

Aman Tokyo Complimentary Activity

February

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