

Aman Tokyo Complimentary Activity

December

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