

Aman Tokyo Complimentary Activity

October

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