

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

MONDAY, JUNE 16

6 pm

Open water swimming with Thomas
Meet us at the beach

1,500 to 2,500 m per workout which will be structured in the form of intervals and supervised by coaches/lifeguards.



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