

## Who we are

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

We're a social impact 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

### Restaurant

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

### Bar

All day | 23.00

### Rooftop

12:00 - 21:00  
*\*subject to weather*

## What's going on?

### AT GOOD HOTEL

#### Salsa Social by Lynch International School of Dance

Friday Aug 8 | 19:00-21:00, Sky Blue Room

An energising salsa class for fitness, fun, and friendship! Perfect for all levels—dance and make new connections.

**To Book:** yvonnelynch22@gmail.com

#### Sweat, Stretch & Summer Social - bodybond x GHL

Sun Aug 24 | 10:00-12:00, The Rooftop | Pay What you Want

Join us high above the city for a morning of movement for a chance to move, breathe and vibe in a stunning setting.

**To Book:** www.bodybondonline.com

#### Act Up Drama Club

Weds Aug 6, 13, & 27 | 19:00-21:00, Blue Room | £8.99

Come play drama games, do theater workshops and socialise with some lovely, like-minded people. Let out your inner drama-kid and allow yourself a few hours of theatre-joys!

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

#### The Good Cleanup

Thurs Aug 21 | 10:00 - 12:30 | Good Hotel London & Royal Docks

Together with local partners and neighbours, we'll take small steps to care for the Royal Victoria Docks area, with litter picking, connecting with locals and caring for our shared home.

**To Book:** events.london@goodhotel.co

#### Qi (Energy) Balancing - Mindfulness for Healing

Sun Aug 24 | 12:00-14:00, Blue Room | £9

This restorative session will introduce a range of gentle and invigorating movements to help improve energy levels, mental focus, circulation and mental health.

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

#### Summer Yoga in the Open Air - Shakti Space x GHL

Wednesdays | 10:00-11:00, The Rooftop | £8

A peaceful, uplifting yoga session open to all levels. Flow with the sun. Breathe with the breeze. Move with your community. Rooted in community, lifted by the sun.

**To Book:** www.shakti-space.co.uk

#### Zumba Fitness by Swati Kaushal

Sundays | 18:30-19:30, Sky-Blue Room

Monday & Wednesdays | 19:00 - 20:00 | £10 or 4 for £36

Join the ultimate dance fitness party that combines Latin and international music with dance moves.

**To Book:** @zin\_swati\_kaushal

#### Art in the Docks Saturday Kids Club x GHL

Sat Aug 16<sup>th</sup> | 10:00-12:30, Sky Blue-Room | Free

Join us for a morning of creative fun in our friendly and relaxed kids club! Children will be encouraged to use their imagination and gain confidence in a nurturing environment, hosted by a professional artist.

**To Book:** Come and join us, no booking required!

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### AROUND LONDON

#### Open Water Swimming

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

#### Wakeup Docklands

London's only cable wakeboard park within the central transport network, offering a variety of water-based activities!

**More info:** www.wakeupdocklands.com

#### The Line

Explore art, nature and heritage for FREE on London's public art walk running between Queen Elizabeth Olympic Park and The O2.

**More info:** www.the-line.org

#### Victoria Dock Parkrun

Two minutes from the hotel at Victoria Dock you'll find a free, fun, and friendly 5k community event every Saturday.

**Register:** www.parkrun.org.uk/victoriadock

#### Sweheat Sauna

An authentic wood-fired sauna experience celebrating many cultural aspects of authentic sauna culture.

**More info:** www.sweheatsauna.co.uk

#### Elvis Evolution ExCel London

Immersive experience that celebrates the life and legacy of Elvis Presley through music, theatrics, and technology.

**More info:** www.elvisevolution.com