



RESORT

ENTOURAGE

SUR-LE-LAC

ACTIVITIES CALENDAR | Summer 2024

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 traaining room
- ~ Outdoor fire pits
- ~ Outdoor pool (open 8 am - 10 pm) (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 am - 8 pm)
- ~ Hybrid bikes
- ~ Volleyball court
- ~ Pool table
- ~ Ping pong
- ~ Baby foot
- ~ High-speed Internet
- ~ Enomatic
- ~ 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.

SATURDAY, JUNE 22

9:00 am to 10:00 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

SUNDAY, JUNE 23

9:00 am to 10:00 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, JUNE 24

9:00 am to 10:00 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

TUESDAY, JUNE 25

9:00 am to 10:00 am
Yoga with Josiane
Meet us at the beach

10:15 am to 11:15 am
Fit Yoga with Josiane
Meet us at the beach

2:00 pm to 3:00 pm
Painting workshop
with Claudine
Meet us at the beach

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

WED., JUNE 26

9:00 am to 10:00 am
Yoga with Josiane
Meet us at the beach

**9:00 am to 9:45 am
& 10:15 am to 11:00 am**
DIY with
Thérèse & Monique
Meet us at Fun Club

10:15 am to 11:15 am
Fit Yoga with Josiane
Meet us at the beach

4:00 pm
Happy Mix
Meet at L'Îlot's bar

THURSDAY, JUNE 27

2:00 pm to 3:00 pm
Painting workshop
with Claudine
Meet us at the beach

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

FRIDAY, JUNE 28

9:00 am to 10:00 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

SATURDAY, JUNE 29

9:00 am to 10:00 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

SUNDAY, JUNE 30

9:00 am to 10:00 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, JULY 1st

9:00 am to 10:00 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

4:00 pm to 5:00 pm
Paddle board ride
with Cathy
Meet us at the beach

TUESDAY, JULY 2

9:00 am to 10:00 am
Yoga with Josiane
Meet us at the beach

10:15 am to 11:15 am
Fit Yoga with Josiane
Meet us at the beach

2:00 pm to 3:00 pm
Painting workshop
with Claudine
Meet us at the beach

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

WED., JULY 3

9:00 am to 10:00 am
Yoga with Josiane
Meet us at the beach

**9:00 am to 9:45 am
& 10:15 am to 11:00 am**
DIY with
Thérèse & Monique
Meet us at Fun Club

10:15 am to 11:15 am
Fit Yoga with Josiane
Meet us at the beach

4:00 pm
Happy Mix
Meet at L'Îlot's bar

THURSDAY, JULY 4

9:00 am to 10:00 am
Introduction paddle-
board with Cathy
Meet us at the beach

10:15 am to 11:15 am
Paddle board ride
with Cathy
Meet us at the beach

Astronomy Evening
8:00 pm - Conference
9:00 pm - Observation
Meet us at
Salle Légendaire

FRIDAY, JULY 5

9:00 am to 10:00 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

2:00 pm to 3:00 pm
Painting workshop
with Claudine
Meet us at the beach

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

BIEN DORMIR. BIEN BOUGER. BIEN MANGER. BIEN BOIRE.



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WELLNESS EXPERIENCE GUIDE

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- ~ Outdoor fire pits
- ~ Outdoor pool (open 8 am - 10 pm) (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 am - 8 pm)
- ~ Hybrid bikes
- ~ Volleyball court
- ~ Pool table
- ~ Ping pong
- ~ Baby foot
- ~ High-speed Internet
- ~ Enomatic
- ~ 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.

