Aman Tokyo Complimentary Activity

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				Meditation & Yoga 8am – 9am	Yoga 10am – 11am	Rickshaw 8.30am 9am 9.30am 10am
4	5	6	7	8	9	10
Forest Walk in Aman Tokyo 10am – 10.30am	Mat Pilate 8am – 9am	Morning Flow 8.30am – 9.30am	Yoga 8am – 9am	Meditation & Yoga 8am – 9am	Strength & Mobility 8am – 9am	Rickshaw 8.30am 9am 9.30am 10am
11	12	13	14	15	16	17
Forest Walk in Aman Tokyo 10am – 10.30am	Mat Pilate 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
18	19	20	21	22	23	24
Forest Walk in Aman Tokyo 10am – 10.30am	Yoga 8am – 9am	Morning Flow 8.30am – 9.30am	Strength & Mobility 8am – 9am	Meditation & Yoga 8am – 9am	Yoga 8am – 9am	Rickshaw 8.30am 9am 9.30am 10am
25	26	27	28	29	30	31
Forest Walk in Aman Tokyo 10am – 10.30am	Meditation & Yoga 8am – 9am	Meditation & Yoga 8am – 9am	Calligraphy 9am – 10am	Mat Pilate 8am – 9am	Yoga 8am – 9am	Yoga 8am – 9am

Aman Tokyo Complimentary Activity

November

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