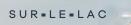
RESORT ENTOURAGE



ACTIVITIES CALENDAR | Summer 2024

					Contraction In		Sar Car Provide
S CE GUIDE -le-Lac offers many a complete experience ll-being and the art of nout your stay, you will efit from the amenities hat are made possible common stay costs. to f our great	SATURDAY, JUNE 22 9:00 am to 10:00 am Yoga with Élie Meet us at the beach D: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 5:45 pm Open water swimming training with Thomas Meet us on the left of 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	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	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	<section-header></section-header>
vities supervised by a coach onal traaining room e pits ol (open 8 am - 10 pm) after 8 P.M.) (open 7 A.M 11 P.M.) ties such as Paddle board < and Canoe	SATURDAY, JUNE 29	SUNDAY, JUNE 30	MONDAY, JULY 1st	Meet us at the beach	Meet at L'Îlot's bar WED., JULY 3	THURSDAY, JULY 4	FRIDAY, JULY 5
om 8 am - 8 pm) s ourt Internet leparture at pête	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	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	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 5:45 pm Open water swimming training with Thomas Meet us on the left of the beach	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	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 Happy Mix Meet at L'Îlot's bar	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	 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
eription equired please book m the day before. bject to change.		BIEN DO	DRMIR. BIEN BO	DUGER. BIEN		BOIRE.	

WELLNESS **EXPERIENC**

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Entourage sur-le activities and a c focused on wellliving. Througho be able to benefi and activities that thanks to the cor Make the most o playground!

- ~ Sports activiti
- ~ Multifunctiona
- ~ Outdoor fire p
- $\sim$  Outdoor pool (adults only a and Jacuzzi (d
- Water activitie (SUP), Kayak a (available fron
- ~ Hybrid bikes
- ~ Volleyball cou
- ~ Pool table
- ~ Ping pong
- ~ Baby foot
- ~ Enomatic
  - Privileged de Golf La Tempe

