

308		Mondays to Fridays																		
Wanstead Woodbine Place	0550	0610	0630	0648	0702	0715	0728	0742	0756	0810	0825	0840	0855	0910	0925	0940		1355		
Dames Road Wanstead Flats	0555	0616	0637	0655	0709	0723	0736	0751	0805	0820	0835	0850	0905	0920	0934	0949		1404		
Forest Gate Station	0600	0621	0642	0700	0714	0728	0742	0757	0811	0826	0841	0856	0911	0926	0940	0955	Then	1410		
Romford Road Water Lane	0605	0626	0647	0705	0720	0734	0748	0803	0818	0833	0848	0903	0918	0933	0947	1001	every	1416		
Stratford Bus Station	0610	0631	0652	0710	0725	0739	0753	0808	0823	0838	0853	0908	0923	0938	0952	1006	15	1421		
Leyton Station	0616	0637	0658	0717	0732	0746	0800	0815	0830	0845	0900	0915	0930	0944	0958	1012	mins.	1427		
Temple Mills New Spitalfields Market	0620	0641	0702	0722	0738	0752	0806	0821	0836	0851	0906	0921	0936	0950	1004	1018	until	1433		
Olympic Park North Homerton Road	0622	0643	0705	0725	0741	0755	0809	0824	0839	0854	0909	0924	0938	0952	1006	1020		1435		
Homerton Hospital Brooksby's Walk	0627	0649	0711	0732	0748	0803	0818	0833	0848	0903	0918	0932	0946	0959	1012	1025		1440		
Clapton Park Millfields Road	0630	0652	0714	0736	0752	0808	0823	0838	0853	0908	0923	0937	0950	1003	1016	1029		1444		
Wanstead Woodbine Place	1410	1425	1440	1453	1506	1519	1533	1548	1602	1617	1632	1647	1702	1717	1732	1747	1802	1817		
Dames Road Wanstead Flats	1419	1434	1449	1502	1515	1529	1543	1558	1612	1627	1642	1657	1712	1727	1742	1757	1811	1826		
Forest Gate Station	1425	1440	1455	1508	1521	1535	1549	1604	1618	1633	1648	1703	1718	1733	1748	1803	1817	1832		
Romford Road Water Lane	1431	1446	1501	1514	1528	1542	1556	1611	1625	1640	1655	1710	1725	1740	1755	1810	1824	1838		
Stratford Bus Station	1436	1451	1506	1520	1534	1548	1602	1617	1631	1646	1701	1716	1731	1746	1800	1815	1829	1843		
Leyton Station	1442	1458	1514	1528	1542	1556	1610	1625	1639	1654	1709	1724	1739	1754	1808	1823	1837	1851		
Temple Mills New Spitalfields Market	1448	1505	1521	1536	1551	1606	1620	1635	1649	1704	1718	1733	1748	1803	1817	1832	1846	1900		
Olympic Park North Homerton Road	1451	1508	1524	1539	1554	1609	1623	1638	1652	1707	1721	1736	1751	1806	1820	1834	1848	1902		
Homerton Hospital Brooksby's Walk	1456	1513	1530	1545	1600	1615	1629	1644	1658	1713	1727	1742	1756	1811	1825	1840	1854	1907		
Clapton Park Millfields Road	1500	1517	1534	1549	1605	1619	1633	1648	1702	1717	1731	1746	1800	1815	1829	1844	1858	1911		
308		Mondays to Fridays (cont.)																Saturdays (also Good Friday)		
Wanstead Woodbine Place	1832	1847	1902	1920	1940	2000	2030		2330	0550	0620	0650	0719	0748	0817	0836	0855	0909		
Dames Road Wanstead Flats	1840	1855	1910	1928	1948	2007	2037		2337	0555	0626	0656	0725	0754	0824	0843	0902	0917		
Forest Gate Station	1845	1900	1915	1933	1953	2012	2041	Then	2341	0600	0631	0701	0730	0759	0829	0848	0907	0922		
Romford Road Water Lane	1851	1906	1921	1939	1958	2017	2046	every	2346	0605	0636	0706	0736	0805	0835	0854	0913	0928		
Stratford Bus Station	1856	1911	1926	1944	2003	2021	2050	30	2350	0610	0641	0711	0741	0810	0840	0859	0918	0933		
