

**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, MAY 1**

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

**SATURDAY, MAY 2**

**9 am to 9:45 am**  
 Meditation workshop with Edith MEDITHe  
 Meet us at the gym

**SUNDAY, MAY 3**

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

**FRIDAY, MAY 8**

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

**SATURDAY, MAY 9**

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

**SUNDAY, MAY 10**

**9 am to 1 pm**  
 Children's makeup at l'Îlot

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

*Happy Mother's Day!*

**FRIDAY, MAY 15**

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

**SATURDAY, MAY 16**

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

**SUNDAY, MAY 17**

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

**FRIDAY, MAY 22**

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

**SATURDAY, MAY 23**

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

**SUNDAY, MAY 24**

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

**FRIDAY, MAY 29**

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

**SATURDAY, MAY 30**

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

**SUNDAY, MAY 31**

