

Aman Tokyo Complimentary Activity

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Foam Roller Exercise 9.30am – 10.30am	Yoga 8am – 9am	Meditation & Yoga 8am – 9am	Meditation & Yoga 8am – 9am	Sake Tasting 4pm – 4.30pm	Rickshaw 8.30am 9am 9.30am 10am
7	8	9	10	11	12	13
Yoga 8am – 9am	Yoga 8.30am – 9.30am	Yoga 8.30am – 9.30am	Yoga 9.30am – 10.30am	Foam Roller Exercise 9.30am – 10.30am	Sake Tasting 4pm – 4.30pm	Rickshaw 8.30am 9am 9.30am 10am
14	15	16	17	18	19	20
Foam Roller Exercise 9.30am – 10.30am	Mat Pilates 8am – 9am	Yoga 9.30am – 10.30am	Meditation & Yoga 8am – 9am	Foam Roller Exercise 8.30am – 9.30am	Sake Tasting 4pm – 4.30pm	Rickshaw 8.30am 9am 9.30am 10am
21	22	23	24	25	26	27
Yoga 8am – 9am	Yoga 8am – 9am	Yoga 8am – 9am	Meditation & Yoga 8am – 9am	Foam Roller Exercise 10.30am – 11.30am	Sake Tasting 4pm – 4.30pm	Rickshaw 7am 7.30am 8am 8.30am
28	29	30				
Mat Pilates 8am – 9am	Mat Pilates 8am – 9am	Yoga 9.30am – 10.30am				