

Who we are

By choosing to stay with us tonight you are already doing good.

We're a social business. We believe in human potential and put our profits where the people are and invest in our local communities. That includes, educating children around the world and retraining longterm unemployed locals from Newham, the borough of London you are in right now. We then give them jobs at our hotel or at partner hotels across London.

Food & drink

Breakfast

Mon- Sat | 7.00-10.30
Sun | 7.30-11.00

Bar

All day | 23.00

Restaurant

A la carte menu serving hearty meals and tasty snackable dishes.
Mon - Sun | 12.00-22.00

Rooftop

* Subject to weather

What's going on?

AT GOOD HOTEL

Canvas & Coffee Connection

Sun 14 July | 10:00-12:00, Sky-Blue Room | Donation

Join our event for moms with toddlers (0-3 years) and let your little Picasso unleash their creativity!

To Book: trivedi.disha@outlook.com

Celebrating Socially Conscious Music

Sat 27 Jul | 18:30-22:00, Globe & Bookcase | £5 at the door

a showcase of socially conscious music by young London musicians aged 13-25, who have crafted powerful tracks addressing social issues through vocal, lyric, and production training. **To Book:** contactus@youpress.org.uk

Living Room Day Pass

Weekdays | 10:00-17:30, Living Room | £20

Enjoy unlimited coffee, high-speed WiFi, and an express lunch featuring our Tapas dishes that reflect the best of local British produce with global influences. Walk-ins accepted.

Community Yoga for All

Mondays | 10:00-11:00, Sky-Blue Room | £7 walk-in or 4 for £23

Our relaxing yoga class involves slow asana postures and breathing techniques to enhance awareness and presence.

To Book: www.rajbirsingh.org/book-online

Zumba Kids

Tuesdays | 18:00-19:00, Studio Room | £9 walk-in or 4 for £30

Perfect for kids 5-11, our Zumba classes keep them active with fun games, activities, and cultural exploration elements.

To Book: hello@moveandgospel.co

RumbaLatina UK

Thursdays | 18:00-21:00*based on skill level, Sky-Blue Room | £12 walk-in or 4 sessions £45

Learn the basics of Cuban Salsa for solo dancers and partners. **To Book:** jmk_dance@outlook.com

Methodologies

Thurs & Fridays | 17:00-18:00, Pink Room | £15 a session or 4 classes £50

Empower your child's mathematical potential with tips, tricks, and speed-maths sessions in a guided setting.

To Book: methodologiesbynisha@gmail.com

Oyster Rooftop Fridays

Fridays | 15:00-18:00, Rooftop | £19

Savor a glass of fizz paired with three fresh oysters on our open-air Rooftop Terrace with panoramic waterfront views! Walk-ins accepted.

Zumba Fitness by Swati Kaushal

Sundays 18:30-19:30 | Mondays 19:00-20:00

Wednesdays 19:00-20:00, Sky-Blue Room | £10 walk-in or 4 classes for £32

Join the ultimate dance fitness party with local Licensed Zumba Instructor Swati Kaushal.

To Book: Call 07306 025904

AROUND LONDON

The Line

Various days, times & locations | FREE

Explore art, nature and heritage for free on London's public art walk running between the Queen Elizabeth Olympic Park and The O2. **More info:** www.the-line.org

Open Water Swimming

Various days | Royal Victoria Dock | £8

Just outside the hotel you can indulge in fresh water swims in the waters of the Royal Victoria Dock.

More Info: www.loveopenwater.co.uk

Sweheat Sauna

Mon-Thur 08:30-18:00 | Fri 08:30-17:30 | FREE

An authentic wood-fired sauna experience celebrating sweat bathing culture with a Finnish design stove and regular events. **More info:** www.sweheatsauna.co.uk

City Hall

Mon-Thur 08:30-18:00 | Fri 08:30-17:30 | FREE

A small part of City Hall is open to explore including the Chamber when there are public meetings.

More info: www.royaldocks.london

Victoria Dock Parkrun

Saturdays 09:00 | Victoria Dock | FREE (book ahead)

Join us just moments from the hotel for a free 5k community event every week at Victoria Dock, London, E16 1GB. **Register:** www.parkrun.org.uk/victoriadock