SATURDAY, JULY 6

9:00 am to 10:00 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

SUNDAY, JULY 7

9:00 am to 10:00 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, JULY 8

9:00 am to 10:00 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

2:00 pm to 3:00 pm
Painting workshop
with Claudine
Meet us at the beach

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

4:00 pm to 5:00 pm
Paddle board ride
with Cathy
Meet us at the beach

TUESDAY, JULY 9

9:00 am to 10:00 am
Yoga with Josiane
Meet us at the beach

10:15 am to 11:15 am
Fit Yoga with Josiane
Meet us at the beach

2:00 pm to 3:00 pm
Painting workshop
with Claudine
Meet us at the beach

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

WED., JULY 10

9:00 am to 10:00 am
Yoga with Josiane
Meet us at the beach

**9:00 am to 9:45 am
& 10:15 am to 11:00 am**
DIY with
Thérèse & Monique
Meet us at Fun Club

10:15 am to 11:15 am
Fit Yoga with Josiane
Meet us at the beach

4:00 pm
Happy Mix
Meet at L'îlot's bar

THURSDAY, JULY 11

9:00 am to 10:00 am
Introduction paddle-
board with Cathy
Meet us at the beach

10:15 am to 11:15 am
Paddle board ride
with Cathy
Meet us at the beach

2:00 pm to 3:00 pm
Painting workshop
with Claudine
Meet us at the beach

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

Astronomy Evening
8:00 pm - Conference
9:00 pm - Observation
Meet us at Salle Légendaire

FRIDAY, JULY 12

9:00 am to 10:00 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, JULY 13

9:00 am to 10:00 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

SUNDAY, JULY 14

9:00 am to 10:00 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, JULY 15

1:30 pm to 2:30 pm
Yoga with Véronique
Meet us at the beach

2:00 pm to 3:00 pm
Painting workshop
with Claudine
Meet us at the beach

2:45 pm to 3:45 pm
Paddle yoga
with Véronique
Meet us at the beach

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

4:00 pm to 5:00 pm
Paddle board ride
with Cathy
Meet us at the beach

TUESDAY, JULY 16

9:00 am to 10:00 am
Yoga with Josiane
Meet us at the beach

10:15 am to 11:15 am
Fit Yoga with Josiane
Meet us at the beach

2:00 pm to 3:00 pm
Painting workshop
with Claudine
Meet us at the beach

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

WED., JULY 17

9:00 am to 10:00 am
Yoga with Josiane
Meet us at the beach

**9:00 am to 9:45 am
& 10:15 am to 11:00 am**
DIY with
Thérèse & Monique
Meet us at Fun Club

10:15 am to 11:15 am
Fit Yoga with Josiane
Meet us at the beach

4:00 pm
Happy Mix
Meet at L'îlot's bar

THURSDAY, JULY 18

9:00 am to 10:00 am
Introduction paddle-
board with Cathy
Meet us at the beach

10:15 am to 11:15 am
Paddle board ride
with Cathy
Meet us at the beach

2:00 pm to 3:00 pm
Painting workshop
with Claudine
Meet us at the beach

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

FRIDAY, JULY 19

9 h à 10 h
Yoga avec Élie
RVD à la plage

10 h 15 à 11 h 15
Paddle yoga
avec Élie
RVD à la plage

BIEN DORMIR. BIEN BOUGER. BIEN MANGER. BIEN BOIRE.



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- ~ Hybrid bikes
- ~ Volleyball court
- ~ Pool table
- ~ Ping pong
- ~ Baby foot
- ~ High-speed Internet
- ~ Enomatic
- ~ 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.

