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!

- Défi-Évasion® riddle trail for the whole family
- Sports activities supervised by a coach
- Multifunctional training room
- Outdoor fire pits
- Outdoor pool (open 8 am 10 pm) (adults only after 8 pm) and Jacuzzi (open 7 am- 11 pm)
- Water activities: Paddle board (SUP), Kayak and Canoe (available from 8 am - 8 pm)
- ... Hybrid bikes
- ~ Volleyball court
- ~~ Pool table
- ~ Ping pong
- --- High-speed Internet
- Enomatic (\$)
- ~ Privileged departure at Golf La Tempête

Activities description

Reservation required please book pefore 9 pm the day before on our



- Collaboration with the 6AM Club running club. Meet us every Friday at Entourage (6 am). 6 km journey: speed of 6-6h30 km/h and coffee at the end of the activity at the restaurant. Open to everyone!
- * Open water swimming: distance of 1,500 to 2,500 m per workout which will be structured in the form of

SATURDAY, JUNE 21

9 am to 10 am

Morning yoga with Véronique Meet us at the beach

10:15 am to 11:15 am Paddle yoga

with Élie Meet us at the beach

10:30 am to 11:30 am

Dragon boat Meet us at the dock

SUNDAY, JUNE 22

MONDAY, JUNE 23

5:45 pm

Open water swimming** with Thomas Meet us on the left of the beach

TUESDAY. JUNE 24

9 am to 10 am

Morning yoga with Josiane Meet us at the beach

10:15 am to 11:15 am

Parent-children yoga with Josiane Meet us at the beach



WED., JUNE 25

8:45 am to 9:45 am &

10 am to 11 am Guided paddle board ride with Cathy Meet us at the beach

9 am to 10 am

Morning yoga with Josiane Meet us at the beach

10:15 am to 11:15 am

Fit yoga with Josiane Meet us at the beach

6:30 pm

Open water swimmina** with Laurie & Nicolas Meet us on the left of the beach

THURSDAY, JUNE 26

ACTIVITIES CALENDAR | Summer 2025

9 am to 10 am

Morning yoga with Élie Meet us at the beach

10:15 am to 11:15 am

Paddle yoga with Élie Meet us at the beach

11:30 am to 12:30 pm

Teen yoga (13-17 years) with Élie Meet us at the beach

FRIDAY, JUNE 27

9 am to 10 am

Morning yoga with Élie Meet us at the beach

10:15 am to 11:15 am

Paddle yoga with Élie Meet us at the beach

11:30 am to 12:30 pm

Teen yoga (13-17 years) with Élie Meet us at the beach

SATURDAY, JUNE 28

9 am to 10 am

Morning 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 29

9 am to 10 am

Morning yoga with Véronique Meet us at the beach

10:15 am to 11:15 am

Parent-children yoga with Véronique Meet us at the beach

MONDAY, JUNE 30

9 am to 10 am

Yoga breathing and anti-stress with Véronique Meet us at the beach

10:15 am to 11:15 am

Paddle yoga with Véronique Meet us at the beach

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

Qi-gong with Maryline Meet us at the beach

5:45 pm

Open water swimming** with Thomas Meet us on the left of the beach

TUESDAY, JULY 1st

9 am to 10 am

Morning yoga with Josiane Meet us at the beach

10:15 am to 11:15 am

Parent-children yoga with Josiane Meet us at the beach

4 pm to 5 pm

Guided paddle board ride with Cathy Meet us at the beach

8 pm to 8:45 pm

Mediation session at sunset with Edith mEDITHe Meet us at the beach

WED., JULY 2

8:45 am to 9:45 am & 10 am to 11 am

Guided paddle board ride with Cathy Meet us at the beach

9 am to 10 am

Morning yoga with Josiane Meet us at the beach

10:15 am to 11:15 am

Fit yoga with Josiane Meet us at the beach

6:30 pm

Open water swimmina** with Laurie & Nicolas Meet us on the left of the beach

THURSDAY, JULY 3

9 am to 10 am

Morning yoga with Élie Meet us at the beach

10:15 am to 11:15 am

Paddle yoga with Élie Meet us at the beach

11:30 am to 12:30 pm

Teen yoga (13-17 years) with Élie Meet us at the beach

FRIDAY, JULY 4

9 am to 10 am

Morning yoga with Élie Meet us at the beach

10:15 am to 11:15 am

Paddle yoga with Élie Meet us at the beach

11:30 am to 12:30 pm Teen yoga

(13-17 years) with Élie Meet us at the beach

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

Oi-gong with Maryline Meet us at the beach

