



RESORT
ENTOURAGE
SUR-LE-LAC

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.

ACTIVITIES CALENDAR | Summer 2025

FRIDAY, JUNE 20

5:55 am – 6AM Club de course – 6 km road journey ♦
Meet us at the parking in front of the hotel with Jasmine & Anthony

8 am to 9 am
Morning yoga with Mélanie
Meet us at the beach

SATURDAY, JUNE 21

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

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

SUNDAY, JUNE 22

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

10:15 am to 11 am
Parent-children yoga with Mélanie
Meet us at the beach



MONDAY, JUNE 23

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

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

4 pm to 5 pm
Guided paddle board ride with Guillaume
Meet us at the beach

6 pm
Open water swimming** with Thomas
Meet us at the beach

TUESDAY, JUNE 24

8 am to 9 am
Morning yoga with Mélanie
Meet us at the beach

12 pm to 1 pm
Yoga with Mélanie
Meet us at the beach



WED., JUNE 25

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

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

1 pm to 4 pm
Balloon sculpture with Sica
Meet us at the banquet terrace

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

FRIDAY, JUNE 27

5:55 am – 6AM Club de course – 6 km road journey ♦
Meet us at the parking in front of the hotel with Jasmine & Anthony

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

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

SATURDAY, JUNE 28

8:15 am to 8:45 am
Meditation with Edith mEDIThe
Meet us at the beach

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

10:15 am to 11 am
Parent-children yoga with Mélanie
Meet us at the beach

SUNDAY, JUNE 29

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

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



MONDAY, JUNE 30

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

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

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

6 pm
Open water swimming** with Thomas
Meet us at the beach

TUESDAY, JULY 1ST

8 am to 9 am
Morning yoga with Mélanie
Meet us at the beach

9:30 am to 11:30 am
Children's DIY with Claudine
Meet us at the banquet terrace

12 pm to 1 pm
Yoga with Mélanie
Meet us at the beach



WED., JULY 2

9 am to 10 am
Introduction to paddle board with Cathy
Meet us at the beach
10:15 am to 11:15 am
Guided paddle board with Cathy
Meet us at the beach

1 pm to 2 pm
Bracelet creation with Claudine (teens only)
Meet us banquet terrace

2:30 pm to 3:30 pm
Painting on canvas and pebbles with the family with Claudine
Meet us at the beach

4 pm to 5 pm
Painting with Claudine, cocktail incl. (adults only).
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 Véro
Meet us at the beach

10:15 am to 11:15 am
Paddle fit with Véro
Meet us at the beach

1 pm to 4 pm
Creation of cookies with Sica
Meet us at the banquet terrace

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

FRIDAY, JULY 4

5:55 am – 6AM Club de course – 6 km road journey ♦
Meet us at the parking in front of the hotel with Jasmine & Anthony

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

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

4 pm to 5 pm
Painting with Claudine, cocktail included (adults only)
Meet us at the beach

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



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

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** **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.

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ACTIVITIES CALENDAR | Summer 2025

SATURDAY, JULY 5

8:15 am to 8:45 am
Meditation
with Edith mEDIThe
Meet us at the beach

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

10:15 am to 11 am
Parent-children yoga
with Mélanie
Meet us at the beach

SUNDAY, JULY 6

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

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



MONDAY, JULY 7

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

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

4 pm to 5 pm
Guided paddle
board ride
with Guillaume
Meet us at the beach

6 pm
Open water
swimming**
with Thomas
Meet us at the beach

TUESDAY, JULY 8

8 am to 9 am
Morning yoga
with Mélanie
Meet us at the beach

9:30 am to 11:30 am
Children's DIY
with Claudine
Meet us at the
banquet terrace

12 pm to 1 pm
Yoga
with Mélanie
Meet us at the beach



WED., JULY 9

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

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

1 pm to 2 pm
Bracelet creation
with Claudine (teens only)
Meet us banquet terrace

2:30 pm to 3:30 pm
Painting on canvas and
pebbles with the family
with Claudine
Meet us at the beach

4 pm to 5 pm
Painting with Claudine,
cocktail included (adults
only). 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

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

1 pm to 4 pm
Atelier de maquillage
with Sica
Meet us at the
banquet terrace

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

FRIDAY, JULY 11

**5:55 am – 6AM Club
de course – 6 km
road journey ♦**
Meet us at the
parking in front of
the hotel with
Jasmine & Anthony

