

Aman Tokyo Complimentary Activity

May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Meditation & Yoga 8am - 9am	Yoga 9.30am - 10.30am	Sake Tasting 4pm - 4.30pm	Rickshaw 7am 7.30am 8am 8.30am
5	6	7	8	9	10	11
Foam Roller Exercise 9.30am - 10.30am	Yoga 9.30am - 10.30am	Yoga 9.30am - 10.30am	Yoga 9.30am - 10.30am	Foam Roller Exercise 9.30am - 10.30am	Sake Tasting 4pm - 4.30pm	Rickshaw 8.30am 9am 9.30am 10am
12	13	14	15	16	17	18
Mat Pilates 8am-9am	Yoga 8am - 9am	Yoga 9.30am - 10.30am	Foam Roller Exercise 9.30am - 10.30am	Meditation & Yoga 8am - 9am	Sake Tasting 4pm - 4.30pm	Rickshaw 8.30am 9am 9.30am 10am
19	20	21	22	23	24	25
Mat Pilates 8am - 9am	Yoga 8am - 9am	Yoga 9.30am - 10.30am	Meditation & Yoga 8am - 9am	Foam Roller Exercise 9.30am - 10.30am	Sake Tasting 4pm - 4.30pm	Rickshaw 8.30am 9am 9.30am 10am
26	27	28	29	30	31	
Foam Roller Exercise 9.30am - 10.30am	Foam Roller Exercise 9.30am - 10.30am	Yoga 8am - 9am	Foam Roller Exercise 9.30am - 10.30am	Meditation & Yoga 8am - 9am	Sake Tasting 4pm - 4.30pm	