WELLNESS EXPERIENCE GUIDE

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- ~ Volleyball court
- ~~ Pool table
- ~ Ping pong
- \sim Baby foot
- --- High-speed Internet
- \sim Enomatic (\$)
- ~ Privileged departure at Golf La Tempête

Activities description

Reservation required please book before 9 pm the day before on our LoungeUp app.



In case of rain: activities will take place at the Saint-James room

- * Collaboration with the 6AM Club running club.

 Meet us every Friday at Entourage (6 am). 6 km journey:
 speed of 6-6h30 km/h and coffee at the end of the
 activity at the restaurant. Open to everyone!
- ** Open water swimming: distance of 1,500 to 2,500 m per workout which will be structured in the form of intervals and supervised by coaches/lifeauards.

This schedule is subject to chang

SATURDAY, JULY 5

9 am to 10 am

Morning 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 6

9 am to 10 am

Morning yoga with Véronique Meet us at the beach

10:15 am to 11:15 am

Parent-children yoga with Véronique Meet us at the beach

MONDAY, JULY 7

9 am to 10 am

Yoga breathing and anti-stress with Véronique Meet us at the beach

10:15 am to 11:15 am

Paddle yoga with Véronique Meet us at the beach

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

Painting on canvas & pebble with Claudine Meet us at the beach

5:45 pm

Open water swimming** with Thomas Meet us on the left of the beach

TUESDAY, JULY 8

9 am to 10 am

Morning yoga with Josiane Meet us at the beach

10:15 am to 11:15 am

Parent-children yoga with Josiane Meet us at the beach

4 pm to 5 pm

Introduction to paddle boarding with Cathy Meet us at the beach

8:15 pm to 9 pm

Sunset meditation session with Edith mEDITHe Meet us at the beach

WED., JULY 9

.__.,

8:45 am to 9:45 am Introduction to paddle boarding with Cathy Meet us at the beach

9 am to 10 am Morning yoga

with Josiane Meet us at the beach 10 am to 11 am

Guided paddle board ride with Cathy Meet us at the beach

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

1 pm to 2 pm &

2:30 pm to 3:30 pm Bracelet creation with Claudine Meet us at the beach

6:30 pm

Open water swimming**
with Laurie & Nicolas
Meet us on the left
of the beach

THURSDAY, JULY 10

ACTIVITIES CALENDAR | Summer 2025

9 am to 10 am

Morning yoga with Élie Meet us at the beach

9:30 am to 10:30 am & 11 am to 12 pm

Painting on canvas & pebble with Claudine Meet us at the beach

10:15 am to 11:15 am

Paddle yoga with Élie Meet us at the beach

11:30 am to 12:30 pm

Teen yoga (13-17 years) with Élie Meet us at the beach

FRIDAY, JULY 11

5:50 am

6AM Club de course Meet us at the parking in front of the hotel with Frédéric or Karel 6 km road journey*

9 am to 10 am

Morning yoga with Élie Meet us at the beach

10:15 am to 11:15 am

Paddle yoga with Élie Meet us at the beach

11:30 am to 12:30 pm

Teen yoga (13-17 years) with Élie Meet us at the beach

SATURDAY, JULY 12

9 am to 10 am

Morning 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 13

9 am to 10 am

Morning yoga with Véronique Meet us at the beach

10:15 am to 11:15 am

Parent-children yoga with Véronique Meet us at the beach



MONDAY, JULY 14

9 am to 10 am

Yoga breathing and anti-stress with Véronique Meet us at the beach

10:15 am to 11:15 am

Paddle yoga with Véronique Meet us at the beach

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

Painting on canvas & pebble with Claudine Meet us at the beach

5:45 pm

Open water
swimming**
with Thomas
Meet us on the left
of the beach

TUESDAY, JULY 15

9 am to 10 am

Morning yoga with Josiane Meet us at the beach

10:15 am to 11:15 am

Parent-children yoga with Josiane Meet us at the beach

11 am to 12 pm & 12 h 30 à 13 h 30

Bracelet creation with Claudine Meet us at the beach

4 pm to 5 pm

Introduction to paddle boarding with Cathy Meet us at the beach

WED., JULY 16

8:45 am to 9:45 am Introduction to paddle boarding with Cathy Meet us at the beach

