



**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!

- ~ Sports activities supervised by a coach
- ~ Multifunctional training room
- ~ Outdoor fire pits
- ~ Jacuzzi (open 7 am-11 pm)
- ~ Hybrid bikes or fatbikes
- ~ Pool table
- ~ Ping pong
- ~ Board games available at reception
- ~ High-speed Internet
- ~ Enomatic (\$).  
Card available at reception.

This schedule is subject to change.

\* Continuous activity, you start when you arrive depending on availability.

\*\* For activities, **RESERVATION REQUIRED** please book before 9 pm the day before on our LoungeUp app.



**FRIDAY, APRIL 4**

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

**FRIDAY, APRIL 11**

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

**FRIDAY, APRIL 18**

**9 am to 9:45 am**  
 Parents-children yoga with Élie  
 Meet us at St-James

**9:30 am to 11:30 am**  
 DIY workshop with Claudine\*  
 Meet us at St-Dunstan

**10 am to 11 am**  
 Hatha yoga with Élie  
 Meet us at St-James

**2 pm to 3 pm**  
 Little gourmets break  
 Meet us at Légendaire

**8 pm – Astronomy Evening**  
 Conference and observation  
 Meet us at St-James

**MONDAY, APRIL 21**

**9 am to 9:45 am**  
 Parents-children yoga with Élie  
 Meet us at St-James

**10 am to 11 am**  
 Hatha yoga with Élie  
 Meet us at St-James

**SATURDAY, APRIL 5**

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

**SATURDAY, APRIL 12**

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

**SATURDAY, APRIL 19**

**9 am to 9:45 am**  
 Parents-children yoga with Élie  
 Meet us at St-James

**9:30 am to 11:30 am**  
 DIY workshop with Claudine\*  
 Meet us at St-Dunstan

**10 am to 11 am**  
 Hatha yoga with Élie  
 Meet us at St-James

**1 pm to 3 pm**  
 Cookie decorating workshop with Jezz Biscuit\*  
 Meet us at St-Dunstan

**2 pm to 3 pm**  
 Little gourmets break  
 Meet us at Légendaire

**FRIDAY, APRIL 25**

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

**SATURDAY, APRIL 26**

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

**SUNDAY, APRIL 6**

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

**SUNDAY, APRIL 13**

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

**SUNDAY, APRIL 20**

**9 am to 9:45 am**  
 Parents-children yoga with Mélanie – Meet us at St-James

**10 am to 11 am**  
 Hatha yoga with Mélanie  
 Meet us at St-James

**1 pm to 3 pm**  
 Cookie decorating workshop with Jezz Biscuit\*  
 Meet us at St-Dunstan

**2 pm to 3 pm**  
 Little gourmets break  
 Meet us at Légendaire



**SUNDAY, APRIL 27**

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