Leyton Station	1904	1918	1933	1951	2010	2027	2056	mins.	2356	0616	0647	0717	0747	0816	0846	0905	0925	0940		
Temple Mills New Spitalfields Market	1912	1925	1940	1957	2016	2032	2100	until	0000	0620	0651	0721	0751	0821	0851	0910	0930	0945		
Olympic Park North Homerton Road	1914	1927	1942	1959	2018	2034	2102		0002	0622	0653	0723	0753	0823	0853	0912	0932	0947		
Homerton Hospital Brooksby's Walk	1919	1932	1947	2004	2022	2038	2106		0006	0627	0658	0728	0758	0828	0858	0917	0937	0952		
Clapton Park Millfields Road	1923	1936	1950	2007	2025	2041	2109		0009	0630	0701	0731	0801	0831	0901	0921	0941	0956		
308		Saturdays (also Good Friday) (cont.)																		
Wanstead Woodbine Place	0923	0936	0949	1002		1202	1217	1232		1417	1432		1617	1632	1647	1702	1717	1732		
Dames Road Wanstead Flats	0931	0945	0958	1012		1212	1227	1242		1427	1442		1627	1642	1657	1711	1726	1741		
Forest Gate Station	0936	0950	1004	1018	Then	1218	1233	1248	Then	1433	1448	Then	1633	1648	1703	1717	1732	1747		
Romford Road Water Lane	0942	0956	1010	1024	every	1224	1239	1254	every	1439	1454	every	1639	1654	1709	1723	1738	1753		
Stratford Bus Station	0947	1001	1015	1029	15	1229	1244	1259	15	1444	1459	15	1644	1659	1714	1728	1743	1758		
Leyton Station	0954	1009	1023	1037	mins.	1237	1252	1307	mins.	1452	1507	mins.	1652	1707	1722	1736	1751	1806		
Temple Mills New Spitalfields Market	1000	1015	1030	1044	until	1244	1300	1315	until	1500	1515	until	1700	1714	1729	1743	1758	1813		
Olympic Park North Homerton Road	1002	1017	1032	1046		1246	1302	1317		1502	1517		1702	1716	1731	1745	1800	1815		
Homerton Hospital Brooksby's Walk	1007	1022	1037	1052		1252	1308	1324		1509	1523		1708	1722	1737	1751	1806	1821		
Clapton Park Millfields Road	1011	1026	1041	1056		1256	1312	1328		1513	1527		1712	1726	1741	1755	1810	1824		
308		Saturdays (also Good Friday) (cont.)																Sundays and other Public Holidays		
Wanstead Woodbine Place	1747	1802	1817	1832	1847	1902	1930		2330	0735	0805	0835	0905	0935	1004	1033	1102	1131		
Dames Road Wanstead Flats	1756	1810	1825	1840	1855	1909	1937		2337	0741	0811	0841	0912	0942	1011	1041	1110	1139		
Forest Gate Station	1801	1815	1830	1845	1859	1913	1941	Then	2341	0745	0815	0846	0917	0947	1016	1046	1115	1144		
Romford Road Water Lane	1807	1821	1836	1851	1905	1919	1946	every	2346	0750	0820	0851	0922	0952	1021	1051	1120	1150		
Stratford Bus Station	1812	1826	1840	1855	1909	1923	1950	30	2350	0754	0824	0855	0926	0956	1026	1056	1125	1155		
Leyton Station	1820	1834	1848	1902	1916	1930	1956	mins.	2356	0800	0830	0901	0932	1002	1032	1102	1132	1202		
Temple Mills New Spitalfields Market	1827	1840	1854	1907	1921	1935	2000	until	0000	0803	0834	0905	0936	1006	1036	1107	1137	1208		
Olympic Park North Homerton Road	1829	1842	1856	1909	1923	1937	2002		0002	0805	0836	0907	0938	1008	1038	1109	1139	1210		
Homerton Hospital Brooksby's Walk	1835	1848	1901	1914	1928	1942	2006		0006	0809	0840	0911	0942	1013	1043	1114	1145	1216		
Clapton Park Millfields Road	1838	1851	1904	1917	1931	1945	2009		0009	0812	0843	0914	0945	1016	1047	1118	1149	1220		
