

February

Aman Tokyo Complimentary Activity

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