



**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 and fatbikes
- ~ Pool table
- ~ High-speed Internet
- ~ Enomatic (\$)

**Activities description**

**Reservation required** please book before 9 pm the day before on our LoungeUp app.

\* **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 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

**FRIDAY, DECEMBER 6**

**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, DECEMBER 13**

**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, DECEMBER 20**

**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 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

**SATURDAY, DECEMBER 7**

**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, DECEMBER 14**

**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, DECEMBER 1**

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

**SUNDAY, DECEMBER 8**



**SUNDAY, DECEMBER 15**

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

