ACTIVITY CALENDAR

Summer 2022

RESORT ENTOURAGE SUR=LE=LAC

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
- Outdoor pool (open 8 A.M. 10 P.M.) (adults only after 8 P.M.) and Jacuzzi (open 7 A.M. - 11 P.M.)
- Water activities such as Paddle board (SUP), Kayak and Canoe (available from 8 A.M. - 8 P.M.)
- Hybrid bikes
- Volleyball court
- Pool table
- ~ Ping pong
- Baby foot
- High-speed Internet
- Enomatic
- ~ Access to the Pressreader application
- ~ Privileged departure at Golf La Tempête

MONDAY, JUNE 20

7:00 - 8:00

Yoqa* with Andréanne Meet us at the gym

TUESDAY, JUNE 21

7:00 - 8:00 Yoga* with Andréanne Meet us at the gym

7:00 - 8:00 Yoga* with Andréanne

Meet us at the gym

13:30 - 15:30

Forest bathing** with Sylvie, naturalist Meet us at the front desk

WEDNESDAY, JUNE 22 THURSDAY, JUNE 23

7:00 - 8:00 Yoqa* with Andréanne Meet us at the gym

7:30 - 8:30

Walk-jog* Meet us at the front desk

13:30 - 15:30

Forest bathing** with Sylvie, naturalist Meet us at the front desk

FRIDAY, JUNE 24

9:00 - 10:00 Yoga* with Élie Meet us at the beach

10:15 - 11:15

Paddle yoga with Élie Meet us at the beach

13:30 - 15:30

Forest bathina** with Sylvie, naturalist Meet us at the front desk

SATURDAY, JUNE 25

9:00 - 10:00 Yoga* with Élie Meet us at the beach

Paddle yoga with Élie Meet us at the beach

10:15 - 11:15

Dragon boat Meet us on the dock

13:30 - 15:30

Forest bathing** with Sylvie, naturalist Meet us at the front desk

SUNDAY, JUNE 26 9:00 - 10:00

Yoga* with Véronique Meet us at the beach

10:15 - 11:15

Paddle yoga with Véronique Meet us at the beach

MONDAY, JUNE 27

9:00 - 10:00

Yoga* with Véronique Meet us at the beach

10:15 - 11:15

Paddle voga with Véronique Meet us at the beach

13:00 - 14:00

Painting workshop Meet us at the beach

14:30 - 15:30

Painting workshop Meet us at the beach

TUESDAY, JUNE 28

9:00 - 10:00 Yoga* with Josiane

10:15 - 11:15

Fitvoga with Josiane Meet us at the beach

Meet us at the beach

13:00 - 14:00

Painting workshop Meet us at the beach

14:30 - 15:30

Painting workshop Meet us at the beach

WEDNESDAY, JUNE 29

9:00 - 10:00

Yoga* with Josiane Meet us at the beach

10:15 - 11:15

Fitvoga with Josiane Meet us at the beach

13:30 - 15:30

Forest bathing** with Sylvie, naturalist Meet us at the front desk

THURSDAY, JUNE 30

9:00 - 10:00

Yoga* with Élie Meet us at the beach

10:15 - 11:15

Paddle yoga with Élie Meet us at the beach

13:30 - 15:30

Forest bathing** with Sylvie, naturalist Meet us at the front desk

FRIDAY, JULY 1

9:00 - 10:00 Yoga* with Élie Meet us at the beach

Paddle yoga with Élie Meet us at the beach

13:30 - 15:30

Forest bathing** with Sylvie, naturalist Meet us at the front desk

SATURDAY, JULY 2

9:00 - 10:00 Yoga* with Élie Meet us at the beach

Paddle yoga with Élie Meet us at the beach

10:15 - 11:15 Paddle voga with Véronique Meet us at the beach

SUNDAY, JULY 3

Yoga*

9:00 - 10:00

with Véronique

Meet us at the beach

13:30 - 15:30

Forest bathing** with Sylvie, naturalist Meet us at the front desk

Activities description

- * RESERVATION REQUIRED please book before 21 pm the day before.
- ** Forest bathing: Prepare yourself to walk 5 km in the forest.

