

### 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.



#### SUNDAY, JUNE 1

**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 10:30 am**

Yoga with Véro  
Meet us at the gym

#### FRIDAY, JUNE 6

**8 am to 9 am**

Yoga with Véro  
Meet us at the gym

#### SATURDAY, JUNE 7

**8:15 am to 8:45 am**

Meditation workshop with Edith mEDITHe  
Meet us at the beach

**9:30 am to 10:30 am**

Yoga with Mélanie  
Meet us at the gym

#### SUNDAY, JUNE 8

**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 10:30 am**

Yoga with Mélanie  
Meet us at the gym

#### FRIDAY, JUNE 13

**8 am to 9 am**

Yoga with Élie  
Meet us at the gym

#### SATURDAY, JUNE 14

**8:15 am to 8:45 am**

Meditation workshop with Edith mEDITHe  
Meet us at the beach

**9:30 am to 10:30 am**

Yoga with Élie  
Meet us at the gym

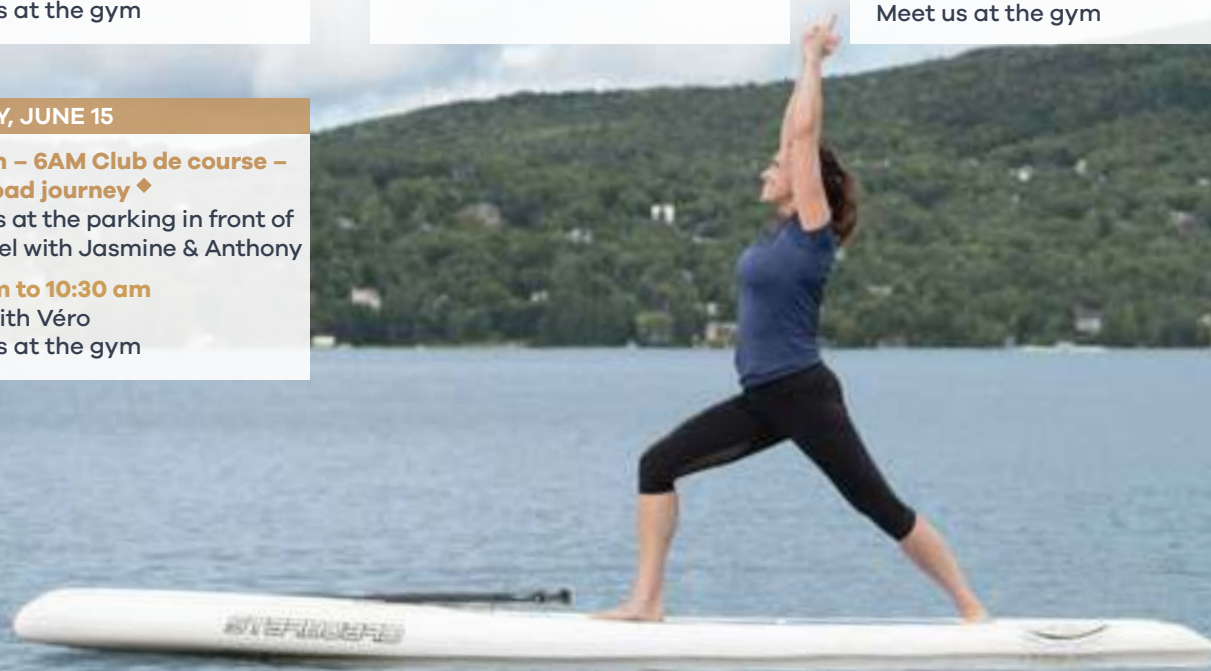
#### SUNDAY, JUNE 15

**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 10:30 am**

Yoga with Véro  
Meet us at the gym



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