											
Ruckholt Road Temple Mills Lane	2001	2020	2047	2116		0016											
Olympic Park North Homerton Road	2002	2021	2048	2117		0017											
Homerton Hospital Brooksby's Walk	2017	2036	2103	2132		0032											
Clapton Park Millfields Road	2020	2039	2106	2135	0035												
308 Saturdays (also Good Friday)																	
Wanstead Woodbine Place	0550	0620	0650	0719	0748	0817	0836	0855	0909	0923	0936	0949	1002	Then every 15 minutes until	1647	1702	1717
Dames Road Wanstead Flats	0555	0626	0656	0725	0754	0824	0843	0902	0917	0931	0945	0958	1012		1657	1711	1726
Forest Gate Station	0600	0631	0701	0730	0759	0829	0848	0907	0922	0936	0950	1004	1018		1703	1717	1732
Romford Road Water Lane	0605	0636	0706	0736	0805	0835	0854	0913	0928	0942	0956	1010	1024		1709	1723	1738
Stratford Bus Station	0610	0641	0711	0741	0810	0840	0859	0918	0933	0947	1001	1015	1029		1714	1728	1743
Leyton Station	0616	0647	0717	0747	0816	0846	0905	0925	0940	0954	1009	1023	1037		1722	1736	1751
Ruckholt Road Temple Mills Lane	0620	0651	0721	0752	0823	0855	0915	0935	0950	1004	1019	1033	1047		1732	1746	1801
Olympic Park North Homerton Road	0621	0652	0722	0753	0824	0856	0916	0936	0951	1005	1020	1034	1048		1733	1747	1802
Homerton Hospital Brooksby's Walk	0630	0701	0731	0802	0834	0907	0929	0951	1006	1020	1035	1049	1103		1748	1802	1817
Clapton Park Millfields Road	0633	0704	0734	0805	0837	0910	0933	0955	1010	1024	1039	1053	1107	1752	1806	1821	
308 Saturdays (also Good Friday) (cont.)																	
Wanstead Woodbine Place	1732	1747	1802	1817	1832	1852	1912	1940	Then every 30 minutes until	2340	0735	0805	0835	0905	0935	1004	1032
Dames Road Wanstead Flats	1741	1756	1810	1825	1840	1900	1919	1947		2347	0741	0811	0841	0912	0942	1011	1040
Forest Gate Station	1747	1801	1815	1830	1845	1904	1923	1951		2351	0745	0815	0846	0917	0947	1016	1045
Romford Road Water Lane	1753	1807	1821	1836	1851	1910	1929	1956		2356	0750	0820	0851	0922	0952	1021	1050
Stratford Bus Station	1758	1812	1826	1840	1855	1914	1933	2000		0000	0754	0824	0855	0926	0956	1026	1055
Leyton Station	1806	1820	1834	1848	1902	1921	1940	2006		0006	0800	0830	0901	0932	1002	1032	1101
Ruckholt Road Temple Mills Lane	1816	1830	1844	1858	1912	1931	1950	2016		0016	0806	0836	0907	0940	1012	1042	1111
Olympic Park North Homerton Road	1817	1831	1845	1859	1913	1932	1951	2017		0017	0807	0837	0908	0941	1013	1043	1112
Homerton Hospital Brooksby's Walk	1832	1846	1900	1914	1928	1947	2006	2032		0032	0816	0846	0919	0954	1028	1058	1127
Clapton Park Millfields Road	1835	1849	1903	1917	1931	1950	2009	2035	0035	0819	0849	0922	0957	1031	1102	1131	
