

September – October 2023

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 AM - 10 PM) (adults only after 8 PM) and Jacuzzi (open 7 AM - 11 PM)
- ~ Water activities such as Paddle board (SUP), Kayak and Canoe (available from 8 AM - 8 PM)
- ~ 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

Activities description

* Reservation required please book before 9:00 pm the day before.

This calendar is subject to change.

FRIDAY, SEPTEMBER 1st

9 am to 10 am
Yoga with Élie
Meet us at the beach

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

SATURDAY, SEPTEMBER 2

9 am to 10 am
Yoga with Élie
Meet us at the beach

9 am to 9:45 am & 10:15 am to 11 am
DIY with Thérèse and Monique
Meet us at Fun Club

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

SUNDAY, SEPTEMBER 3

9 am to 10 am
Yoga with Véronique
Meet us at the beach

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

MONDAY, SEPTEMBER 4

9 am to 10 am
Yoga with Véronique | Meet us at the beach

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

2 pm to 3 pm & 3:30 pm to 4:30 pm
Painting workshop with Claudine
Meet us at the beach

4 pm to 5 pm
Paddle board ride with Cathy
Meet us at the beach

FRIDAY, SEPTEMBER 8

8:30 am to 9:30 am
Yoga with Josiane
Meet us at the beach

SATURDAY, SEPTEMBER 9

9 am to 9:45 am & 10:15 am to 11 am
DIY with Thérèse and Monique
Meet us at Fun Club

9:30 am to 10:30 am
Yoga with Josiane
Meet us at the beach

10:30 am to 11:30 am
Paddle board ride with Cathy | Meet us at the beach

SUNDAY, SEPTEMBER 10

9:30 am to 10:30 am
Paddle board ride with Cathy
Meet us at the beach

FRIDAY, SEPTEMBER 15

8:30 am to 9:30 am
Yoga with Josiane
Meet us at the beach

SATURDAY, SEPTEMBER 16

8:30 am to 9:15 am
HIIT Training with Élie
Meet us at the gym

9 am to 9:45 am & 10:15 am to 11 am
DIY with Thérèse and Monique
Meet us at Fun Club

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

10:30 am to 11:30 am
Paddle board ride with Cathy
Meet us at the beach

1:30 pm to 2:30 pm & 3 pm to 4 pm
Painting workshop with Claudine
Meet us at the beach

SUNDAY, SEPTEMBER 17

9:30 am to 10:30 am
Yoga with Véronique
Meet us at the beach

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

WELLNESS

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ACTIVITY CALENDAR

September – October 2023

FRIDAY, SEPTEMBER 22

8:30 am to 9:30 am

Yoga with Élie

Meet us at the beach

SATURDAY, SEPTEMBER 23

8:30 am to 9:15 am

HIIT Training with Élie

Meet us at the gym

9 am to 9:45 am & 10:15 am to 11 am

DIY with Thérèse and Monique

Meet us at Fun Club

9:30 am to 10:30 am

Yoga with Élie | Meet us at the beach

10:30 am to 11:30 am

Paddle board ride with Cathy

Meet us at the beach

SUNDAY, SEPTEMBER 24

9:30 am to 10:30 am

Yoga with Véronique

Meet us at the beach

FRIDAY, SEPTEMBER 29

8:30 am to 9:30 am

Yoga with Élie

Meet us at the beach

SATURDAY, SEPTEMBER 30

8:30 am to 9:15 am

HIIT Training with Élie

Meet us at the gym

9 am to 9:45 am & 10:15 am to 11 am

DIY with Thérèse and Monique

Meet us at Fun Club

9:30 am to 10:30 am

Yoga with Élie | Meet us at the beach

10:30 am to 11:30 am

Paddle board ride with Cathy

Meet us at the beach

SUNDAY, OCTOBER 1st

9:30 am to 10:30 am

Yoga with Véronique

Meet us at the gym

FRIDAY, OCTOBER 6

8:30 am to 9:30 am

Yoga with Élie

Meet us at the gym

SATURDAY, OCTOBER 7

8:30 am to 9:15 am

HIIT Training with Élie

Meet us at the gym

9 am to 9:45 am & 10:15 am to 11 am

DIY with Thérèse and Monique

Meet us at Fun Club

9:30 am to 10:30 am

Yoga with Élie

Meet us at the gym

SUNDAY, OCTOBER 8

8:00 am to 9:00 am

Yoga with Élie

Meet us at the gym

MONDAY, OCTOBER 9

9:30 am to 10:30 am

Yoga with Véronique

Meet us at the gym

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ACTIVITY CALENDAR

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FRIDAY, OCTOBER 13

8:30 am to 9:30 am

Yoga with Élie

Meet us at the gym

SATURDAY, OCTOBER 14

8:30 am to 9:15 am

HIIT Training with Élie

Meet us at the gym

9:30 am to 10:30 am

Yoga with Élie | Meet us at the gym

1:30 pm to 2:30 pm & 3 pm to 4 pm

Painting workshop with Claudine

SUNDAY, OCTOBER 15

9:30 am to 10:30 am

Yoga with Véronique

Meet us at the gym

FRIDAY, OCTOBER 20

8:30 am to 9:30 am

Yoga with Élie

Meet us at the gym

SATURDAY, OCTOBER 21

8:30 am to 9:15 am

HIIT Training with Élie

Meet us at the gym

9 am to 9:45 am & 10:15 am to 11 am

DIY with Thérèse and Monique

Meet us at Fun Club

9:30 am to 10:30 am

Yoga with Élie

Meet us at the gym

SUNDAY, OCTOBER 22

9:30 am to 10:30 am

Yoga with Véronique

Meet us at the gym

FRIDAY, OCTOBER 27

8:30 am to 9:30 am

Yoga with Josiane

Meet us at the gym

SATURDAY, OCTOBER 28

8:30 am to 9:15 am

HIIT Training with Élie

Meet us at the gym

9 am to 9:45 am & 10:15 am to 11 am

DIY with Thérèse and Monique

Meet us at Fun Club

9:30 am to 10:30 am

Yoga with Élie

Meet us at the gym

SUNDAY, OCTOBER 29

9:30 am to 10:30 am

Yoga with Véronique

Meet us at the gym