

1				MONDAY TO FRIDAY							
CAPILANO TO DOWNTOWN				CAPILANO TO DOWNTOWN				CAPILANO TO DOWNTOWN			
Capilano TC	79 St & 106 Ave	102 St & MacDonald Dr	Direction/ Via	Capilano TC	79 St & 106 Ave	102 St & MacDonald Dr	Direction/ Via	Capilano TC	79 St & 106 Ave	102 St & MacDonald Dr	Direction/ Via
A → B → C				A → B → C				A → B → C			
5:12	5:20	5:33	1B 101	12:50	1:01	1:15	1B 101	7:47	7:57	8:11	1A 106
5:32	5:41	5:54	1A 106	1:05	1:15	1:29	1A 106	8:02	8:12	8:26	1B 101
5:53	6:01	6:14	1B 101	1:20	1:31	1:45	1B 101	8:17	8:27	8:41	1A 106
6:13	6:22	6:36	1A 106	1:35	1:45	1:59	1A 106	8:32	8:42	8:56	1B 101
6:33	6:45	7:01	1B 101	1:50	2:01	2:15	1B 101	8:47	8:57	9:11	1A 106
6:53	7:04	7:20	1A 106	2:05	2:15	2:29	1A 106	9:01	9:11	9:25	1B 101
7:00	7:12	7:28	1B 101	2:20	2:31	2:45	1B 101	9:17	9:27	9:41	1A 106
7:08	7:19	7:35	1A 106	2:35	2:45	2:59	1A 106	9:31	9:41	9:55	1B 101
7:15	7:27	7:43	1B 101	2:50	3:01	3:17	1B 101	9:47	9:57	10:10	1A 106
7:23	7:34	7:50	1A 106	3:05	3:16	3:32	1A 106	10:01	10:09	10:22	1B 101
7:30	7:42	7:58	1B 101	3:20	3:32	3:48	1B 101	10:16	10:24	10:37	1A 106
7:38	7:49	8:05	1A 106	3:36	3:47	4:03	1A 106	10:31	10:39	10:52	1B 101
7:45	7:57	8:13	1B 101	3:51	4:02	4:18	1A 106	10:47	10:55	11:08	1A 106
7:53	8:04	8:20	1A 106	3:58	4:10	4:26	1B 101	11:03	11:11	11:24	1B 101
8:00	8:12	8:28	1B 101	4:06	4:17	4:33	1A 106	11:23	11:31	11:44	1A 106
8:08	8:19	8:35	1A 106	4:13	4:25	4:41	1B 101	11:41	11:49	12:02	1B 101
8:15	8:27	8:43	1B 101	4:21	4:32	4:48	1A 106	12:01	12:09	12:22	1A 106
8:23	8:34	8:50	1A 106	4:28	4:40	4:56	1B 101	12:19	12:27	12:40	1B 101
8:30	8:42	8:58	1B 101	4:36	4:47	5:03	1A 106	12:39	12:47	1:00	1A 106
8:38	8:49	9:04	1A 106	4:43	4:55	5:11	1B 101	12:57	1:05	1:18	1B 101
8:45	8:57	9:11	1B 101	4:51	5:02	5:18	1A 106				
8:53	9:04	9:18	1A 106	4:58	5:10	5:26	1B 101				
9:00	9:11	9:25	1B 101	5:06	5:17	5:33	1A 106				
9:07	9:17	9:31	1A 106	5:13	5:25	5:41	1B 101				
9:15	9:26	9:40	1B 101	5:21	5:32	5:48	1A 106				
9:22	9:32	9:46	1A 106	5:28	5:40	5:56	1B 101				
9:30	9:41	9:55	1B 101	5:36	5:47	6:03	1A 106				
9:37	9:47	10:01	1A 106	5:43	5:55	6:11	1B 101				
9:50	10:01	10:15	1B 101	5:51	6:02	6:18	1A 106				
10:05	10:15	10:29	1A 106	5:58	6:10	6:26	1B 101				
10:20	10:31	10:45	1B 101	6:06	6:17	6:33	1A 106				
