

Bedford, Luton and St Albans City to London

Sunday

| From | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------------------|-----|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|---|
| To | | | | | | | BTN | RAI | SUO | BTN | RAI | SUO | RAI | BTN | SUO | RAI | BTN | SUO | RAI | BTN | SUO | RAI | BTN | SUO | RAI | |
| Bedford | Dep | 05:40 | 06:05 | 06:35 | 07:35 | . | 08:19 | . | . | 08:49 | . | . | . | 09:19 | . | . | 09:49 | . | . | 10:19 | . | . | 10:49 | . | . | . |
| Flitwick | . | 05:51 | 06:16 | 06:46 | 07:46 | . | 08:30 | . | . | 09:00 | . | . | . | 09:30 | . | . | 10:00 | . | . | 10:30 | . | . | 11:00 | . | . | . |
| Harlington | . | 05:55 | 06:20 | 06:50 | 07:50 | . | 08:34 | . | . | 09:04 | . | . | . | 09:34 | . | . | 10:04 | . | . | 10:34 | . | . | 11:04 | . | . | . |
| Leagrave | . | 06:00 | 06:25 | 06:55 | 07:55 | . | 08:39 | . | . | 09:09 | . | . | . | 09:39 | . | . | 10:09 | . | . | 10:39 | . | . | 11:09 | . | . | . |
| Luton | Arr | 06:04 | 06:29 | 06:59 | 07:59 | . | 08:43 | . | . | 09:13 | . | . | . | 09:43 | . | . | 10:13 | . | . | 10:43 | . | . | 11:13 | . | . | . |
| Luton | Dep | 06:05 | 06:30 | 07:00 | 08:00 | 08:04 | 08:44 | . | 08:48 | 09:14 | . | 09:18 | . | 09:44 | 09:48 | . | 10:14 | 10:18 | . | 10:44 | 10:48 | . | 11:14 | 11:18 | . | . |
| Luton Airport Parkway | . | 06:08 | 06:33 | 07:03 | 08:03 | 08:07 | 08:47 | . | 08:51 | 09:17 | . | 09:21 | . | 09:47 | 09:51 | . | 10:17 | 10:21 | . | 10:47 | 10:51 | . | 11:17 | 11:21 | . | . |
| Harpenden | . | 06:13 | 06:38 | 07:08 | 08:08 | 08:12 | 08:52 | . | 08:56 | 09:22 | . | 09:26 | . | 09:52 | 09:56 | . | 10:22 | 10:26 | . | 10:52 | 10:56 | . | 11:22 | 11:26 | . | . |
| St Albans | Arr | 06:19 | 06:44 | 07:14 | 08:14 | 08:18 | 08:58 | . | 09:02 | 09:28 | . | 09:32 | . | 09:58 | 10:02 | . | 10:28 | 10:32 | . | 10:58 | 11:02 | . | 11:28 | 11:32 | . | . |
| St Albans | Dep | 06:20 | 06:45 | 07:15 | 08:15 | 08:19 | 08:59 | . | 09:03 | 09:29 | . | 09:33 | . | 09:59 | 10:03 | . | 10:29 | 10:33 | . | 10:59 | 11:03 | . | 11:29 | 11:33 | . | . |
| Radlett | . | 06:25 | 06:50 | 07:20 | . | 08:24 | . | . | 09:09 | . | . | 09:39 | . | . | 10:09 | . | . | 10:39 | . | . | 11:09 | . | . | 11:39 | . | . |
| Elstree & Borehamwood | . | 06:29 | 06:54 | 07:24 | . | 08:28 | . | . | 09:12 | . | . | 09:42 | . | . | 10:12 | . | . | 10:42 | . | . | 11:12 | . | . | 11:42 | . | . |
| Mill Hill Broadway | . | 06:33 | 06:58 | 07:28 | . | 08:32 | . | . | 09:16 | . | . | 09:46 | . | . | 10:16 | . | . | 10:46 | . | . | 11:16 | . | . | 11:46 | . | . |
| Hendon | . | 06:36 | 07:01 | 07:31 | . | 08:35 | . | . | 09:19 | . | . | 09:49 | . | . | 10:19 | . | . | 10:49 | . | . | 11:19 | . | . | 11:49 | . | . |
| Cricklewood | . | 06:41 | 07:06 | 07:36 | . | 08:40 | . | . | 09:24 | . | . | 09:54 | . | . | 10:24 | . | . | 10:54 | . | . | 11:24 | . | . | 11:54 | . | . |
| West Hampstead Thameslink | . | 06:44 | 07:09 | 07:39 | 08:31 | 08:43 | 09:15 | 09:20 | 09:26 | 09:45 | 09:50 | 09:56 | . | 10:15 | 10:26 | . | 10:45 | 10:56 | . | 11:15 | 11:26 | . | 11:45 | 11:56 | . | . |
| Kentish Town | Arr | 06:50 | 07:15 | 07:45 | . | 08:49 | . | 09:25 | 09:31 | . | 09:55 | 10:01 | . | . | 10:31 | . | . | 11:01 | . | . | 11:31 | . | . | 12:01 | . | . |
| Kentish Town | Dep | 06:50 | 07:15 | 07:45 | . | 08:49 | . | 09:26 | 09:31 | . | 09:56 | 10:01 | 10:26 | . | 10:31 | 10:56 | . | 11:01 | 11:26 | . | 11:31 | 11:56 | . | 12:01 | 12:26 | . |
| London St Pancras | Arr | 06:55 | 07:20 | 07:50 | 08:40 | 08:55 | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . |
| London St Pancras Int | . | . | . | . | . | . | 09:26 | 09:32 | 09:38 | 09:56 | 10:02 | 10:08 | 10:32 | 10:26 | 10:38 | 11:02 | 10:56 | 11:08 | 11:32 | 11:26 | 11:38 | 12:02 | 11:56 | 12:08 | 12:32 | . |
| Farringdon | . | . | . | . | . | . | 09:30 | 09:36 | 09:42 | 10:00 | 10:06 | 10:12 | 10:36 | 10:30 | 10:42 | 11:06 | 11:00 | 11:12 | 11:36 | 11:30 | 11:42 | 12:06 | 12:00 | 12:12 | 12:36 | . |
| City Thameslink | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . |
| London Blackfriars | . | . | . | . | . | . | 09:35 | 09:41 | 09:47 | 10:05 | 10:11 | 10:17 | 10:41 | 10:35 | 10:47 | 11:11 | 11:05 | 11:17 | 11:41 | 11:35 | 11:47 | 12:11 | 12:05 | 12:17 | 12:41 | . |
| London Bridge (HL) | . | . | . | . | . | . | 09:41 | 09:48 | . | 10:11 | 10:18 | . | 10:48 | 10:41 | . | 11:18 | 11:11 | . | 11:48 | 11:41 | . | 12:18 | 12:11 | . | 12:48 | . |
| . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . |

Notes:

BTN = Brighton

GLM = Gillingham

RAI = Rainham (Kent)

SUO = Sutton

TBD = Three Bridges

Bedford, Luton and St Albans City to London

Sunday

| From | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------------------|-----|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--|
| To | | BTN | SUO | RAI | BTN | SUO | RAI | BTN | SUO | RAI | BTN | SUO | RAI | BTN | SUO | RAI | BTN | SUO | RAI | BTN | SUO | RAI | BTN | SUO | RAI | |
| Bedford | Dep | 11:19 | . | . | 11:51 | . | . | 12:21 | . | . | 12:51 | . | . | 13:21 | . | . | 13:51 | . | . | 14:21 | . | . | 14:51 | . | . | |
| Flitwick | . | 11:30 | . | . | 12:02 | . | . | 12:32 | . | . | 13:02 | . | . | 13:32 | . | . | 14:02 | . | . | 14:32 | . | . | 15:02 | . | . | |
| Harlington | . | 11:34 | . | . | 12:06 | . | . | 12:36 | . | . | 13:06 | . | . | 13:36 | . | . | 14:06 | . | . | 14:36 | . | . | 15:06 | . | . | |
| Leagrave | . | 11:39 | . | . | 12:11 | . | . | 12:41 | . | . | 13:11 | . | . | 13:41 | . | . | 14:11 | . | . | 14:41 | . | . | 15:11 | . | . | |
| Luton | Arr | 11:43 | . | . | 12:14 | . | . | 12:44 | . | . | 13:14 | . | . | 13:44 | . | . | 14:14 | . | . | 14:44 | . | . | 15:14 | . | . | |
| Luton | Dep | 11:44 | 11:48 | . | 12:16 | 12:18 | . | 12:46 | 12:48 | . | 13:16 | 13:18 | . | 13:46 | 13:48 | . | 14:16 | 14:18 | . | 14:46 | 14:48 | . | 15:16 | 15:18 | . | |
| Luton Airport Parkway | . | 11:47 | 11:51 | . | 12:19 | 12:21 | . | 12:49 | 12:51 | . | 13:19 | 13:21 | . | 13:49 | 13:51 | . | 14:19 | 14:21 | . | 14:49 | 14:51 | . | 15:19 | 15:21 | . | |
| Harpenden | . | 11:52 | 11:56 | . | 12:24 | 12:26 | . | 12:54 | 12:56 | . | 13:24 | 13:26 | . | 13:54 | 13:56 | . | 14:24 | 14:26 | . | 14:54 | 14:56 | . | 15:24 | 15:26 | . | |
| St Albans | Arr | 11:58 | 12:02 | . | 12:30 | 12:32 | . | 13:00 | 13:02 | . | 13:30 | 13:32 | . | 14:00 | 14:02 | . | 14:30 | 14:32 | . | 15:00 | 15:02 | . | 15:30 | 15:32 | . | |
| St Albans | Dep | 11:59 | 12:03 | . | 12:30 | 12:33 | . | 13:00 | 13:03 | . | 13:30 | 13:33 | . | 14:00 | 14:03 | . | 14:30 | 14:33 | . | 15:00 | 15:03 | . | 15:30 | 15:33 | . | |
| Radlett | . | . | 12:08 | . | . | 12:39 | . | . | 13:09 | . | . | 13:39 | . | . | 14:09 | . | . | 14:39 | . | . | 15:09 | . | . | 15:39 | . | |
| Elstree & Borehamwood | . | . | 12:12 | . | . | 12:42 | . | . | 13:12 | . | . | 13:42 | . | . | 14:12 | . | . | 14:42 | . | . | 15:12 | . | . | 15:42 | . | |
| Mill Hill Broadway | . | . | 12:16 | . | . | 12:46 | . | . | 13:16 | . | . | 13:46 | . | . | 14:16 | . | . | 14:46 | . | . | 15:16 | . | . | 15:46 | . | |
| Hendon | . | . | 12:19 | . | . | 12:49 | . | . | 13:19 | . | . | 13:49 | . | . | 14:19 | . | . | 14:49 | . | . | 15:19 | . | . | 15:49 | . | |
| Cricklewood | . | . | 12:24 | . | . | 12:54 | . | . | 13:24 | . | . | 13:54 | . | . | 14:24 | . | . | 14:54 | . | . | 15:24 | . | . | 15:54 | . | |
| West Hampstead Thameslink | . | 12:15 | 12:26 | . | 12:45 | 12:56 | . | 13:15 | 13:26 | . | 13:45 | 13:56 | . | 14:15 | 14:26 | . | 14:45 | 14:56 | . | 15:15 | 15:26 | . | 15:45 | 15:56 | . | |
| Kentish Town | Arr | . | 12:31 | . | . | 13:01 | . | . | 13:31 | . | . | 14:01 | . | . | 14:31 | . | . | 15:01 | . | . | 15:31 | . | . | 16:01 | . | |
| Kentish Town | Dep | . | 12:31 | 12:56 | . | 13:01 | 13:26 | . | 13:31 | 13:56 | . | 14:01 | 14:26 | . | 14:31 | 14:56 | . | 15:01 | 15:26 | . | 15:31 | 15:56 | . | 16:01 | 16:26 | |
| London St Pancras | Arr | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | |
| London St Pancras Int | . | 12:26 | 12:38 | 13:02 | 12:56 | 13:08 | 13:32 | 13:26 | 13:38 | 14:02 | 13:56 | 14:08 | 14:32 | 14:26 | 14:38 | 15:02 | 14:56 | 15:08 | 15:32 | 15:26 | 15:38 | 16:02 | 15:56 | 16:08 | 16:32 | |
| Farringdon | . | 12:30 | 12:42 | 13:06 | 13:00 | 13:12 | 13:36 | 13:30 | 13:42 | 14:06 | 14:00 | 14:12 | 14:36 | 14:30 | 14:42 | 15:06 | 15:00 | 15:12 | 15:36 | 15:30 | 15:42 | 16:06 | 16:00 | 16:12 | 16:36 | |
| City Thameslink | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | |
| London Blackfriars | . | 12:35 | 12:47 | 13:11 | 13:05 | 13:17 | 13:41 | 13:35 | 13:47 | 14:11 | 14:05 | 14:17 | 14:41 | 14:35 | 14:47 | 15:11 | 15:05 | 15:17 | 15:41 | 15:35 | 15:47 | 16:11 | 16:05 | 16:17 | 16:41 | |
| London Bridge (HL) | . | 12:41 | . | 13:18 | 13:11 | . | 13:48 | 13:41 | . | 14:18 | 14:11 | . | 14:48 | 14:41 | . | 15:18 | 15:11 | . | 15:48 | 15:41 | . | 16:18 | 16:11 | . | 16:48 | |
| . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | |

Notes:

BTN = Brighton

GLM = Gillingham

RAI = Rainham (Kent)

SUO = Sutton

TBD = Three Bridges

Bedford, Luton and St Albans City to London

Sunday

| From | | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------------------|-----|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| To | | BTN | SUO | RAI | BTN | SUO | RAI | BTN | SUO | RAI | BTN | SUO | RAI | BTN | SUO | RAI | BTN | SUO | RAI | BTN | SUO | RAI | BTN | SUO | RAI |
| Bedford | Dep | 15:21 | . | . | 15:51 | . | . | 16:21 | . | . | 16:51 | . | . | 17:21 | . | . | 17:51 | . | . | 18:21 | . | . | 18:51 | . | . |
| Flitwick | . | 15:32 | . | . | 16:02 | . | . | 16:32 | . | . | 17:02 | . | . | 17:32 | . | . | 18:02 | . | . | 18:32 | . | . | 19:02 | . | . |
| Harlington | . | 15:36 | . | . | 16:06 | . | . | 16:36 | . | . | 17:06 | . | . | 17:36 | . | . | 18:06 | . | . | 18:36 | . | . | 19:06 | . | . |
| Leagrave | . | 15:41 | . | . | 16:11 | . | . | 16:41 | . | . | 17:11 | . | . | 17:41 | . | . | 18:11 | . | . | 18:41 | . | . | 19:11 | . | . |
| Luton | Arr | 15:44 | . | . | 16:14 | . | . | 16:44 | . | . | 17:14 | . | . | 17:44 | . | . | 18:14 | . | . | 18:44 | . | . | 19:14 | . | . |
| Luton | Dep | 15:46 | 15:48 | . | 16:16 | 16:18 | . | 16:46 | 16:48 | . | 17:16 | 17:18 | . | 17:46 | 17:48 | . | 18:16 | 18:18 | . | 18:46 | 18:48 | . | 19:16 | 19:18 | . |
| Luton Airport Parkway | . | 15:49 | 15:51 | . | 16:19 | 16:21 | . | 16:49 | 16:51 | . | 17:19 | 17:21 | . | 17:49 | 17:51 | . | 18:19 | 18:21 | . | 18:49 | 18:51 | . | 19:19 | 19:21 | . |
| Harpenden | . | 15:54 | 15:56 | . | 16:24 | 16:26 | . | 16:54 | 16:56 | . | 17:24 | 17:26 | . | 17:54 | 17:56 | . | 18:24 | 18:26 | . | 18:54 | 18:56 | . | 19:24 | 19:26 | . |
| St Albans | Arr | 16:00 | 16:02 | . | 16:30 | 16:32 | . | 17:00 | 17:02 | . | 17:30 | 17:32 | . | 18:00 | 18:02 | . | 18:30 | 18:32 | . | 19:00 | 19:02 | . | 19:30 | 19:32 | . |
| St Albans | Dep | 16:00 | 16:03 | . | 16:30 | 16:33 | . | 17:00 | 17:03 | . | 17:30 | 17:33 | . | 18:00 | 18:03 | . | 18:30 | 18:33 | . | 19:00 | 19:03 | . | 19:30 | 19:33 | . |
| Radlett | . | . | 16:09 | . | . | 16:39 | . | . | 17:09 | . | . | 17:39 | . | . | 18:09 | . | . | 18:39 | . | . | 19:09 | . | . | 19:39 | . |
| Elstree & Borehamwood | . | . | 16:12 | . | . | 16:42 | . | . | 17:12 | . | . | 17:42 | . | . | 18:12 | . | . | 18:42 | . | . | 19:12 | . | . | 19:42 | . |
| Mill Hill Broadway | . | . | 16:16 | . | . | 16:46 | . | . | 17:16 | . | . | 17:46 | . | . | 18:16 | . | . | 18:46 | . | . | 19:16 | . | . | 19:46 | . |
| Hendon | . | . | 16:19 | . | . | 16:49 | . | . | 17:19 | . | . | 17:49 | . | . | 18:19 | . | . | 18:49 | . | . | 19:19 | . | . | 19:49 | . |
| Cricklewood | . | . | 16:24 | . | . | 16:54 | . | . | 17:24 | . | . | 17:54 | . | . | 18:24 | . | . | 18:54 | . | . | 19:24 | . | . | 19:54 | . |
| West Hampstead Thameslink | . | 16:15 | 16:26 | . | 16:45 | 16:56 | . | 17:15 | 17:26 | . | 17:45 | 17:56 | . | 18:15 | 18:26 | . | 18:45 | 18:56 | . | 19:15 | 19:26 | . | 19:45 | 19:56 | . |
| Kentish Town | Arr | . | 16:31 | . | . | 17:01 | . | . | 17:31 | . | . | 18:01 | . | . | 18:31 | . | . | 19:01 | . | . | 19:31 | . | . | 20:01 | . |
| Kentish Town | Dep | . | 16:31 | 16:56 | . | 17:01 | 17:26 | . | 17:31 | 17:56 | . | 18:01 | 18:26 | . | 18:31 | 18:56 | . | 19:01 | 19:26 | . | 19:31 | 19:56 | . | 20:01 | 20:26 |
| London St Pancras | Arr | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . |
| London St Pancras Int | . | 16:26 | 16:38 | 17:02 | 16:56 | 17:08 | 17:32 | 17:26 | 17:38 | 18:02 | 17:56 | 18:08 | 18:32 | 18:26 | 18:38 | 19:02 | 18:56 | 19:08 | 19:32 | 19:26 | 19:38 | 20:02 | 19:56 | 20:08 | 20:32 |
| Farringdon | . | 16:30 | 16:42 | 17:06 | 17:00 | 17:12 | 17:36 | 17:30 | 17:42 | 18:06 | 18:00 | 18:12 | 18:36 | 18:30 | 18:42 | 19:06 | 19:00 | 19:12 | 19:36 | 19:30 | 19:42 | 20:06 | 20:00 | 20:12 | 20:36 |
| City Thameslink | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . |
| London Blackfriars | . | 16:35 | 16:47 | 17:11 | 17:05 | 17:17 | 17:41 | 17:35 | 17:47 | 18:11 | 18:05 | 18:17 | 18:41 | 18:35 | 18:47 | 19:11 | 19:05 | 19:17 | 19:41 | 19:35 | 19:47 | 20:11 | 20:05 | 20:17 | 20:41 |
| London Bridge (HL) | . | 16:41 | . | 17:18 | 17:11 | . | 17:48 | 17:41 | . | 18:18 | 18:11 | . | 18:48 | 18:41 | . | 19:18 | 19:11 | . | 19:48 | 19:41 | . | 20:18 | 20:11 | . | 20:48 |
| . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . |

Notes:

BTN = Brighton

GLM = Gillingham

RAI = Rainham (Kent)

SUO = Sutton

TBD = Three Bridges

Bedford, Luton and St Albans City to London

Sunday

| From | | | | | | | | | | | | | | | | | | | | | Mon | Mon | Mon |
|---------------------------|-----|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-----|
| To | | BTN | SUO | RAI | BTN | SUO | RAI | BTN | SUO | RAI | BTN | GLM | BTN | GLM | BTN | BTN | BTN | TBD | BTN | TBD | TBD | TBD | TBD |
| Bedford | Dep | 19:21 | . | . | 19:51 | . | . | 20:21 | . | . | 20:51 | . | 21:21 | . | 21:51 | 22:11 | 22:45 | 23:05 | 23:45 | 00:15 | 01:15 | 01:53 | |
| Flitwick | . | 19:32 | . | . | 20:02 | . | . | 20:32 | . | . | 21:02 | . | 21:32 | . | 22:02 | 22:22 | 22:56 | 23:16 | 23:56 | 00:26 | 01:26 | 02:04 | |
| Harlington | . | 19:36 | . | . | 20:06 | . | . | 20:36 | . | . | 21:06 | . | 21:36 | . | 22:06 | 22:26 | 23:00 | 23:20 | 00:01 | 00:30 | 01:30 | 02:08 | |
| Leagrave | . | 19:41 | . | . | 20:11 | . | . | 20:41 | . | . | 21:11 | . | 21:41 | . | 22:11 | 22:31 | 23:05 | 23:25 | 00:06 | 00:35 | 01:35 | 02:13 | |
| Luton | Arr | 19:44 | . | . | 20:14 | . | . | 20:44 | . | . | 21:14 | . | 21:44 | . | 22:14 | 22:34 | 23:09 | 23:29 | 00:09 | 00:39 | 01:39 | 02:17 | |
| Luton | Dep | 19:46 | 19:48 | . | 20:16 | 20:18 | . | 20:46 | 20:48 | . | 21:16 | . | 21:46 | . | 22:16 | 22:36 | 23:10 | 23:30 | 00:10 | 00:40 | 01:40 | 02:18 | |
| Luton Airport Parkway | . | 19:49 | 19:51 | . | 20:19 | 20:21 | . | 20:49 | 20:51 | . | 21:19 | . | 21:49 | . | 22:19 | 22:39 | 23:13 | 23:33 | 00:13 | 00:43 | 01:43 | 02:21 | |
| Harpenden | . | 19:54 | 19:56 | . | 20:24 | 20:26 | . | 20:54 | 20:56 | . | 21:24 | . | 21:54 | . | 22:24 | 22:44 | 23:18 | 23:38 | 00:18 | 00:48 | 01:48 | 02:26 | |
| St Albans | Arr | 20:00 | 20:02 | . | 20:30 | 20:32 | . | 21:00 | 21:02 | . | 21:30 | . | 22:00 | . | 22:30 | 22:50 | 23:24 | 23:44 | 00:24 | 00:54 | 01:54 | 02:32 | |
| St Albans | Dep | 20:00 | 20:03 | . | 20:30 | 20:33 | . | 21:00 | 21:03 | 21:27 | 21:31 | 21:57 | 22:01 | 22:27 | 22:31 | 22:51 | 23:25 | 23:45 | 00:25 | 00:55 | 01:55 | 02:33 | |
| Radlett | . | . | 20:09 | . | . | 20:39 | . | . | 21:09 | 21:32 | . | 22:02 | . | 22:32 | . | 22:56 | . | 23:50 | . | 01:00 | 02:00 | . | |
| Elstree & Borehamwood | . | . | 20:12 | . | . | 20:42 | . | . | 21:12 | 21:36 | . | 22:06 | . | 22:36 | . | 23:00 | . | 23:54 | . | 01:04 | 02:04 | . | |
| Mill Hill Broadway | . | . | 20:16 | . | . | 20:46 | . | . | 21:16 | 21:40 | . | 22:10 | . | 22:40 | . | 23:04 | . | 23:58 | . | 01:08 | 02:08 | . | |
| Hendon | . | . | 20:19 | . | . | 20:49 | . | . | 21:19 | 21:43 | . | 22:13 | . | 22:43 | . | 23:07 | . | 00:01 | . | 01:11 | 02:11 | . | |
| Cricklewood | . | . | 20:24 | . | . | 20:54 | . | . | 21:24 | 21:48 | . | 22:18 | . | 22:48 | . | 23:12 | . | 00:06 | . | 01:16 | 02:16 | . | |
| West Hampstead Thameslink | . | 20:15 | 20:26 | . | 20:45 | 20:56 | . | 21:15 | 21:26 | 21:50 | 21:45 | 22:20 | 22:15 | 22:50 | 22:45 | 23:14 | 23:41 | 00:09 | 00:41 | 01:20 | 02:20 | 02:49 | |
| Kentish Town | Arr | . | 20:31 | . | . | 21:01 | . | . | 21:31 | 21:55 | . | 22:25 | . | 22:55 | . | 23:19 | . | 00:13 | . | 01:24 | 02:24 | . | |
| Kentish Town | Dep | . | 20:31 | 20:56 | . | 21:01 | 21:26 | . | 21:31 | 21:55 | . | 22:25 | . | 22:55 | . | 23:19 | . | 00:13 | . | 01:24 | 02:24 | . | |
| London St Pancras | Arr | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . |
| London St Pancras Int | . | 20:26 | 20:38 | 21:02 | 20:56 | 21:08 | 21:32 | 21:26 | 21:38 | 22:02 | 21:56 | 22:32 | 22:26 | 23:02 | 22:56 | 23:26 | 23:51 | 00:21 | 00:51 | 01:32 | 02:32 | 03:02 | |
| Farringdon | . | 20:30 | 20:42 | 21:06 | 21:00 | 21:12 | 21:36 | 21:30 | 21:42 | 22:06 | 22:00 | 22:36 | 22:30 | 23:06 | 23:00 | 23:30 | 23:56 | 00:26 | . | . | . | . | |
| City Thameslink | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . |
| London Blackfriars | . | 20:35 | 20:47 | 21:11 | 21:05 | 21:17 | 21:41 | 21:35 | 21:47 | 22:11 | 22:05 | 22:41 | 22:35 | 23:11 | 23:05 | 23:35 | 00:01 | 00:31 | 01:01 | 01:40 | 02:40 | 03:10 | |
| London Bridge (HL) | . | 20:41 | . | 21:18 | 21:11 | . | 21:48 | 21:41 | . | 22:18 | 22:11 | 22:48 | 22:41 | 23:18 | 23:11 | 23:41 | . | . | . | . | . | . | |
| . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . |

Notes:

- BTN = Brighton
- GLM = Gillingham
- RAI = Rainham (Kent)
- SUO = Sutton
- TBD = Three Bridges

Mon - Train operates on Monday morning

London to St Albans City, Luton and Bedford

Sunday

| From | | | | | | | | | | BTN | SUO | BTN | RAI | SUO | BTN | RAI | SUO | BTN | RAI | SUO | BTN | RAI | SUO | BTN | RAI | SUO |
|---------------------------|-----|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| To | | | | | | | | | | | | | | | | | | | | | | | | | | |
| London Bridge (HL) | | | | | | | | | | 09:49 | | 10:19 | 09:58 | | 10:49 | 10:28 | | 11:19 | 10:58 | | 11:49 | 11:28 | | 12:19 | 11:58 | |
| London Blackfriars | | | | | | | | | | 09:55 | 09:58 | 10:25 | 10:05 | 10:28 | 10:55 | 10:35 | 10:58 | 11:25 | 11:05 | 11:28 | 11:55 | 11:35 | 11:58 | 12:25 | 12:05 | 12:28 |
| City Thameslink | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Farringdon | | | | | | | | | | 09:59 | 10:02 | 10:29 | 10:09 | 10:32 | 10:59 | 10:39 | 11:02 | 11:29 | 11:09 | 11:32 | 11:59 | 11:39 | 12:02 | 12:29 | 12:09 | 12:32 |
| London St Pancras Int | | | | | | | | | | 10:04 | 10:07 | 10:34 | 10:14 | 10:37 | 11:04 | 10:44 | 11:07 | 11:34 | 11:14 | 11:37 | 12:04 | 11:44 | 12:07 | 12:34 | 12:14 | 12:37 |
| London St Pancras | Dep | 06:03 | 07:03 | 07:33 | 08:03 | 08:48 | 09:03 | 09:33 | | | | | | | | | | | | | | | | | | |
| Kentish Town | Arr | 06:08 | 07:08 | 07:38 | 08:08 | | 09:08 | 09:38 | | 10:11 | | 10:18 | 10:41 | | 10:48 | 11:11 | | 11:18 | 11:41 | | 11:48 | 12:11 | | 12:18 | 12:41 | |
| Kentish Town | Dep | 06:08 | 07:08 | 07:38 | 08:08 | | 09:11 | 09:38 | | 10:11 | | | 10:41 | | | 11:11 | | | 11:41 | | | 12:11 | | | 12:41 | |
| West Hampstead Thameslink | | 06:12 | 07:12 | 07:42 | 08:12 | 08:56 | 09:15 | 09:42 | 10:12 | 10:15 | 10:42 | | 10:45 | 11:12 | | 11:15 | 11:42 | | 11:45 | 12:12 | | 12:15 | 12:42 | | 12:45 | |
| Cricklewood | | 06:16 | 07:16 | 07:46 | 08:16 | | 09:17 | 09:46 | | 10:18 | | | 10:48 | | | 11:18 | | | 11:49 | | | 12:18 | | | 12:48 | |
| Hendon | | 06:20 | 07:20 | 07:50 | 08:20 | | 09:20 | 09:49 | | 10:21 | | | 10:51 | | | 11:21 | | | 11:53 | | | 12:21 | | | 12:51 | |
| Mill Hill Broadway | | 06:23 | 07:23 | 07:53 | 08:23 | | 09:23 | 09:52 | | 10:24 | | | 10:54 | | | 11:24 | | | 11:56 | | | 12:24 | | | 12:54 | |
| Elstree & Borehamwood | | 06:27 | 07:27 | 07:57 | 08:27 | | 09:27 | 09:56 | | 10:28 | | | 10:58 | | | 11:28 | | | 12:00 | | | 12:28 | | | 12:58 | |
| Radlett | | 06:31 | 07:31 | 08:01 | 08:31 | | 09:31 | 10:00 | | 10:32 | | | 11:02 | | | 11:32 | | | 12:04 | | | 12:32 | | | 13:02 | |
| St Albans | Arr | 06:37 | 07:37 | 08:07 | 08:37 | 09:12 | 09:37 | 10:06 | 10:28 | 10:38 | 10:58 | | 11:08 | 11:28 | | 11:38 | 11:58 | | 12:10 | 12:28 | | 12:38 | 12:58 | | 13:08 | |
| St Albans | Dep | 06:39 | 07:39 | 08:09 | 08:39 | 09:13 | 09:38 | 10:07 | 10:29 | 10:39 | 10:59 | | 11:09 | 11:29 | | 11:39 | 11:59 | | 12:11 | 12:29 | | 12:39 | 12:59 | | 13:09 | |
| Harpenden | | 06:45 | 07:45 | 08:15 | 08:45 | 09:19 | 09:44 | 10:13 | 10:35 | 10:45 | 11:05 | | 11:15 | 11:35 | | 11:45 | 12:05 | | 12:17 | 12:34 | | 12:45 | 13:04 | | 13:15 | |
| Luton Airport Parkway | | 06:50 | 07:50 | 08:20 | 08:50 | 09:24 | 09:49 | 10:18 | 10:40 | 10:50 | 11:10 | | 11:20 | 11:40 | | 11:50 | 12:10 | | 12:22 | 12:40 | | 12:50 | 13:10 | | 13:20 | |
| Luton | Arr | 06:54 | 07:54 | 08:24 | 08:54 | 09:28 | 09:53 | 10:22 | 10:44 | 10:54 | 11:14 | | 11:24 | 11:44 | | 11:54 | 12:14 | | 12:26 | 12:43 | | 12:54 | 13:13 | | 13:24 | |
| Luton | Dep | 06:55 | 07:55 | 08:25 | 08:55 | 09:29 | | | 10:45 | | 11:15 | | | 11:45 | | | 12:15 | | | 12:44 | | | 13:14 | | | |
| Leagrave | | 06:59 | 07:59 | 08:29 | 08:59 | 09:33 | | | 10:49 | | 11:19 | | | 11:49 | | | 12:19 | | | 12:48 | | | 13:18 | | | |
| Harlington | | 07:03 | 08:03 | 08:33 | 09:03 | 09:37 | | | 10:53 | | 11:23 | | | 11:53 | | | 12:23 | | | 12:52 | | | 13:22 | | | |
| Flitwick | | 07:07 | 08:07 | 08:37 | 09:07 | 09:41 | | | 10:57 | | 11:27 | | | 11:57 | | | 12:27 | | | 12:56 | | | 13:26 | | | |
| Bedford | Arr | 07:19 | 08:19 | 08:49 | 09:19 | 09:53 | | | 11:09 | | 11:40 | | | 12:09 | | | 12:39 | | | 13:10 | | | 13:39 | | | |