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

4 pm to 5 pm
Painting with
Claudine, cocktail
included, (adults only)
Meet us at the beach

SATURDAY, JULY 12

8:15 am to 8:45 am
Meditation
with Edith mEDIThe
Meet us at the beach

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

10:15 am to 11 am
Parent-children yoga
with Mélanie
Meet us at the beach

SUNDAY, JULY 13

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

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



MONDAY, JULY 14

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

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

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

6 pm
Open water
swimming**
with Thomas
Meet us at the beach

TUESDAY, JULY 15

8 am to 9 am
Morning yoga
with Mélanie
Meet us at the beach

9:30 am to 11:30 am
Children's DIY
with Claudine
Meet us at the
banquet terrace

12 pm to 1 pm
Yoga
with Mélanie
Meet us at the beach

1 pm to 4 pm
Balloon sculpture
with Sica
Meet us at the
banquet terrace

WED., JULY 16

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

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

6:30 pm
Open water
swimming**
with Laurie & Nicolas
Meet us on the left
of 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 fit
with Élie
Meet us at the beach

1 pm to 4 pm
Giant soap bubble
workshop
with Sica
Meet us at the
banquet terrace

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

FRIDAY, JULY 18

**5:55 am – 6AM Club
de course – 6 km
road journey ♦**
Meet us at the
parking in front of
the hotel with
Jasmine & Anthony

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

4 pm to 5 pm
Painting with
Claudine,
cocktail included,
(adults only)
Meet us at the beach

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- ~ Volleyball court
- ~ Pool table
- ~ Ping pong
- ~ Baby foot
- ~ High-speed Internet
- ~ Enomatic (\$)
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ACTIVITIES CALENDAR | Summer 2025

SATURDAY, JULY 19

8:15 am to 8:45 am
Meditation
with Edith mEDIThe
Meet us at the beach

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

10:15 am to 11 am
Parent-children yoga
with Élie
Meet us at the beach

1:30 pm to 2:30 pm
Dragon boat
with H2O playground
Meet us at the dock

SUNDAY, JULY 20

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

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



MONDAY, JULY 21

8 am to 9 am
Morning yoga
with Mélanie
Meet us at the beach

12 pm to 1 pm
Yoga
with Mélanie
Meet us at the beach

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

6 pm
Open water
swimming**
with Thomas
Meet us at the beach

TUESDAY, JULY 22

8 am to 9 am
Morning yoga
with Mélanie
Meet us at the beach

12 pm to 1 pm
Yoga
with Mélanie
Meet us at the beach

1 pm to 4 pm
Make-up
with Sica, artist
Meet us at the
banquet terrace



WED., JULY 23

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

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

6:30 pm
Open water
wimming**
with Laurie & Nicolas
Meet us on the left
of the beach

THURSDAY, JULY 24

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

10:15 am to 11:15 am
Paddle fit with Karine
Meet us at the beach

1 pm to 4 pm
Magic potions
workshop with Sica
Meet us banquet terrace

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

8 pm
Astronomy Evening
Conference &
observation
Meet us banquet terrace

FRIDAY, JULY 25

**5:55 am – 6AM Club
de course – 6 km
road journey ♦**
Meet us at the
parking in front of
the hotel with
Jasmine & Anthony

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

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

SATURDAY, JULY 26

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

10:15 am to 11:15 am
Parent-children yoga
with Karine
Meet us at the beach

1 pm to 4 pm
Circus workshop
with Sica
Meet us at the
banquet terrace

1:30 pm to 2:30 pm
Dragon boat
with H2O playground
Meet us at the dock

SUNDAY, JULY 27

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

10:15 am to 11 am
Parent-children yoga
with Mélanie
Meet us at the beach



MONDAY, JULY 28

8 am to 9 am
Morning yoga with Mélanie
Meet us at the beach
12 pm to 1 pm
Yoga with Mélanie
Meet us at the beach

1 pm to 2 pm
Bracelet creation with
Claudine (teens only),
Meet us banquet terrace
2:30 pm to 3:30 pm
Painting on canvas and
pebbles with the family
with Claudine
Meet us at the beach

