



**WELLNESS
 EXPERIENCE GUIDE**

Entourage sur-le-Lac offers many activities and a complete experience focused on well-being and the art of living. Throughout your stay, you will be able to benefit from the amenities and activities that are made possible thanks to the common stay costs. Make the most of our great playground!

- ~ Sports activities supervised by a coach
- ~ Multifunctional training room
- ~ Outdoor fire pits
- ~ Outdoor pool (open 8 am - 10 pm) (adults only after 8 pm) – Jacuzzi and Sauna (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
- ~ Privileged departure at Golf La Tempête
- ~ Défi-Évasion® riddle trail for the whole family
- ~ Board games are available at reception
- ~ Enomatic (\$). Card available at reception
- ~ High-speed Internet

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

**** Open water swimming:** Distance: 1,500 to 2,500 m per session, structured as interval training and supervised by coaches/lifeguards.

This schedule is subject to change.

WED., JUNE 24

8:45 am to 9:45 am
 Morning yoga with Sabrina
 Meet us: left of the beach

10 am to 11 am
 Parent-child yoga with Sabrina
 Meet us: left of the beach

1:30 pm to 2:15 pm
 Bracelet making with Claudine (teens only)
 Meet us: banquet terrace

2:30 pm to 3:30 pm
 Canvas and pebble painting (family) with Claudine
 Meet us: banquet terrace



THURSDAY, JUNE 25

8 am to 9 am
 Morning yoga with Mélanie
 Meet us: left of the beach

9:30 am to 10:30 am
 Guided paddle board ride with Cathy
 Meet us: left of the beach

2 pm to 5 pm
 Makeup with Sica
 Meet us: banquet terrace

4:30 pm to 5:30 pm
 Paddle yoga with Mélanie
 Meet us: left of the beach

FRIDAY, JUNE 26

8:45 am to 9:45 am
 Morning yoga with Élie
 Meet us: left of the beach

10 am to 11 am
 Paddle yoga with Élie
 Meet us: left of the beach

1:30 pm to 2:15 pm
 Bracelet making with Claudine (teens only)
 Meet us: banquet terrace

2:30 pm to 3:30 pm
 Canvas and pebble painting (family) with Claudine
 Meet us: banquet terrace

4 pm to 5 pm
 Painting class with Claudine (cocktail included, adults only)
 Meet us: left of the beach

SATURDAY, JUNE 27

7 am to 9 am
 Open water swimming** with OPUS Triathlon
 Meet us at the beach

8:45 am to 9:45 am
 Morning yoga with Élie
 Meet us: left of the beach

10 am to 11 am
 Paddle yoga with Véro
 Meet us: left of the beach



SUNDAY, JUNE 28

8:45 am to 9:45 am
 Morning yoga with Véro
 Meet us: left of the beach

9:30 am to 11:30 am
 Kids crafts with Claudine
 Meet us: banquet terrace

10 am to 11 am
 Paddle yoga with Véro
 Meet us: left of the beach



MONDAY, JUNE 29

8:45 am to 9:45 am
 Morning yoga with Véro
 Meet us: left of the beach

10 am to 11 am
 Pilates with Véro
 Meet us: left of the beach

4:30 pm to 5:30 pm
 Guided paddle board ride with Cathy
 Meet us: left of the beach

6 pm to 7 pm
 Open water swimming** with OPUS Triathlon
 Meet us at the beach

TUESDAY, JUNE 30

8:15 am to 9 am
 Cardiomuscular circuit with Mélanie
 Meet us: left of the beach

9:30 am to 10:30 am
 Guided paddle board ride with Cathy
 Meet us: left of the beach

1:30 pm to 2:15 pm
 Bracelet making with Claudine (teens only)
 Meet us: banquet terrace

2:30 pm to 3:30 pm
 Canvas and pebble painting (family) with Claudine
 Meet us: banquet terrace

4 pm to 5 pm
 Painting class with Claudine (cocktail included, adults only)
 Meet us: left of the beach