Notes:

BTN = Brighton

RAI = Rainham (Kent)

SUO = Sutton

TBD = Three Bridges

London to St Albans City, Luton and Bedford

Sunday

| From To | | BTN | RAI | SUO | BTN | RAI | SUO | BTN | RAI | SUO | BTN | RAI | SUO | BTN | RAI | SUO | BTN | RAI | SUO | BTN | RAI | SUO | BTN | RAI | SUO |
|---------------------------|-----|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| London Bridge (HL) | | 12:49 | 12:28 | | 13:19 | 12:58 | | 13:49 | 13:28 | | 14:19 | 13:58 | | 14:49 | 14:28 | | 15:19 | 14:58 | | 15:49 | 15:28 | | 16:19 | 15:58 | |
| London Blackfriars | | 12:55 | 12:35 | 12:58 | 13:25 | 13:05 | 13:28 | 13:55 | 13:35 | 13:58 | 14:25 | 14:05 | 14:28 | 14:55 | 14:35 | 14:58 | 15:25 | 15:05 | 15:28 | 15:55 | 15:35 | 15:58 | 16:25 | 16:05 | 16:28 |
| City Thameslink | | | | | | | | | | | | | | | | | | | | | | | | | |
| Farringdon | | 12:59 | 12:39 | 13:02 | 13:29 | 13:09 | 13:32 | 13:59 | 13:39 | 14:02 | 14:29 | 14:09 | 14:32 | 14:59 | 14:39 | 15:02 | 15:29 | 15:09 | 15:32 | 15:59 | 15:39 | 16:02 | 16:29 | 16:09 | 16:32 |
| London St Pancras Int | | 13:04 | 12:44 | 13:07 | 13:34 | 13:14 | 13:37 | 14:04 | 13:44 | 14:07 | 14:34 | 14:14 | 14:37 | 15:04 | 14:44 | 15:07 | 15:34 | 15:14 | 15:37 | 16:04 | 15:44 | 16:07 | 16:34 | 16:14 | 16:37 |
| London St Pancras | Dep | | | | | | | | | | | | | | | | | | | | | | | | |
| Kentish Town | Arr | | 12:48 | 13:11 | | 13:18 | 13:41 | | 13:48 | 14:11 | | 14:18 | 14:41 | | 14:48 | 15:11 | | 15:18 | 15:41 | | 15:48 | 16:11 | | 16:18 | 16:41 |
| Kentish Town | Dep | | | 13:11 | | | 13:41 | | | 14:11 | | | 14:41 | | | 15:11 | | | 15:41 | | | 16:11 | | | 16:41 |
| West Hampstead Thameslink | | 13:12 | | 13:15 | 13:42 | | 13:45 | 14:12 | | 14:15 | 14:42 | | 14:45 | 15:12 | | 15:15 | 15:42 | | 15:45 | 16:12 | | 16:15 | 16:42 | | 16:45 |
| Cricklewood | | | | 13:18 | | | 13:48 | | | 14:18 | | | 14:48 | | | 15:18 | | | 15:48 | | | 16:18 | | | 16:48 |
| Hendon | | | | 13:21 | | | 13:51 | | | 14:21 | | | 14:51 | | | 15:21 | | | 15:51 | | | 16:21 | | | 16:51 |
| Mill Hill Broadway | | | | 13:24 | | | 13:54 | | | 14:24 | | | 14:54 | | | 15:24 | | | 15:54 | | | 16:24 | | | 16:54 |
| Elstree & Borehamwood | | | | 13:28 | | | 13:58 | | | 14:28 | | | 14:58 | | | 15:28 | | | 15:58 | | | 16:28 | | | 16:58 |
| Radlett | | | | 13:32 | | | 14:02 | | | 14:32 | | | 15:02 | | | 15:32 | | | 16:02 | | | 16:32 | | | 17:02 |
| St Albans | Arr | 13:28 | | 13:38 | 13:58 | | 14:08 | 14:28 | | 14:38 | 14:58 | | 15:08 | 15:28 | | 15:38 | 15:58 | | 16:08 | 16:28 | | 16:38 | 16:58 | | 17:08 |
| St Albans | Dep | 13:29 | | 13:39 | 13:59 | | 14:09 | 14:29 | | 14:39 | 14:59 | | 15:09 | 15:29 | | 15:39 | 15:59 | | 16:09 | 16:29 | | 16:39 | 16:59 | | 17:09 |
| Harpenden | | 13:34 | | 13:45 | 14:04 | | 14:15 | 14:34 | | 14:45 | 15:04 | | 15:15 | 15:34 | | 15:45 | 16:04 | | 16:15 | 16:34 | | 16:45 | 17:04 | | 17:15 |
| Luton Airport Parkway | | 13:40 | | 13:50 | 14:10 | | 14:20 | 14:40 | | 14:50 | 15:10 | | 15:20 | 15:40 | | 15:50 | 16:10 | | 16:20 | 16:40 | | 16:50 | 17:10 | | 17:20 |
| Luton | Arr | 13:43 | | 13:54 | 14:13 | | 14:24 | 14:43 | | 14:54 | 15:13 | | 15:24 | 15:43 | | 15:54 | 16:13 | | 16:24 | 16:43 | | 16:54 | 17:13 | | 17:24 |
| Luton | Dep | 13:44 | | | 14:14 | | | 14:44 | | | 15:14 | | | 15:44 | | | 16:14 | | | 16:44 | | | 17:14 | | |
| Leagrave | | 13:48 | | | 14:18 | | | 14:48 | | | 15:18 | | | 15:48 | | | 16:18 | | | 16:48 | | | 17:18 | | |
| Harlington | | 13:52 | | | 14:22 | | | 14:52 | | | 15:22 | | | 15:52 | | | 16:22 | | | 16:52 | | | 17:22 | | |
| Flitwick | | 13:56 | | | 14:26 | | | 14:56 | | | 15:26 | | | 15:56 | | | 16:26 | | | 16:56 | | | 17:26 | | |
| Bedford | Arr | 14:08 | | | 14:38 | | | 15:08 | | | 15:38 | | | 16:08 | | | 16:38 | | | 17:08 | | | 17:38 | | |

