

June

## Aman Tokyo Complimentary Activity

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