#### Activities descri

- Reservation req before 9:00 pm
- This calendar is subj

RIEN DORMIK. RIEN BOUGER. RIEN

#### RESORT ENTOURAGE



### ACTIVITIES CALENDAR | Summer 2024

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| WELLNESS<br>EXPERIENCE GUIDEEntourage sur-le-Lac offers many<br>activities and a complete experience<br>focused on well-being and the art of<br>living. Throughout your stay, you will<br>be able to benefit from the amenities<br>and activities that are made possible<br>thanks to the common stay costs.<br>Make the most of our great<br>playground!~Sports activities supervised by a coach<br>Multifunctional traaining room<br>Outdoor fire pits                                                                                      | <ul> <li>SATURDAY, JULY 6</li> <li>9:00 am to 10:00 am<br/>Yoga with Élie<br/>Meet us at the beach</li> <li>10:15 am to 11:15 am<br/>Paddle yoga<br/>with Élie<br/>Meet us at the beach</li> <li>10:15 am to 11:15 am<br/>Paddle yoga<br/>with Véronique<br/>Meet us at the beach</li> <li>10:15 am to 11:15 am</li> <li>10:15 am</li> <li>10:15 a</li></ul> | 9:00 am to 10:00 am<br>Yoga with Véronique<br>Meet us at the beach<br>10:15 am to 11:15 am<br>Paddle yoga<br>with Véronique<br>Meet us at the beach<br>2:00 pm to 3:00 pm &<br>3:30 pm to 4:30 pm<br>Painting workshop<br>with Claudine<br>Meet us at the beach<br>4:00 pm to 5:00 pm<br>Paddle board ride<br>with Cathy                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               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<li>bet us at the beach</li> <li>00 pm to 3:00 pm</li> <li>inting workshop</li> <li>ch Claudine</li> <li>bet us at the beach</li> <li>00 pm to 4:30 pm</li> <li>inting workshop</li> <li>ch Claudine</li> <li>bet us at the beach</li> <li>10:15 am to</li> <li>Fit Yoga with Meet us at</li> <li>4:00 pm</li> <li>Happy Mix</li> <li>Meet at L'în</li> </ul> | <ul> <li>10:00 am<br/>losiane<br/>the beach</li> <li>9:45 am<br/>to 11:00 am</li> <li>Monique<br/>Fun Club</li> <li>11:15 am<br/>th Josiane<br/>the beach</li> <li>9:00 am to 10:00 am<br/>Introduction paddle-<br/>board with Cathy<br/>Meet us at the beach</li> <li>10:15 am to 11:15 am<br/>Paddle board ride<br/>with Cathy<br/>Meet us at the beach</li> <li>2:00 pm to 3:00 pm<br/>Painting workshop<br/>with Claudine<br/>Meet us at the beach</li> <li>3:30 pm to 4:30 pm<br/>Bainting workshop</li> </ul>                                                                                                                                        | FRIDAY, JULY 12<br>9:00 am to 10:00 am<br>Yoga with Élie<br>Meet us at the beach<br>10:15 am to 11:15 am<br>Paddle yoga<br>with Élie<br>Meet us at the beach |
| <ul> <li>Outdoor pool (open 8 am - 10 pm)<br/>(adults only after 8 P.M.)<br/>and Jacuzzi (open 7 A.M 11 P.M.)</li> <li>Water activities such as Paddle board<br/>(SUP), Kayak and Canoe<br/>(available from 8 am - 8 pm)</li> <li>Hybrid bikes</li> <li>Volleyball court</li> <li>Pool table</li> <li>Ping pong</li> <li>Baby foot</li> <li>High-speed Internet</li> <li>Enomatic</li> <li>Privileged departure at<br/>Golf La Tempête</li> </ul> Activities description * Reservation required please book<br>before 9:00 pm the day before. | SATURDAY, JULY 13<br>9:00 am to 10:00 am<br>Yoga with Élie<br>Meet us at the beach<br>10:15 am to 11:15 am<br>Paddle yoga<br>with Élie<br>Meet us at the beach<br>10:15 am