

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 | 7.30 – 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

Thursday April 11 | 19:00-21:00, Sky Blue Room

Join an energizing salsa class for a mix of fitness, fun, and friendship! Perfect for all levels—dance, laugh, and make new connections.

To Book: yvonnelynch22@gmail.com

Girls Into Coding Workshop

Sunday, April 13 | 14:00-17:30 | The Globe & Bookcase

Join us for a creative coding workshop. Girls aged 10-14 can explore robotics, physical computing, and coding with a team of STEM mentors. It's a good opportunity to learn, have fun, and build cool projects!

To Book: helene@girlsintocoding.com

Qi (Energy) Balancing - Mindfulness for Healing

Sun 23 April | 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: mtrisingltd@gmail.com

Zumba Fitness by Swati Kaushal

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

Monday & Wednesdays | 19:00 - 20:00 | Sky-Blue Room | £10 or 4 for £32

Join the ultimate dance fitness party with local Licensed Zumba Instructor Swati Kaushal that combines Latin and international music with dance moves.

To Book: Call 07306 025904

Mums & Babies Postnatal Workout

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

Join our postnatal fitness sessions to boost energy, connect with fellow mums, and rebuild strength at any fitness level. Feel supported and empowered in our community.

To Book: rhea.patel@one-element.co.uk

Methodologies

Thursdays & Fridays | 17:00-18:00, Pink Room | £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

Tutankhamun

28 March - 29 June 2025 | Excel London

The Immersive Exhibition brings Ancient Egypt to life like never before, offering a cutting-edge 90-minute journey back in time.

More info: tutankhamunexperience.com/london/

The Line

Various days, times & locations | FREE!

Explore art, nature and heritage for free on London's public art walk running between the Queen Elizabeth Olympic Park and The O2. **More info:** www.the-line.org

Sweheat Sauna

An authentic wood-fired sauna experience celebrating sweat bathing culture with a Finnish design stove and regular events. **More info:** www.sweheatsauna.co.uk

City Hall

Mon-Thur 08:30-18:00 | Fri 08:30-17:30 | FREE

A small part of City Hall is open to explore including the Chamber when there are public meetings.

More info: www.royaldocks.london