9 am to 10 am

Morning yoga with Josiane Meet us at the beach

10 am to 11 am Guided paddle board ride with Cathy

Meet us at the beach

10:15 am to 11:15 am

Pilates with Josiane

Meet us at the beach

6:30 pm

Open water swimming** with Laurie & Nicolas Meet us on the left of the beach

8 pm to 8:45 pm

Sunset meditation session with Edith mEDITHe Meet us at the beach

THURSDAY, JULY 17

9 am to 10 am

Morning yoga with Élie Meet us at the beach

10:15 am to 11:15 am

Paddle yoga with Élie Meet us at the beach

11:30 am to 12:30 pm 9 am to 10

Teen yoga (13-17 years) with Élie Meet us at the beach

FRIDAY, JULY 18 5:50 am

6AM Club de course Meet us at the parking in front of the hotel with Frédéric or Karel 6 km road journey*

8:45 am to 9:45 am Introduction to paddle

Meet us at the beach

9 am to 10 am

Morning yoga
with Véronique

boarding with Cathy

Meet us at the beach 10 am to 11 am

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

with Veronique Meet us at the beach 11:30 am to 12:30 pm Teen yoga (13-17 years) with Elie Meet us at the beach

ACTIVITIES CALENDAR | Summer 2025

WELLNESS EXPERIENCE GUIDE

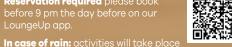
SUR-LE-LAC

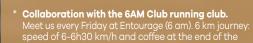
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- ~ Hybrid bikes
- ~ Volleyball court
- ~~ Pool table
- ~ Ping pong
- --- High-speed Internet
- ~ Privileged departure at Golf La Tempête

Activities description

Reservation required please book





activity at the restaurant. Open to everyone!

** Open water swimming: distance of 1,500 to 2,500 m per workout which will be structured in the form of intervals and supervised by coaches/lifeguards.

SATURDAY, JULY 19

10:30 am to 11:30 am

Dragon boat Meet us at the dock

Creation of cookies with Jezzz Biscuit Meet us at St. James

1 pm to 2 pm: Child workshop 2:15 pm to 3:15 pm: Teen workshop

SUNDAY, JULY 20

9 am to 10 am

Morning yoga with Véronique Meet us at the beach

10:15 am to 11:15 am

Parent-children yoga with Véronique Meet us at the beach



MONDAY, JULY 21

9 am to 10 am

Yoga breathing and anti-stress with Véronique Meet us at the beach

10:15 am to 11:15 am

Paddle yoga with Véronique Meet us at the beach

Creation of cookies with Jezzz Biscuit

Meet us at St. James 1 pm to 2 pm: Child workshop 2:15 pm to 3:15 pm: Teen workshop

5:45 pm

Open water swimming** with Thomas. Meet us on the left of the beach

8 pm to 8:45 pm

Sunset meditation session with Edith mEDITHe Meet us at the beach

TUESDAY, JULY 22

9 am to 10 am

Morning yoga with Josiane Meet us at the beach

10:15 am to 11:15 am

Parent-children yoga with Josiane Meet us at the beach

3 pm to 4 pm & 4:30 pm to 5:30 pm

Painting on canvas & pebble with Claudine Meet us at the beach

4 pm to 5 pm

Introduction to paddle boarding with Cathy Meet us at the beach

WED., JULY 23

8:45 am to 9:45 am

Introduction to paddle boarding with Cathy Meet us at the beach

9 am to 10 am

Morning yoga with Josiane Meet us at the beach

10 am to 11 am

Guided paddle board ride with Cathy Meet us at the beach

10:15 am to 11:15 am

Pilates with Josiane Meet us at the beach

6:30 pm

Open water swimming** with Laurie & Nicolas Meet us on the left of the beach

THURSDAY, JULY 24

9 am to 10 am

Morning yoga with Élie Meet us at the beach

10:15 am to 11:15 am

Paddle yoga with Élie Meet us at the beach

11:30 am to 12:30 pm

Teen yoga (13-17 years) with Élie Meet us at the beach

1 pm to 2 pm &

2:30 pm to 3:30 pm Bracelet creation with Claudine Meet us at the beach

FRIDAY, JULY 25

5:50 am 6AM Club de course Meet us at the parking in front of the hotel with Frédéric or Karel 6 km road journey*

