

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

Bar

All day | 23.00

Restaurant

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

Rooftop

* Subject to weather

What's going on?

AT GOOD HOTEL

Afro-Caribbean Workshop & Workout

Saturday 5 Oct | 11:00-13:00, Sky-Blue Room | £5.60

A goal setting workshop tailored to your exercise goals to help you keep on track, followed by a workout session.

To Book: hello@rebuildhealth.co.uk

Community Yoga for All

Monday 7 & 28 Oct | 10:00-11:00, Sky Blue Room | £7 or 4 for £23

This is a rejuvenating and relaxing Yoga class. The practice will involve a set of Asana (physical postures) and breathing techniques, practised more slowly to heighten your sense of awareness and presence.

To Book: www.rajbirsingh.org/book-online

Canvas & Coffee Connection

Sunday 10 Oct | 10:00-12:00, Sky-Blue Room | Donation

Join us for our monthly art workshop, specially designed to support new mums in enhancing their mental health through creative expression. These sessions are free or donation-based, making them accessible for everyone.

To Book: trivedi.disha@outlook.com

The American Society Of Magical Negroes + Panel

The New Black Film Collective in partnership with Newham Council

Saturday 18 Oct | 19:00-22:00, Sky-Blue Room | FREE

A fresh, satirical comedy about a young man, Aren, who is recruited into a secret society of magical Black people who dedicate their lives to a cause of utmost importance: making white people's lives easier.

To Book: www.magicalnegroes-screening.eventbrite.co.uk

Queer Film Club

Friday 25 Oct | 19:00-23:00, Sky-Blue Room | FREE

Join us for our monthly Queer Film Club showing LGBTQ+ classic films. Each session is accompanied by a Q&A chat lead by Drag performer, H.R.H Aphrodite 1st and a themed badge making workshop hosted by Badge Cafe.

To Book: www.createpluse16.com

Spooktacular

Thursday 31 Oct | 16:00-18:00, Living Room | £12.50

An afternoon of spooky fun! Enjoy pumpkin carving, trick-or-treating, delicious treats, music and ghoulish games!

To Book: Eventbrite Good Hotel

Come If you Dare...Halloween Party

Thursday 31 Oct | 19:00-22:00, Living Room | £20

Get ready for the spookiest night of the year at the GOOD HOTEL LONDON! A night filled with costumes, music, food and drinks. Come dressed to impress.

To Book: Eventbrite Good Hotel

LYL Fit Sis Class

Sundays | 10:30-11:30, Sky-Blue Room | 4 block £26

A strength and conditioning workout for women only to help you build strength, lose fat and burn calories in less time.

To Book: 07846877188

Craft House

Mondays | 18:00-19:30, Studio | £12- £18

Perfect for young artists, our sessions offer colorful projects, creative designs, and hands-on activities like painting and DIY.

To Book: crafthousebynishu@gmail.com

Zumba Fitness by Swati Kaushal

Mon & Wed 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 minutes

A high energy workout and an uplifting soundtrack to help you kickstart your fitness journey by Move + Gospel.

To book: hello@moveandgospel.co

AROUND 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

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

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

Victoria Dock Parkrun

Saturdays 09:00 | Victoria Dock | FREE (book ahead)

Join us just moments from the hotel for a free 5k community event every week at Victoria Dock, London, E16 1GB.

Register: www.parkrun.org.uk/victoriadock



**Scan to view
all events on
your mobile!**