

### 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, MAY 2

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

#### SATURDAY, MAY 3

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

#### SUNDAY, MAY 4

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

#### FRIDAY, MAY 9

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

#### SATURDAY, MAY 10

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

#### SUNDAY, MAY 11

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

#### FRIDAY, MAY 16

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

#### SATURDAY, MAY 17

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

#### SUNDAY, MAY 18

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

#### FRIDAY, MAY 23

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

#### SATURDAY, MAY 24

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

#### SUNDAY, MAY 25

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

#### FRIDAY, MAY 30

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

#### SATURDAY, MAY 31

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

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