

Aman Tokyo Complimentary Activity

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				Yoga 9.30am-10.30am	Sake Tasting 4pm - 4.30pm	Rickshaw 8.30am 9am 9.30am 10am
4	5	6	7	8	9	10
Meditation & Yoga 8am - 9am	Yoga 9.30am-10.30am	Yoga 9.30am - 10.30am	Foam Roller Exercise 9.30am - 10.30am	Yoga 9.30am-10.30am	Sake Tasting 4pm - 4.30pm	Rickshaw 7am 7.30am 8am 8.30am
11	12	13	14	15	16	17
Meditation & Yoga 8am - 9am	Mat Pilates 8am - 9am	Yoga 8am - 9am	Meditation & Yoga 8am - 9am	Yoga 8am-9am	Sake Tasting 4pm - 4.30pm	Rickshaw 8.30am 9am 9.30am 10am
18	19	20	21	22	23	24
Meditation & Yoga 8am - 9am	Yoga 9.30am-10.30am	Meditation & Yoga 8am - 9am	Yoga 9.30am-10.30am	Foam Roller Exercise 9.30am - 10.30am	Sake Tasting 4pm - 4.30pm	Rickshaw 8.30am 9am 9.30am 10am
25	26	27	28	29	30	31
Foam Roller Exercise 9.30am - 10.30am	Yoga 9.30am-10.30am	Yoga 9.30am-10.30am	Yoga 9.30am-10.30am	Yoga 8am-9am	Sake Tasting 4pm - 4.30pm	Rickshaw 8.30am 9am 9.30am 10am