to 11:15 am<br>Paddle yoga<br>with Véronique<br>Meet us at the beach                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 1:30 pm to 2:30 pm<br>Yoga with Véronique<br>Meet us at the beach<br>2:00 pm to 3:00 pm &<br>3:30 pm to 4:30 pm<br>Painting workshop<br>with Claudine<br>Meet us at the beach<br>2:45 pm to 3:45 pm<br>Paddle yoga<br>with Véronique<br>Meet us at the beach<br>4:00 pm to 5:00 pm<br>Paddle board ride<br>with Cathy<br>Meet us at the beach<br>5:45 pm<br>Open water swimming<br>training with Thomas<br>Meet us on the left<br>of the beach9:0<br>Yog<br>Meet<br>Meet<br>2:0<br>Paddle yoga<br>with<br>Meet<br>Meet<br>Meet us at the beach<br>4:00 pm to 5:00 pm<br>Paddle board ride<br>with Cathy<br>Meet us at the beach9:0<br>Yog<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet<br>Meet <b< td=""><td>ESDAY, JULY 16<br/>DO am to 10:00 am<br>ga with Josiane<br>eet us at the beach<br>15 am to 11:15 am<br>Yoga with Josiane<br>eet us at the beach<br>DO pm to 3:00 pm<br>inting workshop<br>th Claudine<br>eet us at the beach<br>Do pm to 4:30 pm<br>inting workshop<br>th Claudine<br>eet us at the beach<br>DO pm to 4:30 pm<br>Happy Mix<br>Meet at L'Îk</br></br></br></br></br></br></br></br></br></br></br></br></br></br></br></br></td><td><ul> <li>10:00 am<br>Josiane<br>the beach</br></br></li> <li>9:45 am<br>to 11:00 am</br></li> <li>Monique<br>Fun Club</br></li> <li>11:15 am<br>th Josiane<br>the beach</br></br></li> <li>boy and the beach</li> <li>10:15 am to 11:15 am<br>Paddle board ride<br>with Cathy<br>Meet us at the beach</br></br></br></li> <li>2:00 pm to 3:00 pm<br>Painting workshop<br>with Claudine<br>Meet us at the beach</br></br></br></li> <li>3:30 pm to 4:30 pm<br>Painting workshop<br>with Claudine<br>Meet us at the beach</br></br></br></li> <li>3:30 pm to 4:30 pm<br>Painting workshop<br>with Claudine<br>Meet us at the beach</br></br></br></li> </ul></td><td><b>DRDAY, JULY 19 DA a 10 h</b>         Yoga avec Élie         XD à la plage         <b>DHAB</b>         Paddle yoga         avec Élie         XD à la plage</td></b<> | ESDAY, JULY 16<br>DO am to 10:00 am<br>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <ul> <li>10:00 am<br>Josiane<br>the beach</br></br></li> <li>9:45 am<br>to 11:00 am</br></li> <li>Monique<br>Fun Club</br></li> <li>11:15 am<br>th Josiane<br>the beach</br></br></li> <li>boy and the beach</li> <li>10:15 am to 11:15 am<br>Paddle board ride<br>with Cathy<br>Meet us at the beach</br></br></br></li> <li>2:00 pm to 3:00 pm<br>Painting workshop<br>with Claudine<br>Meet us at the beach</br></br></br></li> <li>3:30 pm to 4:30 pm<br>Painting workshop<br>with Claudine<br>Meet us at the beach</br></br></br></li> <li>3:30 pm to 4:30 pm<br>Painting workshop<br>with Claudine<br>Meet us at the beach</br></br></br></li> </ul> | <b>DRDAY, JULY 19 DA a 10 h</b> Yoga avec Élie         XD à la plage <b>DHAB</b> Paddle yoga         avec Élie         XD à la plage                         |
| This catendar is subject to change.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | BIEN                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | DORMIR. BIEN BOUG                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | GER. BIEN MANGER                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | . BIEN BOIRE.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                              |

