

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

I Am Bluesfolk unplugged night

Friday May 2 & 16 | 19:30-21:30, Globe Room + Bookcase
Join us for live music, great vibes, refreshing drinks, and stunning waterfront views, held by I Am Bluesfolk.
To Book: Eventbrite

Salsa Social by Lynch International School of Dance

Friday May 9 | 19:00-21:00, Sky Blue Room
An energizing salsa class for fitness, fun, and friendship! Perfect for all levels—dance and make new connections.
To Book: yvonnelynch22@gmail.com

Cocktail Masterclass

Friday May 16 | 19:00-21:00, Rooftop | FREE
A fun rooftop cocktail-making class featuring Negroni, Passion Fruit Martini, Aperol Spritz, Rossini, and Margherita. Tasters are free; full-size cocktails available for purchase.
To Book: events.london@goodhotel.co

Sound of Hope Screening | Black Film Collective

Thursday May 22 | 19:00-22:00, Sky Blue Room | FREE
Donna and Reverend Martin inspire their church to adopt 77 hard-to-place foster kids across 22 families.
To Book: Eventbrite

Refractions: Perspectives Across Time Art Exhibition

Saturday May 24 | 18:30-22:00, Globe Room + Bookcase
An art exhibition exploring perspective across generations with 15 diverse artists.
To Book: Eventbrite

BBQ Bank Holiday Bash

Sunday May 25 | 12:00-18:00, Rooftop
Enjoy the bank holiday with a barbecue on our rooftop.
To Book: events.london@goodhotel.co

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

Mathodologies

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: mathodologiesbynisha@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