

Aman Tokyo Complimentary Activity

November

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