

## 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

### Valentine's Day Special

Seasonal dining offer for the holiday.  
Saturday, February 14

## What's going on?

### AT GOOD HOTEL

#### Good Laughs Comedy Night

*Saturday Feb 21 | 19:30-21:30, Blue Room | Free*

We're bringing the laughs back to the Royal Docks. Join us for a night of GOOD humour, local talent, and waterfront vibes.

**More Info:** [Eventbrite](#)

#### Girls Into Coding Workshop

*Sunday Feb 8 | 13:30-16:30, Globe & Bookcase*

A creative workshop for girls age 10-14 to explore robotics, physical computing, and coding with a team of STEM mentors.

**To Book:** [helene@girlsintocoding.com](mailto:helene@girlsintocoding.com)

#### Nu Shu Ra Wellness Classes – Flowing Waters Never Stagnate

*Sunday Feb 8 & 22 | 12:00-14:00, Waterview Room | £9*

This session introduces a range of movements to help improve energy, mental focus, circulation, brain fog and mental health.

**To Book:** [Eventbrite](#)

#### Community Yoga for All

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

Yoga class with Asana and breathing techniques, practised more slowly to heighten your sense of awareness and presence.

**To Book:** [rajbirsingh.org](http://rajbirsingh.org)

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

*Friday Feb 13 | 19:00-21:00, Waterview Room*

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

**To Book:** [yvonnelynch22@gmail.com](mailto:yvonnelynch22@gmail.com)

#### Mrs. Pat Ballet Pilates

*Thursdays | 18:45-19:45, Waterview Room | £10*

Gentle yet effective Pilates class with a focus on strength, flexibility, posture, and alignment. Suitable for everyone.

**To Book:** [@mrs.patballet](mailto:@mrs.patballet)

#### Rhythm Performing Arts

*Saturdays | 11:00-12:30 | Waterview Room*

Celebrating the richness of Indian dance with the energy of Bollywood and the grace of Kathak. For all ages and levels.

**To Book:** [krrn003@yahoo.com](mailto:krrn003@yahoo.com)

#### Act Up Drama Club

*Feb 4, 11, 12, 18, 25 | 19:00-21:00 | Waterview Room | £8.99*

Play drama games, do theatre workshops and socialise with some lovely, like-minded people.

**To Book:** [actupclub@gmail.com](mailto:actupclub@gmail.com)

#### Zumba Fitness by Swati Kaushal

*Sun 18:30-19:30 | Mon & Weds 19:00-20:00 | £10 or 4 for £32*

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

**To Book:** [@zin\\_swati\\_kaushal](mailto:@zin_swati_kaushal)

#### Methodologies

*Thurs & Fri 17:00-18:00 | Sun 11:30-13:30 | £15 or 4 for £50*

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

**To Book:** [methodologiesbynisha@gmail.com](mailto:methodologiesbynisha@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](http://www.loveopenwater.co.uk)

#### Sweheat Sauna

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

**More info:** [www.sweheatsauna.co.uk](http://www.sweheatsauna.co.uk)

#### 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](http://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](http://www.parkrun.org.uk/victoriadock)

#### City Hall

Across the dock, City Hall's sustainable headquarters is open to explore, with public meetings and an on-site café.

**More info:** [www.royaldocks.london](http://www.royaldocks.london)



Scan to view  
full calendar  
on your phone