This calendar is subject to change

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

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MONDAY, JULY 4

9:00 - 10:00 Yoqa* with Véronique Meet us at the beach

10:15 - 11:15 Paddle voqa with Véronique Meet us at the beach

13:00 - 14:00 Painting workshop

14:30 - 15:30 **Painting workshop** Meet us at the beach

Meet us at the beach

TUESDAY, JULY 5

9:00 - 10:00 Yoga* with Josiane Meet us at the beach

10:15 - 11:15 Fityoga with Josiane Meet us at the beach

13:00 - 14:00 Painting workshop Meet us at the beach

14:30 - 15:30 **Painting workshop** Meet us at the beach

WEDNESDAY, JULY 6 THURSDAY, JULY 7

9:00 - 10:00 Yoga* with Josiane Meet us at the gym

10:15 - 11:15 Fityoga with Josiane Meet us at the beach

13:30 - 15:30 Forest bathing** with Sylvie, naturalist Meet us at the front desk

9:00 - 10:00 Yoga* with Élie Meet us at the beach

10:15 - 11:15

Paddle voga with Élie Meet us at the beach

13:00 - 14:00 Painting workshop Meet us at the beach

13:30 - 15:30 Forest bathing**

with Sylvie, naturalist Meet us at the front desk

14:30 - 15:30 Painting workshop Meet us at the beach

FRIDAY, JULY 8

9:00 - 10:00 Yoga* with Élie Meet us at the beach

Paddle voga with Élie Meet us at the beach

13:30 - 15:30 Forest bathina**

with Sylvie, naturalist Meet us at the front desk

SATURDAY, JULY 9

9:00 - 10:00 Yoga* with Élie Meet us at the beach

Paddle yoga with Élie Meet us at the beach

13:30 - 15:30

Meet us at the

front desk

Forest bathina**

with Sylvie, naturalist

with Véronique Meet us at the beach

9:00 - 10:00

10:15 - 11:15

Paddle voga

with Véronique

with Véronique

Meet us at the beach

Meet us at the beach

Yoga*

MONDAY, JULY 11

9:00 - 10:00

Yoga* with Véronique Meet us at the beach

10:15 - 11:15

Paddle voga with Véronique Meet us at the beach

13:00 - 14:00

Painting workshop Meet us at the beach

14:30 - 15:30

Painting workshop Meet us at the beach TUESDAY, JULY 12

9:00 - 10:00 Yoga* with Josiane Meet us at the beach

10:15 - 11:15

Fitvoga with Josiane Meet us at the beach

13:00 - 14:00

Painting workshop Meet us at the beach

14:30 - 15:30

Painting workshop Meet us at the beach WEDNESDAY, JULY 13

9:00 - 10:00

Yoga* with Josiane Meet us at the beach

10:15 - 11:15

Fitvoga with Josiane Meet us at the beach

13:30 - 15:30

Forest bathing** with Sylvie, naturalist Meet us at the front desk

THURSDAY, JULY 14

9:00 - 10:00

Yoga* with Élie Meet us at the beach

10:15 - 11:15

Paddle yoga with Élie Meet us at the beach

13:00 - 14:00

Painting workshop Meet us at the beach

13:30 - 15:30

Forest bathing** with Sylvie, naturalist Meet us at the front desk

14:30 - 15:30

Painting workshop Meet us at the beach FRIDAY, JULY 15

9:00 - 10:00

Yoga* with Élie Meet us at the beach

Paddle yoga with Élie Meet us at the beach

13:30 - 15:30

Forest bathing** with Sylvie, naturalist Meet us at the front desk

SATURDAY, JULY 16 SUNDAY, JULY 17

9:00 - 10:00

Yoga* with Élie Meet us at the beach

Paddle yoga with Élie Meet us at the beach

10:15 - 11:15

Dragon boat Meet us on the dock

13:30 - 15:30

Forest bathing** with Sylvie, naturalist Meet us at the front desk

9:00 - 10:00 Yoga*

SUNDAY, JULY 10

with Véronique Meet us at the beach

10:15 - 11:15

Paddle yoga

Activities description

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ACTIVITY CALENDAR

Summer 2022

RESORT ENTOURAGE SUR-LE-LAC

SUNDAY, JULY 24

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- Volleyball court
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MONDAY, JULY 18

