

January

Aman Tokyo Complimentary Activity

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