SATURDAY, JULY 20

9:00 am to 10:00 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

SUNDAY, JULY 21

9:00 am to 10:00 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, JULY 22

9:00 am to 10:00 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

2:00 pm to 3:00 pm
Painting workshop
with Claudine
Meet us at the beach

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

4:00 pm to 5:00 pm
Paddle board ride
with Cathy
Meet us at the beach

TUESDAY, JULY 23

9:00 am to 10:00 am
Yoga with Josiane
Meet us at the beach

10:15 am to 11:15 am
Fit Yoga with Josiane
Meet us at the beach

2:00 pm to 3:00 pm
Painting workshop
with Claudine
Meet us at the beach

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

WED., JULY 24

9:00 am to 10:00 am
Yoga with Josiane
Meet us at the beach

**9:00 am to 9:45 am
& 10:15 am to 11:00 am**
DIY with
Thérèse & Monique
Meet us at Fun Club

10:15 am to 11:15 am
Fit Yoga with Josiane
Meet us at the beach

4:00 pm
Happy Mix
Meet at L'ilot's bar

THURSDAY, JULY 25

9:00 am to 10:00 am
Introduction paddle-
board with Cathy
Meet us at the beach

10:15 am to 11:15 am
Paddle board ride
with Cathy
Meet us at the beach

2:00 pm to 3:00 pm
Painting workshop
with Claudine
Meet us at the beach

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

FRIDAY, JULY 26

9:00 am to 10:00 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, JULY 27

9:00 am to 10:00 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

SUNDAY, JULY 28

9:00 am to 10:00 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, JULY 29

2:00 pm to 3:00 pm
Painting workshop
with Claudine
Meet us at the beach

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

4:00 pm to 5:00 pm
Paddle board ride
with Cathy
Meet us at the beach

TUESDAY, JULY 30

9:00 am to 10:00 am
Yoga with Josiane
Meet us at the beach

10:15 am to 11:15 am
Fit Yoga with Josiane
Meet us at the beach

7:30 pm
FULL MOON PARTY

WED., JULY 31

9:00 am to 10:00 am
Yoga with Josiane
Meet us at the beach

**9:00 am to 9:45 am
& 10:15 am to 11:00 am**
DIY with
Thérèse & Monique
Meet us at Fun Club

10:15 am to 11:15 am
Fit Yoga with Josiane
Meet us at the beach

**2:00 pm to 3:00 pm
& 3:30 pm to 4:30 pm**
Painting workshop
with Claudine
Meet us at the beach

4:00 pm
Happy Mix
Meet at L'ilot's bar

THURS., AUGUST 1

9:00 am to 10:00 am
Introduction paddle-
board with Cathy
Meet us at the beach

10:15 am to 11:15 am
Paddle board ride
with Cathy
Meet us at the beach

**2:00 pm to 3:00 pm
& 3:30 pm to 4:30 pm**
Painting workshop
with Claudine
Meet us at the beach

Astronomy Evening
8:00 pm - Conference
9:00 pm - Observation
Meet us at
Salle Légendaire

FRIDAY, AUGUST 2

9:00 am to 10:00 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

BIEN DORMIR. BIEN BOUGER. BIEN MANGER. BIEN BOIRE.



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ACTIVITIES CALENDAR | Summer 2024

WELLNESS EXPERIENCE GUIDE

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- ~ Hybrid bikes
- ~ Volleyball court
- ~ Pool table
- ~ Ping pong
- ~ Baby foot
- ~ High-speed Internet
- ~ Enomatic
- ~ 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.

SAT., AUGUST 3

9:00 am to 10:00 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

SUNDAY, AUGUST 4

9:00 am to 10:00 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, AUGUST 5

9:00 am to 10:00 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

4:00 pm to 5:00 pm
Paddle board ride
with Cathy
Meet us at the beach

TUESDAY, AUGUST 6

9:00 am to 10:00 am
Yoga with Josiane
Meet us at the beach

10:15 am to 11:15 am
Fit Yoga with Josiane
Meet us at the beach

WED., AUGUST 7

9:00 am to 10:00 am
Yoga with Josiane
Meet us at the beach

**9:00 am to 9:45 am
& 10:15 am to 11:00 am**
DIY with
Thérèse & Monique
Meet us at Fun Club

10:15 am to 11:15 am
Fit Yoga with Josiane
Meet us at the beach

4:00 pm
Happy Mix
Meet at L'îlot's bar

Astronomy Evening
8:00 pm - Conference
9:00 pm - Observation
Meet us at
Salle Légendaire

THURS., AUGUST 8

9:00 am to 10:00 am
Introduction paddle-
board with Cathy
Meet us at the beach

10:15 am to 11:15 am
Paddle board ride
with Cathy
Meet us at the beach

FRIDAY, AUGUST 9

9:00 am to 10:00 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

SAT., AUGUST 10

9:00 am to 10:00 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

SUNDAY, AUGUST 11

9:00 am to 10:00 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, AUGUST 12

9:00 am to 10:00 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

4:00 pm to 5:00 pm
Paddle board ride
with Cathy
Meet us at the beach

TUESDAY, AUGUST 13

9:00 am to 10:00 am
Yoga with Josiane
Meet us at the beach

10:15 am to 11:15 am
Fit Yoga with Josiane
Meet us at the beach

WED., AUGUST 14

9:00 am to 10:00 am
Yoga with Josiane
Meet us at the beach

**9:00 am to 9:45 am
& 10:15 am to 11:00 am**
DIY with
Thérèse & Monique
Meet us at Fun Club

10:15 am to 11:15 am
Fit Yoga with Josiane
Meet us at the beach

4:00 pm
Happy Mix
Meet at L'îlot's bar

THURS., AUGUST 15

9:00 am to 10:00 am
Introduction paddle-
board with Cathy
Meet us at the beach

10:15 am to 11:15 am
Paddle board ride
with Cathy
Meet us at the beach

FRIDAY, AUGUST 16

9:00 am to 10:00 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

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- ~ Ping pong
- ~ Baby foot
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- ~ Enomatic
- ~ Privileged departure at Golf La Tempête

Activities description

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This calendar is subject to change.

