

Stop #	Route CJ - POUGHKEEPSIE / HYDE PARK (Mid Hudson Medical, DCC & Stop & Shop)	MONDAY to FRIDAY STRIKE SCHEDULE				
163	LAGRANGE - Route 55 & Commerce Street	6:45		
160	LAGRANGE - Route 55 & Hudson River Housing	6:46		
154	POUGHKEEPSIE - Route 44 & Dutchess Center	6:51		
1	POUGHKEEPSIE - HUB	7:00	9:30	11:30	2:00	4:00
286	POUGHKEEPSIE - Mid Hudson Regional Hospital	7:11	9:41	11:41	2:11	4:11
87	POUGHKEEPSIE - Fulton Street & 9G (Violet Avenue)	7:14	9:44	11:44	2:14	4:14
220	POUGHKEEPSIE - DCC - Washington Hall	7:18	9:48	11:48	2:18	4:18
283	POUGHKEEPSIE - Cottage Road E & Cheney Drive	7:19	9:49	11:49	2:19	4:19
116	HYDE PARK - CR 41 (East Market Street) & Route 9G (Violet Avenue)	7:28	9:58	11:58	2:28	4:28
94	HYDE PARK - Stop & Shop	7:38	10:08	12:08	2:38	4:38
86	POUGHKEEPSIE - Route 9S & Marist College Cutout	7:45	10:15	12:15	2:45	4:45
287	POUGHKEEPSIE - Washington Street S & Mansion Street	7:52	10:22	12:22	2:52	4:52
3	POUGHKEEPSIE - Train Station	7:54	10:24	12:24	2:54	4:54
1	POUGHKEEPSIE - HUB	7:59	10:29	12:29	2:59	4:59
		Continue as Route CK	Continue as Route CK	Continue as Route CK	Continue as Route CK	Continue as Route E back to Base

Stop #	Route CK - POUGHKEEPSIE (Vassar Hospital, Hudson Plaza & Poughkeepsie Plaza)	MONDAY TO FRIDAY - STRIKE SCHEDULE			
1	POUGHKEEPSIE - HUB	8:00	10:30	1:00	3:00
290	POUGHKEEPSIE - Vassar Brothers Medical Center	8:07	10:37	1:07	3:07
291	POUGHKEEPSIE - St. Simeon Apartments	8:16	10:46	1:16	3:16
224	POUGHKEEPSIE - Hudson Plaza @ Price Chopper	8:24	10:54	1:24	3:24
226	POUGHKEEPSIE - Red Robin	8:28	10:58	1:28	3:28
228	POUGHKEEPSIE - Poughkeepsie Plaza	8:34	11:04	1:34	3:34
291	POUGHKEEPSIE - St. Simeon Apartments	8:40	11:10	1:40	3:40
290	POUGHKEEPSIE - Vassar Brothers Medical Center	8:52	11:22	1:52	3:52
1	POUGHKEEPSIE - HUB	8:57	11:27	1:57	3:57
		Continue as Route CJ	Continue as Route CJ	Continue as Route CJ	Continue as Route CJ