Notes:

BTN = Brighton

RAI = Rainham (Kent)

SUO = Sutton

TBD = Three Bridges

London to St Albans City, Luton and Bedford

Sunday

| From To | | BTN | RAI | SUO | BTN | RAI | SUO | BTN | RAI | SUO | BTN | RAI | SUO | BTN | RAI | SUO | BTN | RAI | SUO | BTN | RAI | SUO | BTN | RAI | SUO |
|---------------------------|-----|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| London Bridge (HL) | | 16:49 | 16:28 | | 17:19 | 16:58 | | 17:49 | 17:28 | | 18:19 | 17:58 | | 18:49 | 18:28 | | 19:19 | 18:58 | | 19:49 | 19:28 | | 20:19 | 19:58 | |
| London Blackfriars | | 16:55 | 16:35 | 16:58 | 17:25 | 17:05 | 17:28 | 17:55 | 17:35 | 17:58 | 18:25 | 18:05 | 18:28 | 18:55 | 18:35 | 18:58 | 19:25 | 19:05 | 19:28 | 19:55 | 19:35 | 19:58 | 20:25 | 20:05 | 20:28 |
| City Thameslink | | | | | | | | | | | | | | | | | | | | | | | | | |
| Farringdon | | 16:59 | 16:39 | 17:02 | 17:29 | 17:09 | 17:32 | 17:59 | 17:39 | 18:02 | 18:29 | 18:09 | 18:32 | 18:59 | 18:39 | 19:02 | 19:29 | 19:09 | 19:32 | 19:59 | 19:39 | 20:02 | 20:29 | 20:09 | 20:32 |
| London St Pancras Int | | 17:04 | 16:44 | 17:07 | 17:34 | 17:14 | 17:37 | 18:04 | 17:44 | 18:07 | 18:34 | 18:14 | 18:37 | 19:04 | 18:44 | 19:07 | 19:34 | 19:14 | 19:37 | 20:04 | 19:44 | 20:07 | 20:34 | 20:14 | 20:37 |
| London St Pancras | Dep | | | | | | | | | | | | | | | | | | | | | | | | |
| Kentish Town | Arr | | 16:48 | 17:11 | | 17:18 | 17:41 | | 17:48 | 18:11 | | 18:18 | 18:41 | | 18:48 | 19:11 | | 19:18 | 19:41 | | 19:48 | 20:11 | | 20:18 | 20:41 |
| Kentish Town | Dep | | | 17:11 | | | 17:41 | | | 18:11 | | | 18:41 | | | 19:11 | | | 19:41 | | | 20:11 | | | 20:41 |
| West Hampstead Thameslink | | 17:12 | | 17:15 | 17:42 | | 17:45 | 18:12 | | 18:15 | 18:42 | | 18:45 | 19:12 | | 19:15 | 19:42 | | 19:45 | 20:12 | | 20:16 | 20:42 | | 20:46 |
| Cricklewood | | | | 17:18 | | | 17:48 | | | 18:18 | | | 18:48 | | | 19:18 | | | 19:48 | | | 20:20 | | | 20:50 |
| Hendon | | | | 17:21 | | | 17:51 | | | 18:21 | | | 18:51 | | | 19:21 | | | 19:51 | | | 20:24 | | | 20:54 |
| Mill Hill Broadway | | | | 17:24 | | | 17:54 | | | 18:24 | | | 18:54 | | | 19:24 | | | 19:54 | | | 20:27 | | | 20:57 |
| Elstree & Borehamwood | | | | 17:28 | | | 17:58 | | | 18:28 | | | 18:58 | | | 19:28 | | | 19:58 | | | 20:31 | | | 21:01 |
| Radlett | | | | 17:32 | | | 18:02 | | | 18:32 | | | 19:02 | | | 19:32 | | | 20:02 | | | 20:35 | | | 21:05 |
| St Albans | Arr | 17:28 | | 17:38 | 17:58 | | 18:08 | 18:28 | | 18:38 | 18:58 | | 19:08 | 19:28 | | 19:38 | 19:58 | | 20:08 | 20:28 | | 20:42 | 20:58 | | 21:12 |
| St Albans | Dep | 17:29 | | 17:39 | 17:59 | | 18:09 | 18:29 | | 18:39 | 18:59 | | 19:09 | 19:29 | | 19:39 | 19:59 | | 20:09 | 20:29 | | | 20:59 | | |
| Harpenden | | 17:34 | | 17:45 | 18:04 | | 18:15 | 18:34 | | 18:45 | 19:04 | | 19:15 | 19:34 | | 19:45 | 20:04 | | 20:15 | 20:34 | | | 21:04 | | |
| Luton Airport Parkway | | 17:40 | | 17:50 | 18:10 | | 18:20 | 18:40 | | 18:50 | 19:10 | | 19:20 | 19:40 | | 19:50 | 20:10 | | 20:20 | 20:40 | | | 21:10 | | |
| Luton | Arr | 17:43 | | 17:54 | 18:13 | | 18:24 | 18:43 | | 18:54 | 19:13 | | 19:24 | 19:43 | | 19:54 | 20:13 | | 20:24 | 20:43 | | | 21:13 | | |
| Luton | Dep | 17:44 | | | 18:14 | | | 18:44 | | | 19:14 | | | 19:44 | | | 20:14 | | | 20:44 | | | 21:14 | | |
| Leagrave | | 17:48 | | | 18:18 | | | 18:48 | | | 19:18 | | | 19:48 | | | 20:18 | | | 20:48 | | | 21:18 | | |
| Harlington | | 17:52 | | | 18:22 | | | 18:52 | | | 19:22 | | | 19:52 | | | 20:22 | | | 20:52 | | | 21:22 | | |
| Flitwick | | 17:56 | | | 18:26 | | | 18:56 | | | 19:26 | | | 19:56 | | | 20:26 | | | 20:56 | | | 21:26 | | |
| Bedford | Arr | 18:08 | | | 18:38 | | | 19:08 | | | 19:38 | | | 20:09 | | | 20:38 | | | 21:08 | | | 21:38 | | |

Notes:

BTN = Brighton

RAI = Rainham (Kent)