308		Sundays and other Public Holidays (except Christmas Day and Boxing Day) (cont.)																		
Wanstead Woodbine Place	1200	1230	1300	1330	1400	1430	1500	1530	1600	1630	1700	1730	1800	1830	1900	1930		2330		
Dames Road Wanstead Flats	1208	1239	1309	1339	1409	1439	1509	1538	1608	1638	1708	1738	1808	1838	1908	1937		2337		
Forest Gate Station	1214	1245	1315	1345	1415	1445	1515	1544	1613	1643	1712	1742	1812	1842	1912	1941	Then	2341		
Romford Road Water Lane	1220	1251	1321	1351	1421	1451	1521	1550	1619	1649	1718	1748	1818	1848	1918	1946	every	2346		
Stratford Bus Station	1225	1256	1326	1356	1426	1456	1526	1555	1624	1654	1723	1753	1822	1852	1922	1950	30	2350		
Leyton Station	1233	1304	1334	1404	1434	1504	1534	1603	1632	1701	1730	1800	1829	1859	1928	1956	mins.	2356		
Temple Mills New Spitalfields Market	1239	1310	1341	1411	1441	1511	1541	1610	1639	1707	1736	1805	1834	1904	1933	2000	until	0000		
Olympic Park North Homerton Road	1241	1313	1344	1414	1444	1514	1544	1613	1641	1709	1738	1807	1836	1906	1935	2002		0002		
Homerton Hospital Brooksby's Walk	1247	1319	1350	1420	1450	1520	1550	1619	1647	1715	1744	1813	1842	1911	1939	2006		0006		
Clapton Park Millfields Road	1251	1323	1354	1424	1454	1524	1553	1622	1650	1718	1747	1816	1845	1914	1942	2009		0009		

308 Mondays to Fridays																		
Clapton Park Millfields Road	0539	0559	0619	0639	0653	0707	0719	0733	0747	0801	0815	0830	0845	0901	0917	Then every 15 minutes until	1402	
Homerton Hospital Homerton Grove	0543	0603	0623	0643	0657	0712	0724	0738	0752	0806	0820	0835	0850	0906	0922		1407	
Olympic Park North Homerton Road	0547	0607	0628	0648	0702	0717	0730	0744	0758	0812	0827	0842	0858	0914	0928		1413	
Temple Mills New Spitalfields Market	0549	0609	0630	0650	0704	0719	0732	0746	0800	0815	0830	0845	0900	0916	0931		1416	
Leyton Station	0553	0613	0634	0654	0709	0724	0737	0751	0806	0821	0836	0851	0906	0922	0937		1422	
Stratford The Grove	0557	0618	0639	0700	0716	0731	0745	0759	0814	0829	0844	0859	0914	0930	0944		1429	
Romford Road Water Lane	0600	0621	0642	0703	0719	0734	0748	0802	0817	0832	0847	0902	0917	0933	0947		1432	
Forest Gate Station	0606	0627	0648	0709	0725	0740	0755	0810	0825	0840	0855	0910	0925	0940	0954		1439	
Dames Road Wanstead Flats	0609	0630	0651	0712	0729	0744	0759	0815	0830	0845	0900	0915	0930	0944	0958		1443	
Wanstead Woodbine Place	0615	0636	0657	0719	0737	0752	0808	0824	0839	0855	0909	0924	0938	0952	1006		1451	
