

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.

♦ **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!

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



FRIDAY, APRIL 4

5:55 am – 6AM Club de course – 6 km road journey ♦

Meet us at the parking in front of the hotel with Jasmine & Anthony

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

FRIDAY, APRIL 11

5:55 am – 6AM Club de course – 6 km road journey ♦

Meet us at the parking in front of the hotel with Jasmine & Anthony

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

FRIDAY, APRIL 18

5:55 am – 6AM Club de course – 6 km road journey ♦

Meet us at the parking in front of the hotel with Jasmine & Anthony

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

FRIDAY, APRIL 25

5:55 am – 6AM Club de course – 6 km road journey ♦

Meet us at the parking in front of the hotel with Jasmine & Anthony

8 am to 9 am – Yoga with Véro

Meet us at the gym

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 Jezzz Biscuit*

Meet us at Nautique

2 pm to 3 pm

Little gourmets break

Meet us at Légendaire

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 Jezzz Biscuit*

Meet us at St-Dunstan

2 pm to 3 pm

Little gourmets break

Meet us at Légendaire

Easter egg hunt available

Meet us at reception

Happy Easter!

SUNDAY, APRIL 27

8 am to 9 am

Yoga with Véro

Meet us at the gym