

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, MAY 2

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, MAY 9

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 Mélanie – Meet us at the gym

FRIDAY, MAY 16

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, MAY 23

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, MAY 30

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

SATURDAY, MAY 3

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

SATURDAY, MAY 10

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

SATURDAY, MAY 17

9:30 am to 10:30 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

SATURDAY, MAY 31

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

SUNDAY, MAY 11

9 am to 1 pm
Makeup for children
Meet us at l'Îlot

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

Happy Mother's Day!

SUNDAY, MAY 18

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

SUNDAY, MAY 25

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