#### RESORT ENTOURAGE

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### ACTIVITIES CALENDAR | Summer 2024

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| WELLNESS<br>EXPERIENCE GUIDEEntourage sur-le-Lac offers many<br>activities and a complete experience<br>focused on well-being and the art of<br>living. Throughout your stay, you will<br>be able to benefit from the amenities<br>and activities that are made possible<br>thanks to the common stay costs.<br>Make the most of our great<br>playground!~Sports activities supervised by a coach<br>~ Multifunctional traaining room | SATURDAY, JULY 20<br>9:00 am to 10:00 am<br>Yoga with Élie<br>Meet us at the beach<br>10:15 am to 11:15 am<br>Paddle yoga<br>with Élie<br>Meet us at the beach | SUNDAY, JULY 21<br>9:00 am to 10:00 am<br>Yoga with Véronique<br>Meet us at the beach<br>10:15 am to 11:15 am<br>Paddle yoga<br>with Véronique<br>Meet us at the beach | 4:00 pm to 5:00 pm<br>Paddle board ride<br>with Cathy<br>Meet us at the beach<br>5:45 pm<br>Open water swimming<br>training with Thomas<br>Meet us on the left                                                               | TUESDAY, JULY 23<br>9:00 am to 10:00 am<br>Yoga with Josiane<br>Meet us at the beach<br>10:15 am to 11:15 am<br>Fit Yoga with Josiane<br>Meet us at the beach<br>2:00 pm to 3:00 pm<br>Painting workshop<br>with Claudine<br>Meet us at the beach<br>3:30 pm to 4:30 pm<br>Painting workshop<br>with Claudine<br>Meet us at the beach | WED., JULY 24<br>9:00 am to 10:00 am<br>Yoga with Josiane<br>Meet us at the beach<br>9:00 am to 9:45 am<br>& 10:15 am to 11:00 am<br>DIY with<br>Thérèse & Monique<br>Meet us at Fun Club<br>10:15 am to 11:15 am<br>Fit Yoga with Josiane<br>Meet us at the beach<br>4:00 pm<br>Happy Mix<br>Meet at L'Îlot's bar | THURSDAY, JULY 259:00 ant to 10:00 andIntroduction paddleboard with CathyMeter us at the beach10:15 ant to 11:15 andPaddle board rideWith CathyMeter us at the beach2:00 pnt to 3:00 pnPainting workshopwith ClaudineMeter us at the beach3:30 pnt to 4:30 pnPainting workshopwith ClaudineMeter us at the beach | FRIDAY, JULY 26<br>9:00 am to 10:00 am<br>Yoga with Élie<br>Meet us at the beach<br>10:15 am to 11:15 am<br>Paddle yoga<br>with Élie<br>Meet us at the beach  |
| <ul> <li>Outdoor fire pits</li> <li>Outdoor pool (open 8 am - 10 pm)<br/>(adults only after 8 P.M.)<br/>and Jacuzzi (open 7 A.M 11 P.M.)</li> <li>Water activities such as Paddle board<br/>(SUP), Kayak and Canoe<br/>(available from 8 am - 8 pm)</li> <li>Hybrid bikes</li> <li>Volleyball court</li> <li>Pool table</li> <li>Ping pong</li> <li>Baby foot</li> </ul>                                                              | SATURDAY, JULY 27<br>SOO am to 10:00 am<br>Yoga with Élie<br>Meet us at the beach<br>D:15 am to 11:15 am<br>Padale yoga<br>with Élie<br>Meet us at the beach   | SUNDAY, JULY 28<br>9:00 am to 10:00 am<br>Yoga with Véronique<br>Meet us at the beach<br>10:15 am to 11:15 am<br>Paddle yoga<br>with Véronique<br>Meet us at the beach | of the beach<br>MONDAY, JULY 29<br>2:00 pm to 3:00 pm &<br>3:30 pm to 4:30 pm<br>Painting workshop<br>with Claudine<br>Meet us at the beach<br>4:00 pm to 5:00 pm<br>Paddle board ride<br>with Cathy<br>Meet us at the beach | TUESDAY, JULY 30<br>9:00 am to 10:00 am<br>Yoga with Josiane<br>Meet us at the beach<br>10:15 am to 11:15 am<br>Fit Yoga with Josiane<br>Meet us at the beach<br>7:30 pm<br>FULL MOON PARTY                                                                                                                                           | DIY with<br>Thérèse & Monique<br>Meet us at Fun Club                                                                                                                                                                                                                                                               | THURS., AUGUST I<br>9:00 am to 10:00 am<br>Introduction paddle-<br>board with Cathy<br>Meet us at the beach<br>10:15 am to 11:15 am<br>Paddle board ride<br>with Cathy<br>Meet us at the beach                                                                                                                   | FRIDAY, AUGUST 2<br>9:00 am to 10:00 am<br>Yoga with Élie<br>Meet us at the beach<br>10:15 am to 11:15 am<br>Paddle yoga<br>with Élie<br>Meet us at the beach |
| <ul> <li>High-speed Internet</li> <li>Enomatic</li> <li>Privileged departure at<br/>Golf La Tempête</li> <li>Activities description</li> <li>* Reservation required please book<br/>before 9:00 pm the day before.</li> <li>This calendar is subject to change.</li> </ul>                                                                                                                                                            |                                                                                                                                                                |                                                                                                                                                                        | 5:45 pm<br>Open water swimming<br>training with Thomas<br>Meet us on the left<br>of the beach                                                                                                                                |                                                                                                                                                                                                                                                                                                                                       | 10:15 am to 11:15 am<br>Fit Yoga with Josiane<br>Meet us at the beach<br>2:00 pm to 3:00 pm<br>& 3:30 pm to 4:30 pm<br>Painting workshop<br>with Claudine<br>Meet us at the beach<br>4:00 pm<br>Happy Mix<br>Meet at L'Îlot's bar                                                                                  | 2:00 pm to 3:00 pm<br>& 3:30 pm to 4:30 pm<br>Painting workshop<br>with Claudine<br>Meet us at the beach<br>Astronomy Evening<br>8:00 pm - Conference<br>9:00 pm - Observation<br>Meet us at<br>Salle Légendaire                                                                                                 |                                                                                                                                                               |