10:35	10:45	10:59	1A 106	6:13	6:25	6:40	1B 101				
10:50	11:01	11:15	1B 101	6:21	6:32	6:46	1A 106				
11:05	11:15	11:29	1A 106	6:28	6:38	6:52	1B 101				
11:20	11:31	11:45	1B 101	6:36	6:46	7:00	1A 106				
11:35	11:45	11:59	1A 106	6:43	6:53	7:07	1B 101				
11:50	12:01	12:15	1B 101	6:51	7:01	7:15	1A 106				
12:05	12:15	12:29	1A 106	7:04	7:14	7:28	1B 101				
12:20	12:31	12:45	1B 101	7:17	7:27	7:41	1A 106				
12:35	12:45	12:59	1A 106	7:32	7:42	7:56	1B 101				

1				MONDAY TO FRIDAY										
DOWNTOWN TO CAPILANO				DOWNTOWN TO CAPILANO				DOWNTOWN TO CAPILANO						
102 St & MacDonald Dr	79 St & 106 Ave	79 St & 106 Ave	Capilano TC	Direction/ Via	102 St & MacDonald Dr	79 St & 106 Ave	79 St & 106 Ave	Capilano TC	Direction/ Via	102 St & MacDonald Dr	79 St & 106 Ave	79 St & 106 Ave	Capilano TC	Direction/ Via
C → B → B → A					C → B → B → A					C → B → B → A				
5:30	5:42		5:50	1A 106	12:54	1:07	1:16	1A 106	7:35	7:48		7:56	1A 106	
5:50		6:02	6:11	1B 101	1:09	1:32	1:32	1B 101	7:50		8:03	8:14	1B 101	
6:10	6:22		6:30	1A 106	1:24	1:37	1:46	1A 106	8:05	8:18		8:26	1A 106	
6:24		6:38	6:50	1B 101	1:39	1:52	2:02	1B 101	8:20		8:33	8:44	1B 101	
6:31	6:46		6:56	1A 106	1:54	2:07	2:16	1A 106	8:35	8:48		8:56	1A 106	
6:38		6:53	7:05	1B 101	2:09	2:22	2:32	1B 101	8:50		9:03	9:14	1B 101	
6:46	7:01		7:11	1A 106	2:24	2:37	2:46	1A 106	9:05	9:18		9:26	1A 106	
6:53		7:08	7:20	1B 101	2:39	2:52	3:03	1B 101	9:20		9:33	9:44	1B 101	
7:01	7:16		7:26	1A 106	2:54	3:08	3:18	1A 106	9:35	9:48		9:56	1A 106	
7:08		7:23	7:35	1B 101	3:01	3:16	3:29	1B 101	9:50		10:03	10:12	1B 101	
7:16	7:31		7:41	1A 106	3:09	3:24	3:34	1A 106	10:05	10:17		10:25	1A 106	
7:23		7:38	7:50	1B 101	3:20	3:35	3:48	1B 101	10:22		10:34	10:43	1B 101	
7:31	7:46		7:56	1A 106	3:27	3:42	3:52	1A 106	10:40	10:52		11:00	1A 106	
7:38		7:53	8:05	1B 101	3:35	3:50	4:03	1B 101	10:58		11:10	11:19	1B 101	
7:46	8:01		8:11	1A 106	3:42	3:57	4:07	1A 106	11:18	11:30		11:38	1A 106	
7:53		8:08	8:20	1B 101	3:50	4:05	4:18	1B 101	11:36		11:48	11:57	1B 101	
8:01	8:16		8:26	1A 106	3:57	4:12	4:22	1A 106	11:56	12:08		12:16	1A 106	
8:09		8:24	8:36	1B 101	4:05	4:20	4:33	1B 101	12:14		12:26	12:35	1B 101	
8:16	8:31		8:41	1A 106	4:12	4:27	4:37	1A 106	12:34	12:46		12:54	1A 106	