SUO = Sutton

TBD = Three Bridges

London to St Albans City, Luton and Bedford

Sunday

| From To | | BTN | RAI | SUO | BTN | RAI | SUO | BTN | RAI | SUO | SUO | BTN | RAI | SUO | BTN | RAI | SUO | RAI | SUO | BTN | RAI | Mon BTN | Mon BTN | Mon BTN | Mon BTN |
|---------------------------|-----|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------------|------------|------------|------------|
| London Bridge (HL) | | 20:49 | 20:28 | | 21:19 | 20:58 | | 21:49 | 21:28 | | | 22:19 | 21:58 | | 22:49 | 22:28 | | 22:58 | | 23:19 | 23:28 | | | | |
| London Blackfriars | | 20:55 | 20:35 | 20:58 | 21:25 | 21:05 | 21:28 | 21:55 | 21:35 | 21:58 | 22:16 | 22:25 | 22:05 | 22:28 | 22:55 | 22:35 | 22:58 | 23:05 | 23:16 | 23:27 | 23:37 | 00:06 | 00:36 | 01:06 | 01:36 |
| City Thameslink | | | | | | | | | | | | | | | | | | | | | | | | | |
| Farringdon | | 20:59 | 20:39 | 21:02 | 21:29 | 21:09 | 21:32 | 21:59 | 21:39 | 22:02 | 22:20 | 22:29 | 22:09 | 22:32 | 22:59 | 22:39 | 23:02 | 23:09 | 23:20 | 23:31 | 23:41 | 00:11 | | | |
| London St Pancras Int | | 21:04 | 20:44 | 21:07 | 21:34 | 21:14 | 21:37 | 22:04 | 21:44 | 22:07 | 22:25 | 22:34 | 22:14 | 22:37 | 23:04 | 22:44 | 23:07 | 23:14 | 23:25 | 23:36 | 23:46 | 00:16 | 00:46 | 01:16 | 01:44 |
| London St Pancras | Dep | | | | | | | | | | | | | | | | | | | | | | | | |
| Kentish Town | Arr | | 20:48 | 21:11 | | 21:18 | 21:41 | | 21:48 | 22:11 | | | 22:18 | 22:41 | | 22:48 | 23:11 | 23:18 | 23:29 | | 23:50 | 00:20 | 00:50 | | 01:48 |
| Kentish Town | Dep | | | 21:11 | | | 21:41 | | | 22:11 | | | | 22:41 | | | 23:11 | 23:18 | 23:29 | | 23:50 | 00:20 | 00:50 | | 01:48 |
| West Hampstead Thameslink | | 21:12 | | 21:16 | 21:42 | | 21:46 | 22:12 | | 22:15 | 22:33 | 22:42 | | 22:45 | 23:12 | | 23:15 | 23:22 | 23:33 | 23:44 | 23:54 | 00:24 | 00:54 | 01:24 | 01:52 |
| Cricklewood | | | | 21:20 | | | 21:50 | | | 22:19 | | | | 22:49 | | | 23:19 | | 23:37 | | 23:58 | 00:28 | 00:58 | | 01:56 |
| Hendon | | | | 21:24 | | | 21:54 | | | 22:23 | | | | 22:53 | | | 23:23 | | 23:41 | | 00:02 | 00:32 | 01:02 | | 02:00 |
| Mill Hill Broadway | | | | 21:27 | | | 21:57 | | | 22:26 | | | | 22:56 | | | 23:26 | | 23:44 | | 00:05 | 00:35 | 01:05 | | 02:03 |
| Elstree & Borehamwood | | | | 21:31 | | | 22:01 | | | 22:30 | | | | 23:00 | | | 23:30 | | 23:48 | | 00:09 | 00:39 | 01:09 | | 02:07 |
| Radlett | | | | 21:35 | | | 22:05 | | | 22:34 | | | | 23:04 | | | 23:34 | | 23:52 | | 00:13 | 00:43 | 01:13 | | 02:11 |
| St Albans | Arr | 21:28 | | 21:42 | 21:58 | | 22:12 | 22:28 | | 22:40 | | 22:58 | | 23:10 | 23:28 | | 23:40 | | 23:58 | 00:02 | 00:19 | 00:49 | 01:19 | 01:40 | 02:17 |
| St Albans | Dep | 21:29 | | | 21:59 | | | 22:29 | | 22:41 | | 22:59 | | 23:11 | 23:29 | | 23:41 | | 23:59 | 00:03 | 00:21 | 00:51 | 01:21 | 01:41 | 02:19 |
| Harpenden | | 21:34 | | | 22:04 | | | 22:34 | | 22:50 | | 23:04 | | 23:17 | 23:35 | | 23:47 | | 00:05 | 00:09 | 00:27 | 00:57 | 01:27 | 01:47 | 02:25 |
| Luton Airport Parkway | | 21:40 | | | 22:10 | | | 22:40 | | 22:55 | | 23:10 | | 23:22 | 23:40 | | 23:52 | | 00:10 | 00:14 | 00:32 | 01:02 | 01:32 | 01:52 | 02:30 |
| Luton | Arr | 21:43 | | | 22:13 | | | 22:43 | | 22:59 | | 23:13 | | 23:26 | 23:44 | | 23:56 | | 00:14 | 00:18 | 00:36 | 01:06 | 01:36 | 01:56 | 02:34 |
| Luton | Dep | 21:44 | | | 22:14 | | | 22:44 | | 23:00 | | 23:14 | | 23:27 | 23:45 | | 23:57 | | 00:15 | 00:19 | 00:37 | 01:07 | 01:37 | 01:57 | 02:35 |
| Leagrave | | 21:48 | | | 22:18 | | | 22:48 | | 23:04 | | 23:18 | | | 23:49 | | 00:01 | | | 00:23 | 00:41 | 01:11 | 01:41 | 02:01 | 02:39 |
| Harlington | | 21:52 | | | 22:22 | | | 22:52 | | 23:08 | | 23:22 | | | 23:53 | | 00:05 | | | 00:27 | 00:45 | 01:15 | 01:45 | 02:05 | 02:43 |
| Flitwick | | 21:56 | | | 22:26 | | | 22:56 | | 23:13 | | 23:26 | | | 23:57 | | 00:09 | | | 00:31 | 00:49 | 01:19 | 01:49 | 02:09 | 02:47 |
| Bedford | Arr | 22:08 | | | 22:38 | | | 23:08 | | 23:24 | | 23:38 | | 23:46 | 00:09 | | 00:21 | | 00:35 | 00:43 | 01:01 | 01:31 | 02:01 | 02:21 | 02:59 |

Notes:

BTN = Brighton

RAI = Rainham (Kent)

SUO = Sutton

TBD = Three Bridges

Mon - Train operates on Monday morning