

May

# Aman Tokyo Complimentary Activity

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