8:24		8:39	8:51	1B 101	4:20	4:35	4:48	1B 101	12:54		1:06	1:15	1B 101	
8:31	8:46		8:56	1A 106	4:27	4:42	4:52	1A 106						
8:39		8:54	9:05	1B 101	4:35	4:50	5:03	1B 101						
8:46	9:01		9:10	1A 106	4:42	4:57	5:07	1A 106						
8:54		9:08	9:18	1B 101	4:50	5:05	5:18	1B 101						
9:01	9:14		9:23	1A 106	4:57	5:12	5:22	1A 106						
9:09		9:22	9:32	1B 101	5:05	5:20	5:33	1B 101						
9:24	9:37		9:46	1A 106	5:12	5:27	5:37	1A 106						
9:39		9:52	10:02	1B 101	5:20	5:35	5:48	1B 101						
9:54	10:07		10:16	1A 106	5:27	5:42	5:52	1A 106						
10:09		10:22	10:32	1B 101	5:35	5:50	6:03	1B 101						
10:24	10:37		10:46	1A 106	5:42	5:57	6:07	1A 106						
10:39		10:52	11:02	1B 101	5:50	6:05	6:18	1B 101						
10:54	11:07		11:16	1A 106	5:57	6:12	6:22	1A 106						
11:09		11:22	11:32	1B 101	6:05	6:20	6:33	1B 101						
11:24	11:37		11:46	1A 106	6:12	6:27	6:36	1A 106						
11:39		11:52	12:02	1B 101	6:24	6:38	6:49	1B 101						
11:54	12:07		12:16	1A 106	6:37	6:50	6:58	1A 106						
12:09		12:22	12:32	1B 101	6:50	7:03	7:14	1B 101						
12:24	12:37		12:46	1A 106	7:05	7:18	7:26	1A 106						
12:39		12:52	1:02	1B 101	7:20	7:33	7:44	1B 101						

1				SATURDAY			
CAPILANO TO DOWNTOWN				CAPILANO TO DOWNTOWN			
Capilano TC	79 St & 106 Ave	102 St & MacDonald Dr	Direction/ Via	Capilano TC	79 St & 106 Ave	102 St & MacDonald Dr	Direction/ Via
A → B → C				A → B → C			
5:33	5:41	5:54	1A 106	4:20	4:30	4:44	1A 106
5:53	6:01	6:14	1B 101	4:35	4:44	4:58	1B 101
6:17	6:25	6:38	1A 106	4:50	5:00	5:13	1A 106
6:37	6:45	6:58	1B 101	5:05	5:13	5:26	1B 101
6:57	7:05	7:18	1A 106	5:18	5:26	5:39	1A 106
7:17	7:25	7:38	1B 101	5:32	5:40	5:53	1B 101
7:37	7:45	7:58	1A 106	5:47	5:55	6:08	1A 106
7:57	8:05	8:18	1B 101	6:02	6:10	6:23	1B 101
8:17	8:25	8:38	1A 106	6:17	6:25	6:38	1A 106
8:32	8:40	8:53	1B 101	6:32	6:40	6:53	1B 101
8:47	8:55	9:09	1A 106	6:47	6:55	7:08	1A 106
9:02	9:11	9:25	1B 101	7:02	7:10	7:23	1B 101
9:19	9:29	9:43	1A 106	7:17	7:25	7:38	1A 106
9:35	9:44	9:58	1B 101	7:32	7:40	7:53	1B 101
9:50	10:00	10:14	1A 106	7:47	7:55	8:08	1A 106
10:05	10:14	10:28	1B 101	8:02	8:10	8:23	1B 101
10:20	10:30	10:44	1A 106	8:17	8:25	8:38	1A 106
10:35	10:44	10:58	1B 101	8:32	8:40	8:53	1B 101
10:50	11:00	11:14	1A 106	8:47	8:55	9:08	1A 106
11:0							