

**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 and sauna (open 7 am-11 pm)
- ~ Fat bikes or hybrid bikes
- ~ Pool table
- ~ Ping pong
- ~ Baby-foot
- ~ Enomatic (\$). Card available at reception.
- ~ High-speed Internet

*This schedule is subject to change.*

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

**FRIDAY, APRIL 3**

- 7 am to 11 pm**  
 Teen room  
 Meet us at Montagnarde
- 8 am to 9 am**  
 Morning yoga with Élie  
 Meet us at St. James
- 8 am to 8 pm**  
 Inflatable games  
 Meet us at the Ballroom
- 4 pm to 10 pm**  
 Bonfire and marshmallows  
 Meet at the Banquet Terrace
- 5:30 pm to 10 pm**  
 Babysitting  
 Meet at Fun Club
- 8 pm**  
 Astronomy Evening et conference  
 Meet us at St. James

**SATURDAY, APRIL 4**

- 7 am to 11 pm**  
 Teen room  
 Meet us at Montagnarde
- 8 am to 11 am**  
 Inflatable games  
 Meet us at the Ballroom
- 8 am à 11 pm**  
 Babysitting  
 Meet at Fun Club
- 9 am to 9:45 am**  
 Parent-child yoga with Élie  
 Meet us at St. James
- 10 am to 11 am**  
 Adult yoga with Élie  
 Meet us at St. James
- 1:30 pm to 3:30 pm**  
 Painting on a birdhouse with Claudine  
 Meet us at Nautique
- 2 pm to 3 pm**  
 Little gourmets break  
 Meet us at Légendaire
- 4 pm to 10 pm**  
 Bonfire and marshmallows  
 Meet at the Banquet Terrace
- 7 pm**  
 Cinema  
 Meet us at Nautique

**SUNDAY, APRIL 5**

- 7 am to 11 pm**  
 Teen room  
 Meet us at Montagnarde
- 8 am to 8 pm**  
 Inflatable games  
 Meet us at the Ballroom
- 8 pm to 10 pm**  
 Babysitting  
 Meet at Fun Club
- 9 am to 12 pm**  
 Easter egg painting  
 Meet us at St. James
- 9 am to 1 pm**  
 Children's face painting at the îlot
- 2 pm to 3 pm**  
 Little gourmets break  
 Meet us at Légendaire
- 4 pm to 10 pm**  
 Bonfire and marshmallows  
 Meet at the Banquet Terrace

**Happy  
 Easter!**

**MONDAY, APRIL 6**

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



**FRIDAY, APRIL 10**

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

**SATURDAY, APRIL 11**

- 9 am to 10 am**  
 Morning Yoga with Élie  
 Meet us at the gym

**SUNDAY, APRIL 12**

- 9h30 à 10h30**  
 Yoga matinal avec Sabrina  
 RDV au gym

**FRIDAY, APRIL 17**

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

**SATURDAY, APRIL 18**

- 9 am to 10 am**  
 Morning Yoga with Élie  
 Meet us at the gym

**SUNDAY, APRIL 19**

- 9h30 à 10h30**  
 Yoga matinal avec Sabrina  
 RDV au gym

**FRIDAY, APRIL 24**

- 8 am to 9 am**  
 Morning Yoga with Mélanie  
 Meet us at the gym

**SATURDAY, APRIL 25**

- 9 am to 10 am**  
 Morning Yoga with Mélanie  
 Meet us at the gym

**SUNDAY, APRIL 26**

- 9h30 à 10h30**  
 Yoga matinal avec Sabrina  
 RDV au gym