WED. JULY 1

8:45 am to 9:45 am
 Morning yoga with Sabrina
 Meet us: left of the beach

10 am to 11 am
 Parent-child yoga with Sabrina
 Meet us: left of the beach

1:30 pm to 3:30 pm
 Kids crafts with Claudine
 Meet us: banquet terrace



THURSDAY, JULY 2

8 am to 9 am
 Morning yoga with Mélanie
 Meet us: left of the beach

9:30 am to 10:30 am
 Guided paddle board ride with Cathy
 Meet us: left of the beach

2 pm to 5 pm
 Balloon sculpting with Sica
 Meet us: banquet terrace

4:30 pm to 5:30 pm
 Paddle yoga with Mélanie
 Meet us: left of the beach

FRIDAY, JULY 3

8:45 am to 9:45 am
 Morning yoga with Sabrina
 Meet us: left of the beach

10 am to 11 am
 Parent-child yoga with Sabrina
 Meet us: left of the beach

1:30 pm to 2:15 pm
 Bracelet making with Claudine (teens only)
 Meet us: banquet terrace

2:30 pm to 3:30 pm
 Canvas and pebble painting (family) with Claudine
 Meet us: banquet terrace

4 pm to 5 pm
 Painting class with Claudine (cocktail included, adults only)
 Meet us: left of the beach

SATURDAY, 4 JULY

7 am to 9 am
 Open water swimming** with OPUS Triathlon
 Meet us at the beach

8:45 am to 9:45 am
 Morning yoga with Élie
 Meet us: left of the beach

10 am to 11 am
 Paddle yoga with Élie
 Meet us: left of the beach



SUNDAY, JULY 5

8:45 am to 9:45 am
 Morning yoga with Véro
 Meet us: left of the beach

10 am to 11 am
 Paddle yoga with Véro
 Meet us: left of the beach

9:30 am to 11:30 am
 Kids crafts with Claudine
 Meet us: banquet terrace





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- ~ Hybrid bikes
- ~ Volleyball court
- ~ Pool table
- ~ Ping pong
- ~ Baby-foot
- ~ Privileged departure at Golf La Tempête
- ~ Défi-Évasion® riddle trail for the whole family
- ~ Board games are available at reception
- ~ Enomatic (\$). Card available at reception
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In case of rain: activities will take place at the Saint-James Room

**** Open water swimming:** Distance: 1,500 to 2,500 m per session, structured as interval training and supervised by coaches/lifeguards.

This schedule is subject to change.

MONDAY, JULY 6

8:45 am to 9:45 am
 Morning yoga with Véro
 Meet us: left of the beach

10 am to 11 am
 Pilates with Véro
 Meet us: left of the beach

3 pm to 5 pm
 Katag
 Meet us: ballroom


4:30 pm to 5:30 pm
 Guided paddle board ride with Guillaume
 Meet us: left of the beach

6 pm to 7 pm
 Open water swimming** with OPUS Triathlon
 Meet us: left of the beach

TUESDAY, JULY 7

8:15 am to 9 am
 Cardiomuscular circuit with Mélanie
 Meet us: left of the beach

9:30 am to 10:30 am
 Guided paddle board ride with Cathy
 Meet us: left of the beach



WED., JULY 8

6 am to 9 am
 Open water swimming** with OPUS Triathlon
 Meet us at the beach

8:45 am to 9:45 am
 Morning yoga with Sabrina
 Meet us: left of the beach

10 am to 11 am
 Parent-child yoga with Sabrina
 Meet us: left of the beach

4:30 pm to 5:30 pm
 Guided paddle board ride with Cathy
 Meet us: left of the beach

THURSDAY, JULY 9

8 am to 9 am
 Morning yoga with Mélanie
 Meet us: left of the beach

9:30 am to 10:30 am
 Guided paddle board ride with Cathy
 Meet us: left of the beach


