# Who we are

# Food & drink

# 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.

#### **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



Scan to view full calendar on your phone

# What's going on?

# AT GOOD HOTEL

#### The Good Christmas Clean Up 🎄

Friday 12th December | 10:00 - 12:30 | Outside Good Hotel
Join us for the Good Christmas Clean Up; a festive community
care morning dedicated to keeping Royal Victoria Docks
looking its best.

To Book: <a href="mailto:events.london@goodhotel.co">events.london@goodhotel.co</a>

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

Friday December 12th | 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**: <a href="mailto:yvonnelynch22@gmail.com">yvonnelynch22@gmail.com</a>

## Zumba Fitness & Bollywood Night by Swati Kaushal

1st , 9th , 14th , 15th , 16th December | 19:00 - 20:00 | Waterview Room | £10 walk-in or 4 classes for £32

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

To Book: @zin swati kaushal

#### **Rhythm Performing Arts**

Saturdays | 11:00-12:30 | Waterview Room | £8
Celebrating the richness of Indian dance traditions, these sessions bring the energy of Bollywood and the grace of Kathak together. Open to all ages and levels.

To Book: <a href="mailto:krn003@yahoo.com">krn003@yahoo.com</a>

#### Act Up Drama Club

10th & 17th Dec. | 19:00-21:00 | Waterview Room | £8.99 Play drama games, do theatre workshops and socialise with some lovely, like-minded people.

To Book: <a href="mailto:actupclub@gmail.com">actupclub@gmail.com</a>

## Mathodologies

Thurs & Fri 17:00-18:00 | Sun 11:00-13:00 | £15 or 4 for £50 | Empower your child with mathematical potential with tips, tricks, and speed-maths sessions in a guided setting.

To Book: mathodologiesbynisha@gmail.com

# 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

