

Aman Tokyo Complimentary Activity

January

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