

1 MONDAY TO FRIDAY			
CAPILANO TO DOWNTOWN			
Capilano TC	79 St & 106 Ave	102 St & MacDonald Dr	Direction/ Via
A → B → C			
5:32	5:41	5:54	1A 106
5:53	6:01	6:14	1B 101
6:13	6:22	6:36	1A 106
6:33	6:45	7:01	1B 101
6:53	7:04	7:20	1A 106
7:03	7:15	7:31	1B 101
7:13	7:24	7:40	1A 106
7:23	7:35	7:51	1B 101
7:33	7:44	8:00	1A 106
7:43	7:55	8:11	1B 101
7:53	8:04	8:20	1A 106
8:03	8:15	8:31	1B 101
8:13	8:24	8:40	1A 106
8:23	8:35	8:51	1B 101
8:33	8:44	9:00	1A 106
8:43	8:55	9:10	1B 101
8:53	9:04	9:18	1A 106
9:03	9:14	9:28	1B 101
9:13	9:23	9:37	1A 106
9:23	9:34	9:48	1B 101
9:35	9:45	9:59	1A 106
9:50	10:01	10:15	1B 101
10:05	10:15	10:29	1A 106
10:20	10:31	10:45	1B 101
10:35	10:45	10:59	1A 106
10:50	11:01	11:15	1B 101
11:05	11:15	11:29	1A 106
11:20	11:31	11:45	1B 101
11:35	11:45	11:59	1A 106
11:50	12:01	12:15	1B 101
12:05	12:15	12:29	1A 106
12:20	12:31	12:45	1B 101
12:35	12:45	12:59	1A 106
12:50	1:01	1:15	1B 101
1:05	1:15	1:29	1A 106
1:20	1:31	1:45	1B 101
1:35	1:45	1:59	1A 106
1:50	2:01	2:15	1B 101
2:05	2:15	2:29	1A 106
2:20	2:31	2:45	1B 101
2:35	2:45	2:59	1A 106

CONTINUED ON NEXT PANEL

1 MONDAY TO FRIDAY				
DOWNTOWN TO CAPILANO				
102 St & MacDonald Dr	79 St & 106 Ave	79 St & 106 Ave	Capilano TC	Direction/ Via
C → B → B → A				
5:30	5:42	6:02	5:50	1A 106
5:50	6:10	6:22	6:11	1B 101
6:10	6:22	6:38	6:30	1A 106
6:24	6:34	6:50	6:50	1B 101
6:34	6:49	6:59	6:59	1A 106
6:43	6:58	7:10	7:10	1B 101
6:54	7:09	7:19	7:19	1A 106
7:03	7:18	7:30	7:30	1B 101
7:14	7:29	7:39	7:39	1A 106
7:23	7:38	7:50	7:50	1B 101
7:34	7:49	7:59	7:59	1A 106
7:43	8:09	8:19	8:19	1B 101
8:03	8:18	8:30	8:30	1A 106
8:14	8:29	8:39	8:39	1B 101
8:23	8:38	8:50	8:50	1A 106
8:34	8:49	8:59	8:59	1B 101
8:44	8:59	9:09	9:09	1A 106
8:54	9:08	9:17	9:17	1B 101
9:09	9:22	9:32	9:32	1A 106
9:24	9:37	9:46	9:46	1B 101
9:39	9:52	10:02	10:02	1A 106
9:54	10:07	10:16	10:16	1B 101
10:09	10:22	10:32	10:32	1A 106
10:24	10:37	10:46	10:46	1B 101
10:39	10:52	11:02	11:02	1A 106
10:54	11:07	11:16	11:16	1B 101
11:09	11:22	11:32	11:32	1A 106
11:24	11:37	11:46	11:46	1B 101
11:39	11:52	12:02	12:02	1A 106
11:54	12:07	12:16	12:16	1B 101
12:09	12:22	12:32	12:32	1A 106
12:24	12:37	12:46	12:46	1B 101
12:39	12:52	1:02	1:02	1A 106
12:54	1:07	1:16	1:16	1B 101
1:09	1:22	1:32	1:32	1A 106
1:24	1:37	1:46	1:46	1B 101
1:39	1:52	2:02	2:02	1A 106
1:54	2:07	2:16	2:16	1B 101
2:09	2:22	2:32	2:32	1A 106
2:24	2:37	2:46	2:46	1B 101
2:39	2:52	3:03	3:03	1A 106

CONTINUED ON NEXT PANEL

1 SATURDAY			
CAPILANO TO DOWNTOWN			
Capilano TC	79 St & 106 Ave	102 St & MacDonald Dr	Direction/ Via
A → B → C			
5:32	5:40	5:53	1A 106
5:52	6:00	6:13	1B 101
6:12	6:20	6:33	1A 106
6:32	6:40	6:53	1B 101
6:52	7:00	7:13	1A 106
7:12	7:20	7:33	1B 101
7:32	7:40	7:53	1A 106
7:52	8:00	8:13	1B 101
8:02	8:10	8:23	1A 106
8:17	8:25	8:38	1B 101
8:32	8:40	8:53	1A 106
8:47	8:55	9:09	1B 101
9:03	9:12	9:26	1A 106
9:19	9:29	9:43	1B 101
9:35	9:44	9:58	1A 106
9:50	10:00	10:14	1B 101
10:05	10:14	10:28	1A 106
10:20	10:30	10:44	1B 101
10:35	10:44	10:58	1A 106
10:50	11:00	11:14	1B 101
11:05	11:14	11:28	1A 106
11:20	11:30	11:44	1B 101
11:35	11:44	11:58	1A 106
11:50	12:00	12:14	1B 101
12:05	12:14	12:28	1A 106
12:20	12:30	12:44	1B 101
12:35	12:44	12:58	1A 106
12:50	1:00	1:14	1B 101
1:05	1:14	1:28	1A 106
1:20	1:30	1:44	1B 101
1:35	1:44	1:58	1A 106
1:50	2:00	2:14	1B 101
2:05	2:14	2:28	1A 106
2:20	2:30	2:44	1B 101
2:35	2:44	2:58	1A 106
2:50	3:00	3:14	1B 101
3:05	3:14	3:28	1A 106
3:20	3:30	3:44	1B 101
3:35	3:44	3:58	1A 106
3:50	4:00	4:14	1B 101
4:05	4:14	4:28	1A 106