SAT., AUGUST 17

9:00 am to 10:00 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

SUNDAY, AUGUST 18

9:00 am to 10:00 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, AUGUST 19

9:00 am to 10:00 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

2:00 pm to 3:00 pm
Painting workshop
with Claudine
Meet us at the beach

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

4:00 pm to 5:00 pm
Paddle board ride
with Cathy
Meet us at the beach

TUESDAY, AUGUST 20

9:00 am to 10:00 am
Yoga with Josiane
Meet us at the beach

10:15 am to 11:15 am
Fit Yoga with Josiane
Meet us at the beach

2:00 pm to 3:00 pm
Painting workshop
with Claudine
Meet us at the beach

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

WED., AUGUST 21

9:00 am to 10:00 am
Yoga with Josiane
Meet us at the beach

**9:00 am to 9:45 am
& 10:15 am to 11:00 am**
DIY with
Thérèse & Monique
Meet us at Fun Club

10:15 am to 11:15 am
Fit Yoga with Josiane
Meet us at the beach

4:00 pm
Happy Mix
Meet at L'Îlot's bar

THURS., AUGUST 22

9:00 am to 10:00 am
Introduction paddle-
board with Cathy
Meet us at the beach

10:15 am to 11:15 am
Paddle board ride
with Cathy
Meet us at the beach

2:00 pm to 3:00 pm
Painting workshop
with Claudine
Meet us at the beach

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

FRIDAY, AUGUST 23

9:00 am to 10:00 am
Yoga with Véronique
Meet us at the beach

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

SAT., AUGUST 24

9:00 am to 10:00 am
Yoga with Josiane
Meet us at the beach

10:15 am to 11:15 am
Fit yoga
with Josiane
Meet us at the beach

SUNDAY, AUGUST 25

9:00 am to 10:00 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, AUGUST 26

9:00 am to 10:00 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

2:00 pm to 3:00 pm
Painting workshop
with Claudine
Meet us at the beach

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

4:00 pm to 5:00 pm
Paddle board ride
with Cathy
Meet us at the beach

TUESDAY, AUGUST 27

9:00 am to 10:00 am
Yoga with Josiane
Meet us at the beach

10:15 am to 11:15 am
Fit Yoga with Josiane
Meet us at the beach

2:00 pm to 3:00 pm
Painting workshop
with Claudine
Meet us at the beach

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

WED., AUGUST 28

9:00 am to 10:00 am
Yoga with Josiane
Meet us at the beach

**9:00 am to 9:45 am
& 10:15 am to 11:00 am**
DIY with
Thérèse & Monique
Meet us at Fun Club

10:15 am to 11:15 am
Fit Yoga with Josiane
Meet us at the beach

4:00 pm - Happy Mix
Meet at L'Îlot's bar

7:30 pm
FULL MOON PARTY

THURS., AUGUST 29

9:00 am to 10:00 am
Introduction paddle-
board with Cathy
Meet us at the beach

10:15 am to 11:15 am
Paddle board ride
with Cathy
Meet us at the beach

2:00 pm to 3:00 pm
Painting workshop
with Claudine
Meet us at the beach

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

FRIDAY, AUGUST 30

9:00 am to 10:00 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

SAT., AUGUST 31

9:00 am to 10:00 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

SUNDAY, SEPT. 1st

9:00 am to 10:00 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, SEPT. 2

9:00 am to 10:00 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

2:00 pm to 3:00 pm
Painting workshop
with Claudine
Meet us at the beach

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

4:00 pm to 5:00 pm
Paddle board ride
with Cathy
Meet us at the beach

BIEN DORMIR. BIEN BOUGER. BIEN MANGER. BIEN BOIRE.