9 am to 12 pm
 Henna with Sica
 Meet us: banquet terrace

4:30 pm to 5:30 pm
 Paddle yoga with Mélanie
 Meet us: left of the beach

FRIDAY, JULY 10

8:45 am to 9:45 am
 Morning yoga with Élie
 Meet us: left of the beach

10 am to 11 am
 Paddle yoga with Élie
 Meet us: left of the beach



SATURDAY, JULY 11

7 am to 9 am
 Open water swimming** with OPUS Triathlon
 Meet us at the beach


8:45 am to 9:45 am
 Morning yoga with Élie
 Meet us: left of the beach

10 am to 11 am
 Paddle yoga with Élie
 Meet us: left of the beach

SUNDAY, JULY 12

8:45 am to 9:45 am
 Morning yoga with Véro
 Meet us: left of the beach

10 am to 11 am
 Paddle yoga with Véro
 Meet us: left of the beach



MONDAY, JULY 13

8:45 am to 9:45 am
 Morning yoga with Véro
 Meet us: left of the beach

10 am to 11 am
 Pilates with Véro
 Meet us: left of the beach

4:30 pm to 5:30 pm
 Guided paddle board ride with Cathy
 Meet us: left of the beach

6 pm to 7 pm
 Open water swimming** with OPUS Triathlon
 Meet us: left of the beach

TUESDAY, JULY 14

8:15 am to 9 am
 Cardiomuscular circuit with Mélanie
 Meet us: left of the beach

9:30 am to 10:30 am
 Guided paddle board ride with Cathy
 Meet us: left of the beach

3 pm to 5 pm
 Katag
 Meet us: ballroom

WED., JULY 15

6 am to 9 am
 Open water swimming** with OPUS Triathlon
 Meet us at the beach

8:45 am to 9:45 am
 Morning yoga with Sabrina
 Meet us: left of the beach

10 am to 11 am
 Parent-child yoga with Sabrina
 Meet us: left of the beach

4:30 pm to 5:30 pm
 Guided paddle board ride with Cathy
 Meet us: left of the beach

THURSDAY, JULY 16

8 am to 9 am
 Morning yoga with Mélanie
 Meet us: left of the beach

9:30 am to 10:30 am
 Guided paddle board ride with Cathy
 Meet us: left of the beach


9 am to 12 pm
 Balloon sculpting with Sica
 Meet us: banquet terrace

4:30 pm to 5:30 pm
 Paddle yoga with Mélanie
 Meet us: left of the beach

FRIDAY, JULY 17

8:45 am to 9:45 am
 Morning yoga with Élie
 Meet us: left of the beach

10 am to 11 am
 Paddle yoga with Élie
 Meet us: left of the beach



SATURDAY, JULY 18

7 am to 9 am
 Open water swimming** with OPUS Triathlon
 Meet us at the beach

8:45 am to 9:45 am
 Morning yoga with Élie
 Meet us: left of the beach

10 am to 11 am
 Paddle yoga with Élie
 Meet us: left of the beach

SUNDAY, JULY 19

8:45 am to 9:45 am
 Morning yoga with Sabrina
 Meet us: left of the beach

10 am to 11 am
 Parent-child yoga with Sabrina
 Meet us: left of the beach





WELLNESS EXPERIENCE GUIDE

Entourage sur-le-Lac offers many activities and a complete experience focused on well-being and the art of living. Throughout your stay, you will be able to benefit from the amenities and activities that are made possible thanks to the common stay costs. Make the most of our great playground!

- ~ Sports activities supervised by a coach
- ~ Multifunctional training room
- ~ Outdoor fire pits
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- ~ Water activities: Paddle board (SUP), Kayak and Canoe (available from 8 am - 8 pm)
- ~ Hybrid bikes
- ~ Volleyball court
- ~ Pool table
- ~ Ping pong
- ~ Baby-foot
- ~ Privileged departure at Golf La Tempête
- ~ Défi-Évasion® riddle trail for the whole family
- ~ Board games are available at reception
- ~ Enomatic (\$). Card available at reception
- ~ High-speed Internet

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

**** Open water swimming:**
 Distance: 1,500 to 2,500 m per session, structured as interval training and supervised by coaches/lifeguards.

