



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
- ~ Baby foot
- ~ High-speed Internet
- ~ 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/lifeguards.

This schedule is subject to change.

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

THURSDAY, JUNE 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

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
 Meditation 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 swimming** 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
 Qi-gong with Maryline
 Meet us at the beach



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- ~ 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
- ~ Baby foot
- ~ High-speed Internet
- ~ 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/lifeguards.

This schedule is subject to change.

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

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
 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 boarding with Cathy
 Meet us at the beach

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

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



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

Activities description

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



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

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SATURDAY, JULY 19

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

Creation of cookies with Jezz 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 Jezz 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 swimming** 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 swimming** 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 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

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

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

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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 Jezz 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 Maryline
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

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 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 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 swimming** 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 swimming** 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 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



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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



FRIDAY, AUGUST 22

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 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

MONDAY, SEPT. 1

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

