

Aman Tokyo Complimentary Activity

October

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