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

# RESORT



#### ACTIVITIES CALENDAR | Summer 2024

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| Press and                                                                                                                                                                                                                                                                                                                                                                                                                       | SAT., AUGUST 3                                                                  | SUNDAY, AUGUST 4                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | MONDAY, AUGUST 5                                                                                                                                                                                                                                                                                          | TUESDAY, AUGUST 6                                                            | WED., AUGUST 7                                                                                                                                                                                                                                                                                                                        | THURS., AUGUST 8                                                                                               | FRIDAY, AUGUST 9                                                                |
| WELLNESS<br>EXPERIENCE GUIDE                                                                                                                                                                                                                                                                                                                                                                                                    | 9:00 am to 10:00 am<br>Yoga with Élie<br>Meet us at the beach                   | 9:00 am to 10:00 am<br>Yoga with Véronique<br>Meet us at the beach                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 9:00 am to 10:00 am<br>Yoga with Véronique<br>Meet us at the beach                                                                                                                                                                                                                                        | 9:00 am to 10:00 am<br>Yoga with Josiane<br>Meet us at the beach             | 9:00 am to 10:00 am<br>Yoga with Josiane<br>Meet us at the beach                                                                                                                                                                                                                                                                      | 9:00 am to 10:00 am<br>Introduction paddle-<br>board with Cathy                                                | 9:00 am to 10:00 am<br>Yoga with Élie<br>Meet us at the beach                   |
| Entourage sur-le-Lac offers many<br>activities and a complete experience<br>focused on well-being and the art of<br>living. Throughout your stay, you will<br>be able to benefit from the amenities<br>and activities that are made possible<br>thanks to the common stay costs.<br>Make the most of our great<br>playground!<br>Sports activities supervised by a coach<br>Multifunctional traaining room<br>Outdoor fire pits | <b>10:15 am to 11:15 am</b><br>Paddle yoga<br>with Élie<br>Meet us at the beach | <b>10:15 am to 11:15 am</b><br>Paddle yoga<br>with Véronique<br>Meet us at the beach                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <ul> <li>10:15 am to 11:15 am<br/>Paddle yoga<br/>with Véronique<br/>Meet us at the beach</li> <li>4:00 pm to 5:00 pm<br/>Paddle board ride<br/>with Cathy<br/>Meet us at the beach</li> <li>5:45 pm<br/>Open water swimming<br/>training with Thomas<br/>Meet us on the left<br/>of the beach</li> </ul> | <b>10:15 am to 11:15 am</b><br>Fit Yoga with Josiane<br>Meet us at the beach | 9:00 am to 9:45 am<br>& 10:15 am to 11:00 am<br>DIY with<br>Thérèse & Monique<br>Meet us at Fun Club<br>10:15 am to 11:15 am<br>Fit Yoga with Josiane<br>Meet us at the beach<br>4:00 pm<br>Happy Mix<br>Meet at L'Îlot's bar<br>Astronomy Evening<br>8:00 pm - Conference<br>9:00 pm - Observation<br>Meet us at<br>Salle Légendaire | Meet us at the beach<br><b>10:15 am to 11:15 am</b><br>Paddle board ride<br>with Cathy<br>Meet us at the beach | <b>10:15 am to 11:15 am</b><br>Paddle yoga<br>with Élie<br>Meet us at the beach |
| <ul> <li>Outdoor pool (open 8 am - 10 pm)</li> <li>(adults only after 8 P.M.)</li> <li>and Jacuzzi (open 7 A.M 11 P.M.)</li> </ul>                                                                                                                                                                                                                                                                                              |                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                           |                                                                              |                                                                                                                                                                                                                                                                                                                                       |                                                                                                                |                                                                                 |
| <ul> <li>Water activities such as Paddle board<br/>(SUP), Kayak and Canoe</li> </ul>                                                                                                                                                                                                                                                                                                                                            | SAT., AUGUST 10                                                                 | SUNDAY, AUGUST 11                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | MONDAY, AUGUST 12                                                                                                                                                                                                                                                                                         | TUESDAY, AUGUST 13                                                           | WED., AUGUST 14                                                                                                                                                                                                                                                                                                                       | THURS., AUGUST 15                                                                                              | FRIDAY, AUGUST 16                                                               |
