

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!

- ~ Défi-Évasion® riddle trail for the whole family
- ~ Sports activities supervised by a coach
- ~ Multifunctional training room
- ~ Outdoor fire pits
- ~ Jacuzzi (open 7 am-11 pm)
- ~ Hybrid bikes
- ~ Volleyball court
- ~ Pool table
- ~ Ping pong
- ~ Baby foot
- ~ High-speed Internet
- ~ Enomatic (\$)
- ~ Privileged departure at Golf La Tempête

Activities description

Reservation required please book before 9 pm the day before.

* **Collaboration with the 6AM Club running club.** Meet us every Friday at Entourage (6 am). 6 km journey: speed of 6-6h30 km/h and coffee at the end of the activity at the restaurant. **Open to everyone!**

This calendar is subject to change.

FRIDAY, NOVEMBER 1

6 am to 6:45 am - 6AM Club de course
 Meet us at the parking in front of the hotel with Frédéric or Karel
 6 km road journey*

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

FRIDAY, NOVEMBER 8

6 am to 6:45 am - 6AM Club de course
 Meet us at the parking in front of the hotel with Frédéric or Karel
 6 km road journey*

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

FRIDAY, NOVEMBER 15

6 am to 6:45 am - 6AM Club de course
 Meet us at the parking in front of the hotel with Frédéric or Karel
 6 km road journey*

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

FRIDAY, NOVEMBER 22

6 am to 6:45 am - 6AM Club de course
 Meet us at the parking in front of the hotel with Frédéric or Karel
 6 km road journey*

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

FRIDAY, NOVEMBER 29

6 am to 6:45 am - 6AM Club de course
 Meet us at the parking in front of the hotel with Frédéric or Karel
 6 km road journey*

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

SATURDAY, NOVEMBER 2

8:30 am to 9:15 am
 HIIT with Élie
 Meet us at the gym

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

SATURDAY, NOVEMBER 9

8:30 am to 9:15 am
 HIIT with Élie
 Meet us at the gym

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

SATURDAY, NOVEMBER 16

8:30 am to 9:15 am
 HIIT with Élie
 Meet us at the gym

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

SATURDAY, NOVEMBER 23

8:30 am to 9:15 am
 HIIT with Élie
 Meet us at the gym

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

SATURDAY, NOVEMBER 30

8:30 am to 9:15 am
 HIIT with Élie
 Meet us at the gym

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

SUNDAY, NOVEMBER 3

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

SUNDAY, NOVEMBER 10

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

SUNDAY, NOVEMBER 17

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

SUNDAY, NOVEMBER 24

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

SUNDAY, DECEMBER 1

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

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