308 Sundays and other Public Holidays (except Christmas Day and Boxing Day) (cont.)																	
Wanstead Woodbine Place	1100	1128	1156	Then every 30 minutes until	1456	1526	1558	1630	1702	1734	1806	1836	1908	1940	Then every 30 minutes until	2340	
Dames Road Wanstead Flats	1108	1136	1204		1504	1534	1606	1638	1710	1742	1814	1844	1916	1947		2347	
Forest Gate Station	1113	1141	1210		1510	1540	1611	1643	1714	1746	1818	1848	1920	1951		2351	
Romford Road Water Lane	1118	1147	1216		1516	1546	1617	1649	1720	1752	1824	1854	1926	1956		2356	
Stratford Bus Station	1123	1152	1221		1521	1551	1622	1654	1725	1757	1828	1858	1930	2000		0000	
Leyton Station	1130	1159	1229		1529	1559	1630	1701	1732	1804	1835	1905	1936	2006		0006	
Ruckholt Road Temple Mills Lane	1140	1209	1239		1539	1609	1640	1711	1742	1814	1845	1915	1946	2016		0016	
Olympic Park North Homerton Road	1141	1210	1240		1540	1610	1641	1712	1743	1815	1846	1916	1947	2017		0017	
Homerton Hospital Brooksby's Walk	1156	1225	1255		1555	1625	1656	1727	1758	1830	1901	1931	2002	2032		0032	
Clapton Park Millfields Road	1200	1229	1259	1559	1628	1659	1730	1801	1833	1904	1934	2005	2035	0035			

308		Mondays to Fridays																
Clapton Park Millfields Road	0539	0559	0619	0639	0653	0707	0719	0733	0747	0801	0815	0830	0844	0859	0914	0928	0942	0957
Homerton Hospital Homerton Grove	0543	0603	0623	0643	0657	0712	0724	0738	0752	0806	0820	0835	0849	0904	0919	0933	0947	1002
Olympic Park North Homerton Road	0547	0607	0628	0648	0702	0717	0730	0744	0759	0814	0829	0844	0859	0914	0927	0941	0955	1010
Ruckholt Road Temple Mills Lane	0549	0609	0630	0650	0704	0719	0732	0748	0804	0821	0836	0851	0906	0921	0934	0949	1003	1018
Leyton Station	0553	0613	0634	0654	0709	0724	0737	0753	0811	0829	0844	0859	0914	0929	0942	0957	1012	1027
Stratford The Grove	0557	0618	0639	0700	0716	0731	0745	0801	0819	0837	0852	0907	0922	0937	0949	1004	1019	1034
Romford Road Water Lane	0600	0621	0642	0703	0719	0734	0748	0804	0822	0840	0855	0910	0925	0940	0952	1007	1022	1037
Forest Gate Station	0606	0627	0648	0709	0725	0740	0755	0812	0830	0848	0903	0918	0933	0947	0959	1014	1029	1044
Dames Road Wanstead Flats	0609	0630	0651	0712	0729	0744	0759	0817	0835	0853	0908	0923	0938	0951	1003	1018	1033	1048
Wanstead Woodbine Place	0615	0636	0657	0719	0737	0752	0808	0826	0844	0903	0917	0932	0946	0959	1011	1026	1041	1056
Clapton Park Millfields Road	1012			1357	1412	1427	1440	1453	1506	1518	1533	1548	1603	1618	1632	1647	1702	1717
Homerton Hospital Homerton Grove	1017			1402	1417	1432	1445	1458	1512	1524	1539	1554	1609	1624	1638	1653	1708	1723
Olympic Park North Homerton Road	1025			1410	1425	1440	1453	1507	1521	1533	1549	1604	1619	1634	1648	1703	1718	1733
Ruckholt Road Temple Mills Lane	1033	Then every 15 minutes until		1418	1433	1448	1501	1515	1529	1541	1557	1612	1627	1642	1656	1711	1726	1741
Leyton Station	1042		1427	1442	1457	1510	1524	1538	1550	1607	1622	1637	1652	1706	1721	1736	1751	
Stratford The Grove	1049		1434	1449	1504	1517	1531	1545	1557	1614	1629	1644	1659	1713	1728	1743	1758	
Romford Road Water Lane	1052		1437	1452	1507	1520	1534	1548	1601	1618	1633	1648	1703	1717	1732	1747	1802	
Forest Gate Station	1059		1444	1459	1514	1528	1542	1556	1609	1626	1641	1656	1711	1725	1740	1755	1810	
Dames Road Wanstead Flats	1103		1448	1503	1519	1533	1547	1601	1614	1631	1646	1701	1716	1730	1745	1800	1815	
Wanstead Woodbine Place	1111		1456	1512	1528	1543	1558	1612	1625	1642	1657	1712	1727	1741	1756	1811	1825	
Clapton Park Millfields Road	1732	1747	1802	1817	1832	1852	1912	1942	2012	Then every 30 minutes until		2312						
Homerton Hospital Homerton Grove	1738	1753	1807	1822	1837	1857	1917	1947	2016		2316							
Olympic Park North Homerton Road	1748	1803	1817	1831	1846	1905	1924	1954	2023		2323							
Ruckholt Road Temple Mills Lane	1756	1811	1824	1838	1853	1912	1931	2001	2030		2330							
Leyton Station	1806	1821	1834	1848	1903	1922	1941	2011	2040		2340							
Stratford The Grove	1813	1828	1841	1855	1910	1929	1948	2017	2046		2346							