9 am to 10 am Morning yoga with Élie Meet us at the beach

9:30 am to 10:30 am & 11 am to 12 pm

Painting on canvas & pebble with Claudine Meet us at the beach

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

11:30 am to 12:30 pm

Teen yoga (13-17 years) with Élie Meet us at the beach

Astronomy Evening 8 pm - Conference

9 pm - Observation Meet us at Salle Légendaire

SATURDAY, JULY 26

9 am to 10 am

Morning yoga with Élie Meet us at the beach

10:15 am to 11:15 am

Paddle yoga with Élie Meet us at the beach

10:30 am to 11:30 am

Dragon boat Meet us at the dock



SUNDAY, JULY 27

8:45 am to 9:45 am Introduction to paddle boarding with Cathy Meet us at the beach

10 am to 11 am

Guided paddle board ride with Cathy Meet us at the beach



MONDAY, JULY 28

9 am to 10 am

Morning yoga with Karine Meet us at the beach

10:15 am to 11:15 am

Teen yoga (13-17 years) with Karine Meet us at the beach

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

Painting on canvas & pebble with Claudine Meet us at the beach

5:45 pm

Open water swimmina** with Thomas Meet us on the left of the beach

TUESDAY, JULY 29

9 am to 10 am Morning yoga with Josiane Meet us at the beach

10:15 am to 11:15 am

Parent-children yoga with Josiane Meet us at the beach

1 pm to 2 pm

Bracelet creation with Claudine Meet us at the beach

4 pm to 5 pm

Introduction to paddle boarding with Cathy Meet us at the beach

WED., JULY 30

8:45 am to 9:45 am Introduction to paddle boarding with Cathy Meet us at the beach

9 am to 10 am

Morning yoga with Josiane Meet us at the beach

10 am to 11 am

Guided paddle board ride with Cathy Meet us at the beach

10:15 am to 11:15 am

Pilates with Josiane Meet us at the beach

6:30 pm

Open water swimmina** with Laurie & Nicolas Meet us on the left of the beach

THURS., JULY 31

9 am to 10 am Morning yoga with Élie Meet us at the beach

10:15 am to 11:15 am

Paddle yoga with Élie Meet us at the beach

11:30 am to 12:30 pm

Teen yoga (13-17 years) with Élie Meet us at the beach

FRIDAY, AUGUST 1

5:50 am

6AM Club de course Meet us at the parking in front of the hotel with Frédéric or Karel 6 km road iournev*

9 am to 10 am

Morning yoga with Élie Meet us at the beach

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

11:30 am to 12:30 pm Teen yoga (13-17 years) with Élie Meet us at the beach

Astronomy Evening

8 pm - Conference 9 pm - Observation Meet us at Salle Légendaire

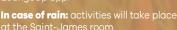
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- \sim Volleyball court
- ~ Pool table
- ~ Ping pong
- ~ High-speed Internet
- Enomatic (\$)
- Privileged departure at Golf La Tempête

Activities description

Reservation required please book before 9 pm the day before on our



- Collaboration with the 6AM Club running club. Meet us every Friday at Entourage (6 am). 6 km journey: speed of 6-6h30 km/h and coffee at the end of the activity at the restaurant. Open to everyone!
- * Open water swimming: distance of 1,500 to 2,500 m per workout which will be structured in the form of intervals and supervised by coaches/lifeguards.

