

# ACTIVITIES CALENDAR

## March 2025

### 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)
- ~ Fatbikes – available at reception on a first come, first served basis
- ~ Cross-country skiing center, fatbike and snowshoe trails 4 km from the hotel\*\* [sentiersdumoulin.com](http://sentiersdumoulin.com)
- ~ Le Relais alpine ski center 1 km from the hotel\*\* [skirelais.com](http://skirelais.com)
- ~ Pool table
- ~ Ping pong
- ~ Board games available at reception
- ~ High-speed Internet
- ~ Enomatic (\$). Card available at reception.

**RESERVATION REQUIRED** please book before 9 pm the day before on our LoungeUp app.

The **FUN CLUB** will be supervised from 5:30 pm to 10 pm on Fridays, from 8 am to 10 pm on Saturdays, and from 8 am to noon on Sundays.

\*\* Ask at the hotel reception.

*This schedule is subject to change.*

#### FRIDAY, MARCH 14

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

#### SATURDAY, MARCH 15

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

#### SUNDAY, MARCH 16

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

#### FRIDAY, MARCH 21

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

#### SATURDAY, MARCH 22

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

#### SUNDAY, MARCH 23

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

#### FRIDAY, MARCH 28

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

#### SATURDAY, MARCH 29

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

#### SUNDAY, MARCH 30

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

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