Clapton Park Millfields Road	1417	1432	1446	1500	1514	1527	1541	Then every 15 mins. until	1711	1726	1741	1756	1811	1826	1841	1856	1912	1942
Homerton Hospital Homerton Grove	1422	1437	1451	1505	1520	1533	1547		1717	1732	1747	1802	1816	1831	1846	1901	1917	1947
Olympic Park North Homerton Road	1428	1443	1457	1512	1527	1540	1555		1725	1740	1755	1810	1824	1838	1853	1907	1922	1952
Temple Mills New Spitalfields Market	1431	1446	1500	1515	1530	1543	1558		1728	1743	1758	1813	1826	1840	1855	1909	1924	1954
Leyton Station	1437	1452	1506	1521	1536	1550	1605		1735	1750	1805	1820	1833	1847	1902	1915	1930	1959
Stratford The Grove	1444	1459	1513	1528	1543	1557	1612		1742	1757	1812	1827	1840	1854	1909	1922	1937	2005
Romford Road Water Lane	1447	1502	1516	1531	1546	1601	1616		1746	1801	1816	1830	1843	1857	1912	1925	1940	2008
Forest Gate Station	1454	1509	1524	1539	1554	1609	1624		1754	1809	1823	1837	1850	1904	1919	1932	1947	2015
Dames Road Wanstead Flats	1458	1514	1529	1544	1559	1614	1629		1759	1814	1828	1842	1855	1909	1923	1936	1951	2019
Wanstead Woodbine Place	1507	1523	1539	1555	1610	1625	1640		1810	1824	1838	1852	1905	1918	1931	1944	1958	2026
308 Mons-Fris (ctd.) Saturdays (also Good Friday)																		
Clapton Park Millfields Road	2012	Then every 30 mins. until	2312	0540	0610	0640	0710	0740	0810	0830	0850	0909	0924	0937	0950	1003	1333	
Homerton Hospital Homerton Grove	2016		2316	0544	0614	0644	0714	0744	0814	0834	0854	0914	0929	0942	0955	1008	1338	
Olympic Park North Homerton Road	2021		2321	0548	0618	0648	0719	0749	0819	0839	0859	0919	0935	0948	1001	1014	1344	
Temple Mills New Spitalfields Market	2023		2323	0550	0620	0650	0721	0751	0821	0841	0901	0921	0937	0950	1003	1017	1347	
Leyton Station	2028		2328	0554	0624	0654	0725	0755	0825	0846	0906	0926	0942	0956	1010	1024	1354	
Stratford The Grove	2034		2334	0558	0629	0659	0730	0801	0831	0852	0912	0932	0948	1002	1016	1031	1401	
Romford Road Water Lane	2037		2337	0601	0632	0702	0733	0804	0834	0855	0915	0935	0951	1005	1020	1035	1405	
Forest Gate Station	2043		2343	0607	0638	0708	0739	0810	0840	0901	0921	0941	0958	1013	1028	1043	1413	
Dames Road Wanstead Flats	2047		2347	0610	0641	0712	0743	0814	0844	0905	0925	0945	1002	1017	1032	1047	1417	
Wanstead Woodbine Place	2053		2353	0616	0647	0718	0749	0820	0851	0912	0933	0953	1010	1025	1040	1055	1425	