4 pm to 5 pm
Painting with Claudine,
cocktail incl., (adults only)
Meet us at the beach
4 pm to 5 pm
Guided paddle board ride
with Cathy
Meet us at the beach

6 pm
Open water swimming**
with Thomas
Meet us at the beach

TUESDAY, JULY 29

8 am to 9 am
Morning yoga
with Mélanie
Meet us at the beach

9:30 am to 11:30 am
Children's DIY
with Claudine
Meet us at the
banquet terrace

12 pm to 1 pm
Yoga
with Mélanie
Meet us at the beach

1 pm to 4 pm
Balloons sculpture
with Sica
Meet us at the
banquet terrace

WED., JULY 30

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

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

6:30 pm
Open water
wimming**
with Laurie & Nicolas
Meet us on the left
of the beach

THURSDAY, JULY 31

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

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

1 pm to 4 pm
Giant soap bubble
workshop
with Sica
Meet us at the
banquet terrace

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

FRIDAY, AUGUST 1ST

**5:55 am – 6AM Club
de course – 6 km
road journey ♦**
Meet us at the
parking in front of
the hotel with
Jasmine & Anthony

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

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

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ACTIVITIES CALENDAR | Summer 2025

SAT., AUGUST 2

DÉFI NAGE TON LAC BEAUPORT
Georges-Delisle Nautical Center

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

10:15 am to 11 am
Parent-children yoga with Élie
Meet us at the beach

1:30 pm to 2:30 pm
Dragon boat with H2O playground
Meet us at the dock

SUNDAY, AUGUST 3

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

10:15 am to 11 am
Parent-children yoga with Mélanie
Meet us at the beach

1 pm to 4 pm
Henna tattoos with Sica
Meet us at the banquet terrace



MONDAY, AUGUST 4

8 am to 9 am
Morning yoga with Mélanie
Meet us at the beach

12 pm to 1 pm
Yoga with Mélanie
Meet us at the beach

4 pm to 5 pm
Guided paddle board ride with Guillaume
Meet us at the beach

6 pm
Open water swimming** with Thomas
Meet us at the beach

TUESDAY, AUGUST 5

8 am to 9 am
Morning yoga with Mélanie
Meet us at the beach

12 pm to 1 pm
Yoga with Mélanie
Meet us at the beach

1 pm to 4 pm
Henna tattoos with Sica
Meet us at the banquet terrace



WED., AUGUST 6

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

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

1 pm to 4 pm
Make-up workshop with Sica
Meet us banquet terrace

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

20 h
Astronomy Evening Conference & observation
Meet us banquet terrace

FRIDAY, AUGUST 8

5:55 am – 6AM Club de course – 6 km road journey ♦
Meet us at the parking in front of the hotel with Jasmine & Anthony

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

SAT., AUGUST 9

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

10:15 am to 11 am
Parent-children yoga with Élie
Meet us at the beach

1 pm to 4 pm
Magic potions workshop with Sica
Meet us at the banquet terrace

1:30 pm to 2:30 pm
Dragon boat with H2O playground
Meet us at the dock

SUNDAY, AUGUST 10

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

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



MONDAY, AUGUST 11

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

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

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

6 pm
Open water swimming** with Thomas
Meet us at the beach

TUESDAY, AUGUST 12

8 am to 9 am
Morning yoga with Mélanie
Meet us at the beach

12 pm to 1 pm
Yoga with Mélanie
Meet us at the beach

1 pm to 4 pm
Balloon sculpture with Sica
Meet us at the banquet terrace

WED., AUGUST 13

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

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

6:30 pm
Open water swimming** with Laurie & Nicolas
Meet us on the left of 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 fit with Élie
Meet us at the beach

1 pm to 4 pm
Creation of cookies with Sica
Meet us at the banquet terrace

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

FRIDAY, AUGUST 15

5:55 am – 6AM Club de course – 6 km road journey ♦
Meet us at the parking in front of the hotel with Jasmine & Anthony

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

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SAT., AUGUST 16

8:15 am to 8:45 am
Meditation with Edith mEDIThe
Meet us at the beach
9 am to 10 am
Morning yoga with Élie. Meet us at the beach
10:15 am to 11 am
Parent-children yoga with Élie
Meet us at the beach

SUNDAY, AUGUST 17

9 am to 10 am
Morning yoga with Véro
Meet us at the beach
10:15 am to 11:15 am
Paddle yoga with Véro
Meet us at the beach

