



RESORT  
**ENTOURAGE**  
 SUR-LE-LAC

## ACTIVITY CALENDAR May - June 2024

### WELLNESS EXPERIENCE GUIDE

Entourage sur-le-Lac offers many activities and a complete experience focused on well-being and the art of living. Throughout your stay, you will be able to benefit from the amenities and activities that are made possible thanks to the common stay costs. Make the most of our great playground!

- ~ Multifunctional training room
- ~ Outdoor fire pits
- ~ Jacuzzi (open 7 am- 11 pm)
- ~ Hybrid bikes
- ~ Pool table
- ~ Ping pong
- ~ Baby foot
- ~ Enomatic
- ~ High-speed Internet

#### Activities description

\* Reservation required please book before 9 pm the day before.

*This calendar is subject to change.*

**FRIDAY, MAY 3**



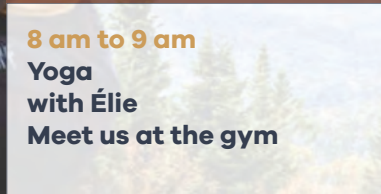
**SATURDAY, MAY 4**

**9:30 am to 10:30 am**  
**Yoga**  
**with Élie**  
**Meet us at the gym**

**SUNDAY, MAY 5**

**9:30 am to 10:30 am**  
**Yoga**  
**with Véronique**  
**Meet us at the gym**

**FRIDAY, MAY 10**



**SATURDAY, MAY 11**

**9:30 am to 10:30 am**  
**Yoga**  
**with Élie**  
**Meet us at the gym**

**SUNDAY, MAY 12**

**9:30 am to 10:30 am**  
**Yoga**  
**with Véronique**  
**Meet us at the gym**

**FRIDAY, MAY 17**



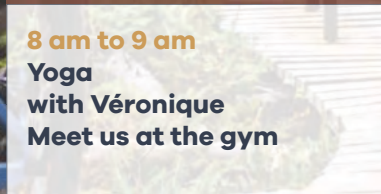
**SATURDAY, MAY 18**

**9:30 am to 10:30 am**  
**Yoga**  
**with Karine**  
**Meet us at the gym**

**SUNDAY, MAY 19**

**8 am to 9 am**  
**Yoga**  
**with Élie**  
**Meet us at the gym**

**FRIDAY, MAY 24**



**SATURDAY, MAY 25**

**9:30 am to 10:30 am**  
**Yoga**  
**with Véronique**  
**Meet us at the gym**

**SUNDAY, MAY 26**

**9:30 am to 10:30 am**  
**Yoga**  
**with Véronique**  
**Meet us at the gym**

**SLEEP WELL. MOVE WELL. EAT WELL. DRINK WELL.**



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FRIDAY, MAY 31

**8 am to 9 am**  
Yoga  
with **Élie**  
Meet us at the gym

SATURDAY, JUNE 1

**9:30 am to 10:30 am**  
Yoga  
with **Élie**  
Meet us at the gym

SUNDAY, JUNE 2

**9:30 am to 10:30 am**  
Yoga  
with **Véronique**  
Meet us at the gym

FRIDAY, JUNE 7

**8 am to 9 am**  
Yoga  
with **Élie**  
Meet us at the gym

SATURDAY, JUNE 8

**9:30 am to 10:30 am**  
Yoga  
with **Véronique**  
Meet us at the gym

SUNDAY, JUNE 9

**9:30 am to 10:30 am**  
Yoga  
with **Véronique**  
Meet us at the gym

LUNDI 10 JUIN

**5:45 pm**  
Open water swimming  
training with **Thomas**  
Meet us on the left of  
the beach

FRIDAY, JUNE 14

**8 am to 9 am**  
Yoga with **Élie**  
Meet us at  
the gym

SATURDAY, JUNE 15

**9:30 am to 10:30 am**  
Yoga with **Élie**  
Meet us at  
the gym

SUNDAY, JUNE 16

**9:30 am to 10:30 am**  
Yoga with  
**Véronique**  
Meet us at  
the gym

LUNDI 17 JUIN

**5:45 pm**  
Open water swimming  
training with **Thomas**  
Meet us on the left of  
the beach

**SLEEP WELL. MOVE WELL. EAT WELL. DRINK WELL.**