SAT., AUGUST 2

9 am to 10 am

Morning yoga with Élie Meet us at the beach

10:15 am to 11:15 am

Paddle yoga with Élie Meet us at the beach

10:30 am to 11:30 am

Dragon boat Meet us at the dock

Creation of cookies with Jezzz Biscuit

Meet us at St. James 1 pm to 2 pm: Child workshop 2:15 pm to 3:15 pm: Teen workshop

SUNDAY, AUGUST 3

MONDAY, AUGUST 4

5:45 pm

Open water swimming** with Thomas Meet us on the left of the beach

TUESDAY, AUGUST 5

9 am to 10 am

Morning yoga with Josiane Meet us at the beach

10:15 am to 11:15 am

Parent-children yoga with Josiane Meet us at the beach

4 pm to 5 pm

Qi-Gong with Maryline Meet us at the beach

WED., AUGUST 6

9 am to 10 am

Qi-Gong with Maryline Meet us at the beach

10:15 am to 11:15 am

Qi-Gong with Marvline Meet us at the beach

6:30 pm

Open water swimming** with Laurie & Nicolas Meet us on the left of the beach

THURS., AUGUST 7

ACTIVITIES CALENDAR | Summer 2025

9 am to 10 am

Morning yoga with Élie Meet us at the beach

10:15 am to 11:15 am

Paddle yoga with Élie Meet us at the beach

11:30 am to 12:30 pm

Teen yoga (13-17 years) with Élie Meet us at the beach

FRIDAY, AUGUST 8

5:50 am

6AM Club de course Meet us at the parking in front of the hotel with Frédéric or Karel 6 km road journey*

9 am to 10 am

Morning yoga with Élie Meet us at the beach

10:15 am to 11:15 am

Paddle voaa with Élie Meet us at the beach

11:30 am to 12:30 pm

Teen yoga (13-17 years) with Élie Meet us at the beach

SAT., AUGUST 9

9 am to 10 am

Morning 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 10

9 am to 10 am

Morning yoga with Véronique Meet us at the beach

10:15 am to 11:15 am

Parent-children yoga with Véronique Meet us at the beach

MONDAY, AUGUST 11

9 am to 10 am

Yoga breathing and anti-stress 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 swimmina** with Thomas Meet us on the left of the beach

TUESDAY, AUGUST 12

9 am to 10 am

Morning yoga with Josiane Meet us at the beach

10:15 am to 11:15 am

Parent-children yoga with Josiane Meet us at the beach

4 pm to 5 pm

Introduction to paddle boarding with Cathy Meet us at the beach

WED., AUGUST 13

8:45 am to 9:45 am Introduction to paddle boarding with Cathy Meet us at the beach

9 am to 10 am Morning yoga with Josiane Meet us at the beach

10 am to 11 am Guided paddle board ride with Cathy Meet us at the beach

10:15 am to 11:15 am Pilates with Josiane

Meet us at the beach 6:30 pm

Open water swimmina** with Laurie & Nicolas Meet us on the left of the beach

7:45 pm to 8:30 pm Sunset meditation

session with Edith mEDITHe Meet us at the beach

THURS., AUGUST 14

9 am to 10 am

Morning yoga with Élie Meet us at the beach

10:15 am to 11:15 am Paddle yoga

with Élie Meet us at the beach

11:30 am to 12:30 pm

Teen yoga (13-17 years) with Élie Meet us at the beach

FRIDAY, AUGUST 15

5:50 am

6AM Club de course Meet us at the parking in front of the hotel with Frédéric or Karel 6 km road journey*

9 am to 10 am

Morning yoga with Élie Meet us at the beach

10:15 am to 11:15 am

Paddle voaa with Élie Meet us at the beach

11:30 am to 12:30 pm

Teen yoga (13-17 years) with Élie Meet us at the beach

MOVE WELL. EAT WELL. DRINK WELL

ACTIVITIES CALENDAR | Summer 2025

FRIDAY, AUGUST 22

6AM Club de course

in front of the hotel

Meet us at the parking

with Frédéric or Karel

5:50 am

WELLNESS EXPERIENCE GUIDE

SUR-LE-LAC

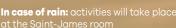
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- ~ Volleyball court
- ~~ Pool table
- ~ Ping pong
- --- High-speed Internet
- ~ Privileged departure at Golf La Tempête

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 Meet us every Friday at Entourage (6 am). 6 km journey:
 speed of 6-6h30 km/h and coffee at the end of the
 activity at the restaurant. Open to everyone!
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This schedule is subject to change.