| (available from 8 am - 8 pm) $\sim$ Hybrid bikes                                                                                                                                                                                                                                                                                                                                                                                | 9:00 am to 10:00 am<br>Yoga with Élie<br>Meet us at the beach                   | 9:00 am to 10:00 am<br>Yoga with Véronique<br>Meet us at the beach                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 9:00 am to 10:00 am<br>Yoga with Véronique<br>Meet us at the beach                                                                                                                                                                                                                                        | 9:00 am to 10:00 am<br>Yoga with Josiane<br>Meet us at the beach             | 9:00 am to 10:00 am<br>Yoga with Josiane<br>Meet us at the beach                                                                                                                                                                                                                                                                      | 9:00 am to 10:00 am<br>Introduction paddle-<br>board with Cathy                                                | 9:00 am to 10:00 am<br>Yoga with Élie<br>Meet us at the beach                   |
| <ul> <li>Volleyball court</li> <li>Pool table</li> <li>Ping pong</li> <li>Baby foot</li> </ul>                                                                                                                                                                                                                                                                                                                                  | <b>10:15 am to 11:15 am</b><br>Paddle yoga<br>with Élie<br>Meet us at the beach | <b>10:15 am to 11:15 am</b><br>Paddle yoga<br>with Véronique<br>Meet us at the beach                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 10:15 am to 11:15 am<br>Paddle yoga<br>with Véronique<br>Meet us at the beach<br>4:00 pm to 5:00 pm<br>Paddle board ride                                                                                                                                                                                  |                                                                              | 9:00 am to 9:45 am                                                                                                                                                                                                                                                                                                                    | Meet us at the beach<br>10:15 am to 11:15 am<br>Paddle board ride<br>with Cathy<br>Meet us at the beach        | <b>10:15 am to 11:15 am</b><br>Paddle yoga<br>with Élie<br>Meet us at the beach |
| <ul> <li>High-speed Internet</li> <li>Enomatic</li> </ul>                                                                                                                                                                                                                                                                                                                                                                       |                                                                                 | and a second sec | with Cathy<br>Meet us at the beach                                                                                                                                                                                                                                                                        |                                                                              | Fit Yoga with Josiane<br>Meet us at the beach                                                                                                                                                                                                                                                                                         | 5                                                                                                              |                                                                                 |
| ~ Privileged departure at<br>Golf La Tempête                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 5:45 pm<br>Open water swimming<br>training with Thomas<br>Meet us on the left<br>of the beach                                                                                                                                                                                                             |                                                                              | <b>4:00 pm</b><br>Happy Mix<br>Meet at L'Îlot's bar                                                                                                                                                                                                                                                                                   |                                                                                                                |                                                                                 |
| Activities description<br>* Reservation required please book<br>before 9:00 pm the day before.                                                                                                                                                                                                                                                                                                                                  |                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                           |                                                                              |                                                                                                                                                                                                                                                                                                                                       |                                                                                                                |                                                                                 |
| This calendar is subject to change.                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                 | BIEN D                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | ORMIR. BIEN B                                                                                                                                                                                                                                                                                             | OUGER. BIEN I                                                                |                                                                                                                                                                                                                                                                                                                                       | BOIRE.                                                                                                         |                                                                                 |

