

March

Aman Tokyo Complimentary Activity

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						Rickshaw 8.30am 9am 9.30am 10am
2	3	4	5	6	7	8
Mat Pilates 9.30am - 10.30am	Yoga 8am - 9am	Yoga 8am - 9am		Foam Roller Exercise 9.30am - 10.30am	Sake Tasting 4pm - 4.30pm	Rickshaw 8.30am 9am 9.30am 10am
9	10	11	12	13	14	15
Yoga 9.30am - 10.30am	Meditation & Yoga 8am - 9am	Meditation & Yoga 8am - 9am		Meditation & Yoga 8am - 9am	The Imperial Palace Run 8am - 9am Sake Tasting 4pm - 4.30pm	Rickshaw 8.30am 9am 9.30am 10am
16	17	18	19	20	21	22
Mat Pilates 8am - 9am	Foam Roller Exercise 9.30am - 10.30am	Mat Pilates 9.30am - 10.30am		Yoga 9.30am - 10.30am	Sake Tasting 4pm - 4.30pm	Rickshaw 7am 7.30am 8am 8.30am
23	24	25	26	27	28	29
Mat Pilates 9.30am - 10.30am	Yoga 9.30am - 10.30am	Yoga 9.30am - 10.30am		Meditation & Yoga 8am - 9am	The Imperial Palace Run 8am - 9am Sake Tasting 4pm - 4.30pm	Rickshaw 7am 7.30am 8am 8.30am
30	31					
Mat Pilates 9.30am - 10.30am	Foam Roller Exercise 9.30am - 10.30am					