

## 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 | 7.30am-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

#### Young Generation Needs Us C.I.C

Sat 11 May | 12:00-17:00, Sky-Blue Room | FREE

Event for mums of children with early special educational needs, disability diagnoses or symptoms. A day filled with mums, industry expert speakers, educational psychologists, CYP counsellors and more.

**To Book:** younggenerationneedsus@gmail.com

#### Canvas & Coffee Connection

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

This in-person event is exclusively for moms with little ones aged 0-3 years old. Bring your little Picasso along and let their imagination run wild.

**To Book:** trivedi.disha@outlook.com

#### Latin Fiesta Night

Sat 25 May | 19:00-20:00 Class, 20:00-23:00 Party, Globe & Bookcase | £15

Join us for a night of Latin rhythms at our Latin Fiesta party night, drink included. Experience the sounds of Salsa, Bachata, Reggaeton and more! Let's dance and celebrate the vibrant spirit of Latin culture together.

**To Book:** Eventbrite Good Hotel

#### You Press Play Live

Fri 31 May | 19:30-22:00, Globe | FREE

Hosted by You Press, our Open Mic Jam Session invites you to share your musical talents and poetic verses! Join us for a night of creativity and connection as we celebrate music and poetry together. Bring your voice, your instrument or words, and let's make magic onstage.

**To Book:** contactus@youpress.org.uk

#### Community Yoga for All

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

This is a rejuvenating and relaxing Yoga class. The practice will involve a set of Asana (physical postures) and breathing techniques, practised more slowly to heighten your sense of awareness and presence.

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

#### Mums & Babies Postnatal Workout

Tuesdays | 10:30-11:15, Sky-Blue Room | £10 walk-in 60 mins

Move + Gospel runs pop-up fitness classes in London. Expect a high energy workout and an uplifting soundtrack to help you kickstart your fitness journey!

**To Book:** hello@moveandgospel.co

#### RumbaLatina UK

Thursdays | 18:00-19:00 Beginners, 19:00-20:00 Improvers, 20:00-21:00 Advanced, Sky-Blue Room | £12 walk-in or 4 sessions £45

Step into the world of Cuban culture and learn the basics of Cuban Salsa. Feel free to come alone or with a partner as you take your first steps to dancing Salsa!

**To Book:** jmk\_dance@outlook.com

#### Methodologies

Thursdays & 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

#### Rewind & Connect

Fridays | 18:30-20:30, Sky-Blue Room | £12

Slow yoga, meditation and aromatherapy. This holistic practice promotes stress release through deliberate movements, fostering mindfulness.

**To Book:** latitia@hellobeautifulminds.com