# RESORT

E ENTOURAGE

#### 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!

- $\sim$  Sports activities supervised by a coach
- $\sim$  Multifunctional traaining room
- $\sim$  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)
- $\sim$  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.



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|                                                                     | SAT., AUGUST 17                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  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                                                                                                                                                                                | WED., AUGUST 21                                                                                                                                                                                                                                                                                                                                                                                                    | THURS., AUGUST 22                                                                                                                                                                                                                                                                                                                                                       | FRIDAY, AUGUST 23                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | SAT., AUGUST 24                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| ny<br>ence<br>art of<br>u will<br>nities<br>sible<br>ts.<br>a coach | <ul> <li>9:00 am to 10:00 am<br/>Yoga with Élie<br/>Meet us at the beach</li> <li>10:15 am to 11:15 am<br/>Paddle yoga<br/>with Élie<br/>Meet us at the beach</li> <li>SUNDAY, AUGUST 18</li> <li>9:00 am to 10:00 am<br/>Yoga with Véronique<br/>Meet us at the beach</li> <li>10:15 am to 11:15 am<br/>Paddle yoga<br/>with Véronique<br/>Meet us at the beach</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 9:00 am to 10:00 am<br>Yoga with Véronique<br>Meet us at the beach<br>In:15 am to 11:15 am<br>Paddle yoga<br>with Véronique<br>Meet us at the beach<br>2:00 pm to 3:00 pm &<br>3:30 pm to 4:30 pm<br>Painting workshop<br>with Claudine<br>Meet us at the beach<br>A:00 pm to 5:00 pm<br>Paddle board ride<br>with Cathy<br>Meet us at the beach<br>5:45 pm<br>Open water swimming<br>training with Thomas<br>Meet us on the left<br>of the beach | 9:00 am to 10:00 am<br>Yoga with Josiane<br>Meet us at the beach<br><b>10:15 am to 11:15 am</b><br>Fit Yoga with Josiane<br>Meet us at the beach<br><b>2:00 pm to 3:00 pm</b><br>Painting workshop<br>with Claudine<br>Meet us at the beach<br><b>3:30 pm to 4:30 pm</b><br>Painting workshop<br>with Claudine<br>Meet us at the beach | <ul> <li>9:00 am to 10:00 am<br/>Yoga with Josiane<br/>Meet us at the beach</li> <li>9:00 am to 9:45 am<br/>&amp; 10:15 am to 11:00 am</li> <li>DiY with<br/>Thérèse &amp; Monique<br/>Meet us at Fun Club</li> <li>10:15 am to 11:15 am</li> <li>Fit Yoga with Josiane<br/>Meet us at the beach</li> <li>4:00 pm</li> <li>Happy Mix<br/>Meet at L'Îlot's bar</li> </ul>                                           | 9:00 am to 10:00 am<br>Introduction paddle-<br>board with Cathy<br>Meet us at the beach<br><b>10:15 am to 11:15 am</b><br>Paddle board ride<br>with Cathy<br>Meet us at the beach<br><b>2:00 pm to 3:00 pm</b><br>Painting workshop<br>with Claudine<br>Meet us at the beach<br><b>3:30 pm to 4:30 pm</b><br>Painting workshop<br>with Claudine<br>Meet us at the beach | 9:00 am to 10:00 am<br>Yoga with Véronique<br>Meet us at the beach<br>10:15 am to 11:15 am<br>Paddle yoga<br>with Véronique<br>Meet us at the beac                                                                                                                                                                                                                                                                                                                                                | <ul> <li>9:00 am to 10:00 am</li> <li>Yoga with Josiane<br/>Meet us at the beach</li> <li>10:15 am to 11:15 am</li> <li>Fit yoga<br/>with Josiane<br/>Meet us at the beach</li> <li>10:10 am to 10:00 am</li> <li>Yoga with Véronique<br/>Meet us at the beach</li> <li>10:15 am to 11:15 am</li> <li>Paddle yoga<br/>with Véronique<br/>Meet us at the beach</li> </ul>                                                                                                                                                                   |
| m)                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  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| board                                                               | MONDAY, AUGUST 26                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                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                                                                                                                                                                                | THURS., AUGUST 29                                                                                                                                                                                                                                                                                                                                                                                                  | FRIDAY, AUGUST 30                                                                                                                                                                                                                                                                                                                                                       | SAT., AUGUST 31                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | MONDAY, SEPT. 