CONTINUED ON NEXT PANEL

1 SATURDAY				
DOWNTOWN TO CAPILANO				
102 St & MacDonald Dr	79 St & 106 Ave	79 St & 106 Ave	Capilano TC	Direction/ Via
C → B → B → A				
5:50	6:02	6:10	6:10	1B 101
6:10	6:22	6:30	6:30	1A 106
6:30	6:42	6:50	6:50	1B 101
6:50	7:02	7:10	7:10	1A 106
7:10	7:22	7:30	7:30	1B 101
7:30	7:42	7:50	7:50	1A 106
7:50	8:02	8:10	8:10	1B 101
8:10	8:22	8:30	8:30	1A 106
8:25	8:37	8:45	8:45	1B 101
8:40	8:52	9:00	9:00	1A 106
8:55	9:08	9:17	9:17	1B 101
9:10	9:24	9:33	9:33	1A 106
9:25	9:39	9:48	9:48	1B 101
9:40	9:54	10:03	10:03	1A 106
9:55	10:09	10:18	10:18	1B 101
10:10	10:24	10:33	10:33	1A 106
10:25	10:39	10:48	10:48	1B 101
10:40	10:54	11:03	11:03	1A 106
10:55	11:09	11:18	11:18	1B 101
11:10	11:24	11:33	11:33	1A 106
11:25	11:39	11:48	11:48	1B 101
11:40	11:54	12:03	12:03	1A 106
11:55	12:09	12:18	12:18	1B 101
12:10	12:24	12:33	12:33	1A 106
12:25	12:39	12:48	12:48	1B 101
12:40	12:54	1:03	1:03	1A 106
12:55	1:09	1:18	1:18	1B 101
1:10	1:24	1:33	1:33	1A 106
1:25	1:39	1:48	1:48	1B 101
1:40	1:54	2:03	2:03	1A 106
1:55	2:09	2:18	2:18	1B 101
2:10	2:24	2:33	2:33	1A 106
2:25	2:39	2:48	2:48	1B 101
2:40	2:54	3:03	3:03	1A 106
2:55	3:09	3:18	3:18	1B 101
3:10	3:24	3:33	3:33	1A 106
3:25	3:39	3:48	3:48	1B 101
3:40	3:54	4:03	4:03	1A 106
3:55	4:09	4:18	4:18	1B 101
4:10	4:24	4:33	4:33	1A 106
4:25	4:39	4:48	4:48	1B 101
4:40	4:54	5:03	5:03	1A 106

CONTINUED ON NEXT PANEL

1 SUNDAY				
CAPILANO TO DOWNTOWN				
Capilano TC	79 St & 106 Ave	102 St & MacDonald Dr	Direction/ Via	
A → B → C				
5:35	5:43	5:56	1B 101	
5:55	6:03	6:16	1A 106	
6:15	6:23	6:36	1B 101	
6:35	6:43	6:56	1A 106	
6:55	7:03	7:16	1B 101	
7:15	7:23	7:36	1A 106	
7:35	7:43	7:56	1B 101	
7:55	8:03	8:16	1A 106	
8:15	8:23	8:36	1B 101	
8:35	8:43	8:56	1A 106	
8:55	9:03	9:17	1B 101	
9:15	9:25	9:39	1A 106	
9:35	9:44	9:58	1B 101	
9:55	10:05	10:19	1A 106	
10:15	10:24	10:38	1B 101	
10:35	10:45	10:59	1A 106	
10:50	10:59	11:13	1B 101	
11:05	11:15	11:29	1A 106	
11:20	11:29	11:43	1B 101	
11:35	11:45	11:59	1A 106	
11:50	11:59	12:13	12:13	1B 101
12:05	12:15	12:29	12:29	1A 106
12:20	12:29	12:43	12:43	1B 101
12:35	12:45	12:59	12:59	1A 106
1:05	1:15	1:29	1:29	1B 101
1:20	1:29	1:43	1:43	1A 106
1:35	1:45	1:59	1:59	1B 101
1:50	1:59	2:13	2:13	1A 106
2:05	2:15	2:29	2:29	1B 101
2:20	2:29	2:43	2:43	1A 106
2:35	2:45	2:59	2:59	1B 101
2:50	2:59	3:13	3:13	1A 106
3:05	3:15	3:29	3:29	1B 101
3:20	3:29	3:43	3:43	1A 106
3:35	3:45	3:59	3:59	1B 101
3:50	3:59	4:13	4:13	1A 106
4:05	4:15	4:29	4:29	1B 101
4:20	4:29	4:43	4:43	1A 106
4:35	4:45	4:59	4:59	1B 101
4:50	4:59	5:12	5:12	1A 106
5:05	5:13	5:26	5:26	1B 101

CONTINUED ON NEXT PANEL