MONDAY, AUGUST 18

9 am to 10 am
Morning yoga with Véro
Meet us at the beach
10:15 am to 11:15 am
Pilates with Véro
Meet us at the beach
4 pm to 5 pm
Guided paddle board ride with Guillaume
Meet us at the beach

6 pm
Open water swimming** with Thomas
Meet us at the beach

TUESDAY, AUGUST 19

8 am to 9 am
Morning yoga with Mélanie
Meet us at the beach
12 pm to 1 pm
Yoga with Mélanie
Meet us at the beach
1 pm to 4 pm
Make-up with Sica, artist
Meet us at the banquet terrace



WED., AUGUST 20

9 am to 10 am
Introduction to paddle board with Cathy
Meet us at the beach
9:30 am to 11:30 am
Children's DIY with Claudine
Meet us at the banquet terrace
10:15 am to 11:15 am
Guided paddle board ride with Cathy
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

9 am to 10 am
Morning yoga with Élie
Meet us at the beach
10:15 am to 11:15 am
Paddle fit with Élie
Meet us at the beach
1 pm to 4 pm
Circus workshop with Sica
Meet us at the banquet terrace
4 pm to 5 pm
Guided paddle board ride with Cathy
Meet us at the beach

FRIDAY, AUGUST 22

5:55 am – 6AM Club de course – 6 km road journey ♦
Meet us at the parking in front of the hotel with Jasmine & Anthony
9 am to 10 am
Morning yoga with Véro
Meet us at the beach
10:15 am to 11:15 am
Paddle yoga with Véro
Meet us at the beach
1 pm to 2 pm
Bracelet creation with Claudine (teens only)
Meet us banquet terrace
2:30 pm to 3:30 pm
Painting on canvas and pebbles with the family with Claudine
Meet us at the beach
4 pm to 5 pm
Painting with Claudine, cocktail incl. (adults only)
Meet us at the beach

SAT., AUGUST 23

8:15 am to 8:45 am
Meditation with Edith mEDIThe
Meet us at the beach
9 am to 10 am
Morning yoga with Élie
Meet us at the beach
10:15 am to 11 am
Parent-children yoga with Élie
Meet us at the beach

SUNDAY, AUGUST 24

9 am to 10 am
Morning yoga with Véro
Meet us at the beach
10:15 am to 11:15 am
Paddle yoga with Véro
Meet us at the beach

MONDAY, AUGUST 25

9 am to 10 am
Morning yoga with Véro
Meet us at the beach
10:15 am to 11:15 am
Pilates with Véro
Meet us at the beach
4 pm to 5 pm
Guided paddle board ride with Cathy
Meet us at the beach

6 pm
Open water swimming** with Thomas
Meet us at the beach

TUESDAY, AUGUST 26

9:30 am to 11:30 am
Children's DIY with Claudine
Meet us at the beach
1 pm to 2 pm
Bracelet creation with Claudine (teens only)
Meet us at the banquet terrace
2:30 pm to 3:30 pm
Painting on canvas and pebbles with the family with Claudine
Meet us at the beach

WED., AUGUST 27

9 am to 10 am
Introduction to paddle board with Cathy
Meet us at the beach
10:15 am to 11:15 am
Guided paddle board ride with Cathy
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 fit with Élie
Meet us at the beach
4 pm to 5 pm
Guided paddle board ride with Cathy
Meet us at the beach



FRIDAY, AUGUST 29

5:55 am – 6AM Club de course – 6 km road journey ♦
Meet us at the parking in front of the hotel with Jasmine & Anthony
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

SAT., AUGUST 30

9 am to 10 am
Morning yoga with Élie
Meet us at the beach
10 h 15 à 11 h
Parent-children yoga with Élie
Meet us at the beach

SUNDAY, AUGUST 31

9 am to 10 am
Morning yoga with Véro
Meet us at the beach
10:15 am to 11:15 am
Paddle yoga with Véro
Meet us at the beach

MONDAY, SEPT. 1ST

9 am to 10 am
Morning yoga with Véro
Meet us at the beach
10:15 am to 11:15 am
Pilates with Véro
Meet us at the beach
6 pm
Open water swimming** with Thomas
Meet us at the beach