Romford Road Water Lane	1817	1831	1844	1858	1913	1932	1951	2020	2049		2349							
Forest Gate Station	1824	1838	1851	1905	1920	1939	1958	2027	2055	2355								
Dames Road Wanstead Flats	1829	1843	1856	1910	1924	1943	2002	2031	2059	2359								
Wanstead Woodbine Place	1839	1853	1906	1919	1932	1951	2009	2038	2105	0005								
308		Saturdays (also Good Friday)																
Clapton Park Millfields Road	0540	0610	0640	0710	0740	0810	0830	0850	0909	0924	0937	0950	1003	Then every 15 mins. until	1403	1418	Then every 15 mins. until	1648
Homerton Hospital Homerton Grove	0544	0614	0644	0714	0744	0814	0834	0854	0914	0929	0942	0955	1008		1408	1423		1653
Olympic Park North Homerton Road	0548	0618	0648	0719	0750	0821	0841	0901	0921	0937	0950	1003	1016		1416	1432		1702
Ruckholt Road Temple Mills Lane	0550	0620	0650	0721	0754	0826	0846	0906	0926	0943	0957	1011	1024		1424	1440		1710
Leyton Station	0554	0624	0654	0725	0759	0832	0853	0913	0933	0950	1005	1020	1033		1433	1450		1720
Stratford The Grove	0558	0629	0659	0730	0805	0838	0859	0919	0939	0956	1011	1026	1040		1440	1457		1727
Romford Road Water Lane	0601	0632	0702	0733	0808	0841	0902	0922	0942	0959	1014	1030	1044		1444	1501		1731
Forest Gate Station	0607	0638	0708	0739	0814	0847	0908	0928	0948	1006	1022	1038	1052	1452	1509	1739		
Dames Road Wanstead Flats	0610	0641	0712	0743	0818	0851	0912	0932	0952	1010	1026	1042	1056	1456	1513	1743		
Wanstead Woodbine Place	0616	0647	0718	0749	0824	0858	0919	0940	1000	1018	1034	1050	1104	1504	1521	1751		
308		Saturdays (also Good Friday) (cont.)										Sundays and other Public Holidays						
Clapton Park Millfields Road	1704	1720	1736	1752	1808	1824	1840	1911	1942	Then every 30 mins. until	2312	0715	0745	0815	0845	0915	0945	1015
Homerton Hospital Homerton Grove	1709	1725	1741	1757	1813	1829	1845	1916	1946		2316	0719	0749	0819	0849	0920	0950	1020
Olympic Park North Homerton Road	1717	1733	1749	1805	1821	1837	1852	1923	1953		2323	0725	0755	0825	0855	0926	0957	1028
Ruckholt Road Temple Mills Lane	1725	1741	1757	1813	1829	1845	1900	1930	2000		2330	0728	0759	0830	0901	0933	1005	1036
Leyton Station	1735	1751	1807	1823	1839	1855	1910	1939	2010		2340	0732	0804	0835	0906	0938	1012	1044
Stratford The Grove	1742	1758	1814	1830	1845	1901	1916	1945	2016		2346	0736	0809	0840	0911	0944	1018	1050
Romford Road Water Lane	1746	1802	1818	1834	1849	1905	1920	1948	2019		2349	0739	0812	0843	0914	0947	1021	1053
Forest Gate Station	1754	1809	1824	1840	1855	1911	1926	1954	2025	2355	0745	0818	0849	0920	0953	1027	1059	
Dames Road Wanstead Flats	1758	1813	1828	1844	1859	1915	1930	1958	2029	2359	0748	0821	0853	0924	0957	1031	1103	
Wanstead Woodbine Place	1806	1821	1836	1852	1907	1922	1937	2005	2035	0005	0754	0827	0859	0931	1004	1038	1111	
308		Sundays and other Public Holidays (except Christmas Day and Boxing Day) (cont.)																
Clapton Park Millfields Road	1045	1115	1145	1215	1245	1315	Then every 30 mins. until	1545	1615	1645	1714	1743	1812	1842	1912	1942	Then every 30 mins. until	2312
Homerton Hospital Homerton Grove	1050	1120	1150	1220	1250	1320		1550	1620	1650	1719	1748	1817	1847	1916	1946		2316
Olympic Park North Homerton Road	1058	1128	1158	1228	1258	1328		1558	1628	1658	1727	1755	1824	1854	1923	1953		2323
Ruckholt Road Temple Mills Lane	1106	1136	1206	1236	1306	1336		1606	1636	1706	1735	1803	1832	1902	1931	2001		2331
Leyton Station	1114	1145	1215	1245	1314	1345		1615	1645	1715	1744	1812	1841	1911	1940	2010		2340
Stratford The Grove	1121	1152	1222	1252	1321	1352		1622	1652	1722	1751	1819	1848	1918	1947	2016		2346
Romford Road Water Lane	1124	1156	1226	1256	1325	1356		1626	1656	1726	1755	1823	1851	1921	1950	2019		2349
Forest Gate Station	1130	1202	1233	1303	1332	1403	1633	1702	1732	1801	1829	1857	1927	1956	2025	2355		
Dames Road Wanstead Flats	1134	1206	1237	1307	1336	1407	1637	1706	1736	1805	1833	1901	1931	2000	2029	2359		
Wanstead Woodbine Place	1142	1214	1245	1315	1344	1415	1645	1714	1744	1812	1840	1908	1937	2006	2035	0005		