9:00 - 10:00 Yoqa* with Véronique Meet us at the beach

10:15 - 11:15 Paddle voqa with Véronique Meet us at the beach

13:00 - 14:00 Painting workshop Meet us at the beach

14:30 - 15:30 **Painting workshop** Meet us at the beach

TUESDAY, JULY 19

9:00 - 10:00 Yoga* with Josiane Meet us at the beach

10:15 - 11:15 Fityoga with Josiane Meet us at the beach

13:00 - 14:00 Painting workshop Meet us at the beach

14:30 - 15:30 **Painting workshop** Meet us at the beach

9:00 - 10:00

10:15 - 11:15

with Josiane

13:00 - 14:00

14:30 - 15:30

Painting workshop

Painting workshop

Meet us at the beach

Meet us at the beach

Fitvoga

Yoga*

WEDNESDAY, JULY 20 THURSDAY, JULY 21

9:00 - 10:00 Yoga* with Josiane Meet us at the avm

10:15 - 11:15 Fitvoga with Josiane Meet us at the beach

13:30 - 15:30 Forest bathing** with Sylvie, naturalist Meet us at the front desk

9:00 - 10:00 Yoga* with Véronique Meet us at the beach

10:15 - 11:15 Paddle yoga with Véronique Meet us at the beach

13:00 - 14:00 Painting workshop Meet us at the beach

13:30 - 15:30 Forest bathing** with Sylvie, naturalist Meet us at the front desk

14:30 - 15:30 Painting workshop

FRIDAY, JULY 22

9:00 - 10:00 Yoga* with Élie Meet us at the beach

10:15 - 11:15 Paddle yoga with Élie Meet us at the beach

Meet us at the beach

9:00 - 10:00 Yoga* with Élie Meet us at the beach

Paddle yoga with Élie Meet us at the beach

SATURDAY, JULY 23

10:15 - 11:15 **Dragon boat**

Meet us on the dock 13:30 - 15:30

Forest bathina** with Sylvie, naturalist Meet us at the front desk

MONDAY, JULY 25

13:00 - 14:00

14:30 - 15:30

Painting workshop

Painting workshop

Meet us at the beach

Meet us at the beach

TUESDAY, JULY 26

WEDNESDAY, JULY 27

9:00 - 10:00

Yoga* with Josiane with Josiane Meet us at the beach Meet us at the beach

10:15 - 11:15 Fitvoga with Josiane Meet us at the beach

Meet us at the beach

13:30 - 15:30 Forest bathing** with Sylvie, naturalist Meet us at the front desk

THURSDAY, JULY 28

9:00 - 10:00 Yoga* with Élie Meet us at the beach

10:15 - 11:15 Paddle yoga with Élie Meet us at the beach

13:00 - 14:00 Painting workshop Meet us at the beach

13:30 - 15:30 Forest bathing** with Sylvie, naturalist Meet us at the front desk

14:30 - 15:30 Painting workshop Meet us at the beach

FRIDAY, JULY 29

13:30 - 15:30

Meet us at the

front desk

Forest bathina**

with Sylvie, naturalist

9:00 - 10:00 Yoga* with Élie Meet us at the beach

Paddle yoga with Élie Meet us at the beach

13:30 - 15:30 Forest bathing** with Sylvie, naturalist Meet us at the front desk

Meet us at the beach 10:15 - 11:15 Paddle yoga with Élie

Meet us at the beach

9:00 - 10:00

Yoga* with Élie

SATURDAY, JULY 30 SUNDAY, JULY 31

10:15 - 11:15 Dragon boat Meet us on the dock

13:30 - 15:30 Forest bathing** with Sylvie, naturalist Meet us at the front desk

Activities description

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