

# Aman Tokyo Complimentary Activity

June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Meditation & Yoga 8am – 9am	Morning Flow 8.30am – 9.30am	Calligraphy 9am – 10am	Meditation & Yoga 8am – 9am	Yoga 8am – 9am	Rickshaw 8.30am 9am 9.30am 10am
7	8	9	10	11	12	13
Forest Walk in Aman Tokyo 10am – 10.30am	Mat Pilates 8am – 9am	Meditation & Yoga 8am – 9am	Calligraphy 9am – 10am	Meditation & Yoga 10.30am-11.30am	Sake Tasting 4pm - 4.30pm	Rickshaw 8.30am 9am 9.30am 10am
14	15	16	17	18	19	20
Forest Walk in Aman Tokyo 10am – 10.30am	Mat Pilates 8am – 9am	Morning Flow 8.30am – 9.30am	Meditation & Yoga 8am – 9am	Meditation & Yoga 8am – 9am	Meditation & Yoga 8am – 9am	Rickshaw 8.30am 9am 9.30am 10am
21	22	23	24	25	26	27
Forest Walk in Aman Tokyo 10am – 10.30am	Yoga 8am – 9am	Yoga 8am – 9am	Yoga 8am – 9am	Mat Pilates 8am – 9am	Meditation & Yoga 8am – 9am	Rickshaw 8.30am 9am 9.30am 10am
28	29	30				
Forest Walk in Aman Tokyo 10am – 10.30am	Mat Pilates 8am – 9am	Meditation & Yoga 8am – 9am				