SAT., AUGUST 16

9 am to 10 am

Morning yoga with Véronique Meet us at the beach

10:15 am to 11:15 am

Paddle yoga with Véronique Meet us at the beach

SUNDAY, AUGUST 17

9 am to 10 am

Morning yoga with Véronique Meet us at the beach

10:15 am to 11:15 am

Parent-children yoga with Véronique Meet us at the beach

MONDAY, AUGUST 18

9 am to 10 am

Yoga breathing and anti-stress 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** with Thomas Meet us on the left of the beach

7:30 pm to 8:15 pm

Sunset meditation session with Edith mEDITHe Meet us at the beach

TUESDAY, AUGUST 19

9 am to 10 am

Morning yoga with Josiane Meet us at the beach

10:15 am to 11:15 am

Parent-children yoga with Josiane Meet us at the beach

4 pm to 5 pm

Introduction to paddle boarding with Cathy Meet us at the beach

WED., AUGUST 20

8:45 am to 9:45 am

Introduction to paddle boarding with Cathy Meet us at the beach

9 am to 10 am

Morning yoga with Josiane Meet us at the beach

10 am to 11 am

Guided paddle board ride with Cathy Meet us at the beach

10:15 am to 11:15 am

Pilates
with Josiane
Meet us at the beach

6:30 pm

Open water swimming** with Laurie & Nicolas Meet us on the left of the beach

THURS., AUGUST 21

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

Painting on canvas & pebble with Claudine Meet us at the beach

6 km road journey* 8:45 am to 9:45 am

Introduction to paddle boarding with Cathy Meet us at the beach

10 am to 11 am

Guided paddle board ride with Cathy Meet us at the beach

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

Painting on canvas & pebble with Claudine Meet us at the beach

SAT., AUGUST 23

8:45 am to 9:45 am

Introduction to paddle boarding with Cathy Meet us at the beach

9 am to 9:45 am Meditation session with Edith mEDITHe Meet us at the beach

10 am to 11 am

Guided paddle board ride with Cathy Meet us at the beach

SUNDAY, AUGUST 24



MONDAY, AUGUST 25

TUESDAY, AUGUST 26

4 pm to 5 pm

Introduction to paddle boarding with Cathy Meet us at the beach



WED., AUGUST 27

8:45 am to 9:45 am Introduction to paddle boarding with Cathy Meet us at the beach

9 am to 10 am

Morning yoga with Josiane Meet us at the beach

10 am to 11 am

Guided paddle board ride with Cathy Meet us at the beach

10:15 am to 11:15 am

Pilates with Josiane Meet us at the beach

6:30 pm

Open water swimming**
with Laurie & Nicolas
Meet us on the left
of the beach

THURS.. AUGUST 28

9 am to 10 am

Morning yoga with Élie Meet us at the beach

10:15 am to 11:15 am

Paddle yoga with Élie Meet us at the beach

11:30 am to 12:30 pm

Teen yoga (13-17 years) with Élie Meet us at the beach

FRIDAY, AUGUST 29

5:50 am

6AM Club de course Meet us at the parking in front of the hotel with Frédéric or Karel 6 km road journey*

9 am to 10 am

Morning yoga with Élie Meet us at the beach

10:15 am to 11:15 am

Paddle yoga with Élie Meet us at the beach

11:30 am to 12:30 pm

Teen yoga (13-17 years) with Élie Meet us at the beach

SAT., AUGUST 30

9 am to 10 am Morning yoga with Élie

Meet us at the beach

10:15 am to 11:15 am

Paddle yoga with Élie Meet us at the beach

10:30 am to 11:30 am Dragon boat Meet us at the dock

SUN., AUGUST 31

9 am to 10 am

Morning yoga with Élie Meet us at the beach

10:15 am to 11:15 am

Paddle yoga with Élie Meet us at the beach

79950000

MONDAY, SEPT.

9 am to 10 am Morning yoga with Élie Meet us at the beach

5:45 pm

Open water swimming** with Thomas Meet us on the left of the beach

