

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

Bar

All day | 23.00

Restaurant

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

What's going on?

AT GOOD HOTEL

Nu Shu Ra Wellness Classes – Flowing Waters Never Stagnate

Sunday 11 & 25 January | 12:00-14:00, Waterview Room | £9

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

To Book: [Eventbrite](#)

Salsa Social by Lynch International School of Dance

Friday 9 January | 19:00-21:00, The 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

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](#)

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: krn003@yahoo.com

Methodologies

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: [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](#)

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.sweheat sauna.co.uk](#)

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](#)

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](#)