

July

Aman Tokyo Complimentary Activity

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	Yoga 9.30am-10.30am	Sake Tasting 4pm - 4.30pm	Rickshaw 8.30am 9am 9.30am 10am
7	8	9	10	11	12	13
Meditation & Yoga 8am - 9am	Yoga 8am-9am	Yoga 9.30am-10.30am	Meditation & Yoga 8am - 9am	Yoga 9.30am-10.30am		Rickshaw 7am 7.30am 8am 8.30am
14	15	16	17	18	19	20
Meditation & Yoga 8am - 9am	Mat Pilates 8am-9am	Yoga 8am-9am	Meditation & Yoga 8am - 9am	Meditation & Yoga 8am - 9am	Sake Tasting 4pm - 4.30pm	Rickshaw 8.30am 9am 9.30am 10am
21	22	23	24	25	26	27
Foam Roller Exercise 9.30am - 10.30am	Yoga 8am-9am	Foam Roller Exercise 9.30am - 10.30am	Meditation & Yoga 8am - 9am	Meditation & Yoga 8am - 9am	Sake Tasting 4pm - 4.30pm	Rickshaw 8.30am 9am 9.30am 10am
28	29	30	31			
Meditation & Yoga 8am - 9am	Foam Roller Exercise 8am-9am	Foam Roller Exercise 9.30am - 10.30am	Foam Roller Exercise 9.30am - 10.30am			