

## Aman Tokyo Complimentary Activity

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
						Rickshaw 8.30am 9am 9.30am 10am
3	4	5	6	7	8	9
Foam Roller Exercise 9.30am - 10.30am	Yoga 8am - 9am	Yoga 8am - 9am	Yoga 9.30am - 10.30am	Yoga 9.30am - 10.30am	Sake Tasting 4pm - 4.30pm	Rickshaw 8.30am 9am 9.30am 10am
10	11	12	13	14	15	16
Yoga 8am - 9am	Mat Pilates 8am - 9am	Yoga 8am - 9am	Foam Roller Exercise 9.30am - 10.30am	Meditation & Yoga 8am - 9am	Sake Tasting 4pm - 4.30pm	Rickshaw 8.30am 9am 9.30am 10am
17	18	19	20	21	22	23
Yoga 8am - 9am	Yoga 8am - 9am	Yoga 8am - 9am	Meditation & Yoga 8am - 9am	Foam Roller Exercise 9.30am - 10.30am	Sake Tasting 4pm - 4.30pm	Rickshaw 8.30am 9am 9.30am 10am
24	25	26	27	28	29	30
Yoga 8am - 9am	Foam Roller Exercise 8.30am - 9.30am	Yoga 9.30am - 10.30am	Yoga 9.30am - 10.30am	Foam Roller Exercise 9.30am - 10.30am	Sake Tasting 4pm - 4.30pm	Rickshaw 7am 7.30am 8am 8.30am
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Yoga 9.30am - 10.30am						