308 Saturdays (also Good Friday) (cont.)																		
Clapton Park Millfields Road	1348	1403	1418	Then every 15 minutes until	1648	1704	1720	1736	1752	1808	1824	1840	1911	1942	Then every 30 minutes until	2312		
Homerton Hospital Homerton Grove	1353	1408	1423		1653	1709	1725	1741	1757	1813	1829	1845	1916	1946		2316		
Olympic Park North Homerton Road	1359	1414	1430		1700	1715	1731	1747	1803	1819	1835	1850	1921	1951		2321		
Temple Mills New Spitalfields Market	1402	1417	1433		1703	1718	1734	1749	1805	1821	1837	1852	1923	1953		2323		
Leyton Station	1410	1425	1441		1711	1726	1741	1756	1811	1827	1843	1858	1928	1958		2328		
Stratford The Grove	1417	1432	1448		1718	1733	1748	1803	1818	1833	1849	1904	1934	2004		2334		
Romford Road Water Lane	1421	1436	1452		1722	1737	1752	1807	1822	1837	1853	1908	1937	2007		2337		
Forest Gate Station	1429	1444	1500		1730	1745	1759	1813	1828	1843	1859	1914	1943	2013		2343		
Dames Road Wanstead Flats	1433	1448	1504		1734	1749	1803	1817	1832	1847	1903	1918	1947	2017		2347		
Wanstead Woodbine Place	1441	1456	1512		1742	1757	1811	1825	1840	1855	1910	1925	1954	2023		2353		
308 Sundays and other Public Holidays (except Christmas Day and Boxing Day)																		
Clapton Park Millfields Road	0715	0745	0815	0845	0915	0943	1011	1040	1108	1137	1206	1235	1304	1334	1404	1435	1506	1537
Homerton Hospital Homerton Grove	0719	0749	0819	0849	0920	0948	1016	1045	1113	1142	1211	1240	1309	1339	1409	1440	1511	1542
Olympic Park North Homerton Road	0723	0753	0823	0853	0924	0953	1022	1051	1119	1148	1217	1246	1315	1345	1415	1446	1517	1548
Temple Mills New Spitalfields Market	0725	0755	0825	0855	0926	0955	1024	1053	1121	1150	1219	1249	1318	1348	1418	1449	1519	1550
Leyton Station	0729	0759	0829	0859	0930	1000	1029	1058	1127	1156	1226	1256	1326	1356	1426	1456	1526	1556
Stratford The Grove	0733	0804	0834	0904	0936	1006	1035	1105	1134	1203	1233	1303	1333	1403	1433	1503	1533	1603
Romford Road Water Lane	0736	0807	0837	0907	0939	1009	1038	1108	1138	1207	1237	1307	1337	1407	1437	1507	1537	1607
Forest Gate Station	0742	0813	0843	0913	0945	1015	1044	1114	1144	1214	1244	1314	1344	1414	1444	1514	1544	1614
Dames Road Wanstead Flats	0745	0816	0847	0917	0949	1019	1048	1118	1148	1218	1248	1318	1348	1418	1448	1518	1548	1618
Wanstead Woodbine Place	0751	0822	0853	0924	0956	1026	1056	1126	1156	1226	1256	1326	1356	1426	1456	1526	1556	1626
Clapton Park Millfields Road	1608	1639	1710	1741	1812	1842	1912	1942	Then every 30 minutes until								2312	
Homerton Hospital Homerton Grove	1613	1644	1715	1746	1817	1847	1916	1946		2316								
Olympic Park North Homerton Road	1619	1650	1721	1751	1822	1852	1921	1951		2321								
Temple Mills New Spitalfields Market	1621	1652	1723	1753	1824	1854	1923	1953		2323								
Leyton Station	1627	1657	1728	1758	1829	1859	1928	1958		2328								
Stratford The Grove	1634	1704	1735	1805	1836	1906	1935	2004		2334								
Romford Road Water Lane	1638	1708	1739	1809	1839	1909	1938	2007		2337								
Forest Gate Station	1644	1714	1745	1815	1845	1915	1944	2013		2343								
Dames Road Wanstead Flats	1648	1718	1749	1819	1849	1919	1948	2017		2347								
Wanstead Woodbine Place	1656	1726	1756	1826	1856	1925	1954	2023		2353								