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|                                                                     | <ul> <li>9:00 am to 10:00 am</li> <li>Yoga with Véronique<br/>Meet us at the beach</li> <li>10:15 am to 11:15 am</li> <li>Paddle yoga<br/>with Véronique<br/>Meet us at the beach</li> <li>2:00 pm to 3:00 pm &amp;<br/>3:00 pm to 4:30 pm</li> <li>3:00 pm to 4:30 pm</li> <li>3:00 pm to 4:30 pm</li> <li>3:00 pm to 4:30 pm</li> <li>4:00 pm to 3:00 pm &amp;<br/>3:00 pm to 4:30 pm</li> <li>Painting workshop<br/>with Claudine<br/>Meet us at the beach</li> <li>4:00 pm to 5:00 pm</li> <li>4:00 pm to 5:00 pm</li> <li>4:00 pm to 5:00 pm</li> <li>5:00 pm to 5:00 pm</li> <li>4:00 pm to 5:00 pm</li> <li>5:00 pm to 5:00 pm</li> <li>4:00 pm to 5:00 pm</li> <li>5:00 pm to 5:00 pm</li> <li>4:00 pm to 5:00 pm</li> <li>5:00 pm<td>9:00 am to 10:00 am<br/>Yoga with Josiane<br/>Meet us at the beach<br/>10:15 am to 11:15 am<br/>Fit Yoga with Josiane<br/>Meet us at the beach<br/>2:00 pm to 3:00 pm<br/>Painting workshop<br/>with Claudine<br/>Meet us at the beach<br/>3:30 pm to 4:30 pm<br/>Painting workshop<br/>with Claudine<br/>Meet us at the beach</td><td>9:00 am to 10:00 am<br/>Yoga with Josiane<br/>Meet us at the beach<br/>9:00 am to 9:45 am<br/>8 10:15 am to 11:00 am<br/>DIY with<br/>Thérèse &amp; Monique<br/>Meet us at Fun Club<br/>10:15 am to 11:15 am<br/>Fit Yoga with Josiane<br/>Meet us at the beach<br/>4:00 pm - Happy Mix<br/>Meet at L'Îlot's bar<br/>7:30 pm<br/>FULL MOON PARTY</td><td><ul> <li>9:00 am to 10:00 am</li> <li>Introduction paddleboard with Cathy<br/>Meet us at the beach</li> <li>10:15 am to 11:15 am</li> <li>Paddle board ride<br/>with Cathy<br/>Meet us at the beach</li> <li>2:00 pm to 3:00 pm</li> <li>Painting workshop<br/>with Claudine<br/>Meet us at the beach</li> <li>3:30 pm to 4:30 pm</li> <li>Painting workshop<br/>with Claudine<br/>Meet us at the beach</li> </ul></td><td>9:00 am to 10:00 am<br/>Yoga with Élie<br/>Meet us at the beach<br/>10:15 am to 11:15 am<br/>Paddle yoga<br/>with Élie<br/>Meet us at the beach</td><td><ul> <li>9:00 am to 10:00 am</li> <li>Yoga with Élie</li> <li>Meet us at the beach</li> <li>10:15 am to 11:15 am</li> <li>Paddle yoga</li> <li>with Élie</li> <li>Meet us at the beach</li> </ul> SUNDAY, SEPT. 1* 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 Hodel yoga With Véronique Meet us at the beach Hodel yoga With Véronique Meet us at the beach Hodel yoga With Véronique Meet us at the beach</td><td><ul> <li>9:00 am to 10:00 am</li> <li>Yoga with Véronique<br/>Meet us at the beach</li> <li>10:15 am to 11:15 am</li> <li>Paddle yoga<br/>with Véronique<br/>Meet us at the beach</li> <li>2:00 pm to 3:00 pm &amp;<br/>3:30 pm to 4:30 pm</li> <li>Painting workshop<br/>with Claudine<br/>Meet us at the beach</li> <li>4:00 pm to 5:00 pm</li> <li>Paddle board ride<br/>with Cathy<br/>Meet us at the beach</li> <li>5:45 pm</li> <li>Papm Mater swimming<br/>fraining with Thomas<br/>Meet us on the left<br/>of the beach</li> </ul></td></li></ul> | 9:00 am to 10:00 am<br>Yoga with Josiane<br>Meet us at the beach<br>10:15 am to 11:15 am<br>Fit Yoga with Josiane<br>Meet us at the beach<br>2:00 pm to 3:00 pm<br>Painting workshop<br>with Claudine<br>Meet us at the beach<br>3:30 pm to 4:30 pm<br>Painting workshop<br>with Claudine<br>Meet us at the beach                                                                                                                                 | 9:00 am to 10:00 am<br>Yoga with Josiane<br>Meet us at the beach<br>9:00 am to 9:45 am<br>8 10:15 am to 11:00 am<br>DIY with<br>Thérèse & Monique<br>Meet us at Fun Club<br>10:15 am to 11:15 am<br>Fit Yoga with Josiane<br>Meet us at the beach<br>4:00 pm - Happy Mix<br>Meet at L'Îlot's bar<br>7:30 pm<br>FULL MOON PARTY         | <ul> <li>9:00 am to 10:00 am</li> <li>Introduction paddleboard with Cathy<br/>Meet us at the beach</li> <li>10:15 am to 11:15 am</li> <li>Paddle board ride<br/>with Cathy<br/>Meet us at the beach</li> <li>2:00 pm to 3:00 pm</li> <li>Painting workshop<br/>with Claudine<br/>Meet us at the beach</li> <li>3:30 pm to 4:30 pm</li> <li>Painting workshop<br/>with Claudine<br/>Meet us at the beach</li> </ul> | 9:00 am to 10:00 am<br>Yoga with Élie<br>Meet us at the beach<br>10:15 am to 11:15 am<br>Paddle yoga<br>with Élie<br>Meet us at the beach                                                                                                                                                                                                                               | <ul> <li>9:00 am to 10:00 am</li> <li>Yoga with Élie</li> <li>Meet us at the beach</li> <li>10:15 am to 11:15 am</li> <li>Paddle yoga</li> <li>with Élie</li> <li>Meet us at the beach</li> </ul> SUNDAY, SEPT. 1* 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 Hodel yoga With Véronique Meet us at the beach Hodel yoga With Véronique Meet us at the beach Hodel yoga With Véronique Meet us at the beach | <ul> <li>9:00 am to 10:00 am</li> <li>Yoga with Véronique<br/>Meet us at the beach</li> <li>10:15 am to 11:15 am</li> <li>Paddle yoga<br/>with Véronique<br/>Meet us at the beach</li> <li>2:00 pm to 3:00 pm &amp;<br/>3:30 pm to 4:30 pm</li> <li>Painting workshop<br/>with Claudine<br/>Meet us at the beach</li> <li>4:00 pm to 5:00 pm</li> <li>Paddle board ride<br/>with Cathy<br/>Meet us at the beach</li> <li>5:45 pm</li> <li>Papm Mater swimming<br/>fraining with Thomas<br/>Meet us on the left<br/>of the beach</li> </ul> |
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BIEN B                                                                                                                                                                                                                                                                                                                          | OUGER. BIEN N                                                                                                                                                                                                                                                                                                                                                                                                      | MANGER. 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