

Aman Tokyo Complimentary Activity

September

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