This schedule is subject to change.

ACTIVITY CALENDAR | SUMMER 2026

MONDAY, JULY 20

8:45 am to 9:45 am
 Morning yoga with Véro
 Meet us: left of the beach

10 am to 11 am
 Pilates with Véro
 Meet us: left of the beach

4:30 pm to 5:30 pm
 Guided paddle board ride with Guillaume
 Meet us: left of the beach

6 pm to 7 pm
 Open water swimming** with OPUS Triathlon
 Meet us: left of the beachh

TUESDAY, JULY 21

8:15 am to 9 am
 Cardiomuscular circuit with Mélanie
 Meet us: left of the beach

9:30 am to 10:30 am
 Guided paddle board ride with Cathy
 Meet us: left of the beach

2 pm to 5 pm
 Bubble workshop with Robin
 Meet us: banquet terrace (Circus if it rains)

WED., JULY 22

6 am to 9 am
 Open water swimming** with OPUS Triathlon
 Meet us at the beach

8:45 am to 9:45 am
 Morning yoga with Sabrina
 Meet us: left of the beach

10 am to 11 am
 Parent-child yoga with Sabrina
 Meet us: left of the beach

3 pm to 5 pm
 Katag
 Meet us: ballroom

4:30 pm to 5:30 pm
 Guided paddle board ride with Cathy
 Meet us: left of the beach

THURSDAY 23 JULY

8 am to 9 am
 Morning yoga with Mélanie
 Meet us: left of the beach

9:30 am to 10:30 am
 Guided paddle board ride with Cathy
 Meet us: left of the beach

2 pm to 5 pm
 Makeup with Sica
 Meet us: banquet terrace

4:30 pm to 5:30 pm
 Paddle yoga with Mélanie
 Meet us: left of the beach

FRIDAY, JULY 24

8:45 am to 9:45 am
 Morning yoga with Élie
 Meet us: left of the beach

10 am to 11 am
 Paddle yoga with Élie
 Meet us: left of the beach



SATURDAY, JULY 25

7 am to 9 am
 Open water swimming** with OPUS Triathlon
 Meet us at the beach

8:45 am to 9:45 am
 Morning yoga with Élie
 Meet us: left of the beach

10 am to 11 am
 Paddle yoga with Élie
 Meet us: left of the beach

SUNDAY, JULY 26

8:45 am to 9:45 am
 Morning yoga with Sabrina
 Meet us: left of the beach

10 am to 11 am
 Parent-child yoga with Sabrina
 Meet us: left of the beach



MONDAY, JULY 27

8:45 am to 9:45 am
 Morning yoga with Véro
 Meet us: left of the beach

10 am to 11 am
 Pilates with Véro
 Meet us: left of the beach

4:30 pm to 5:30 pm
 Guided paddle board ride with Cathy
 Meet us: left of the beach

6 pm to 7 pm
 Open water swimming** with OPUS Triathlon
 Meet us: left of the beach

TUESDAY, JULY 28

8:15 am to 9 am
 Cardiomuscular circuit with Mélanie
 Meet us: left of the beach

9:30 am to 10:30 am
 Guided paddle board ride with Cathy
 Meet us: left of the beach

2 pm to 5 pm
 Circus workshop with Robin
 Meet us: banquet terrace

WED., JULY 29

6 am to 9 am
 Open water swimming** with OPUS Triathlon
 Meet us at the beach

8:45 am to 9:45 am
 Morning yoga with Sabrina
 Meet us: left of the beach

10 am to 11 am
 Parent-child yoga with Sabrina
 Meet us: left of the beach

3 pm to 5 pm
 Katag
 Meet us: ballroom

4:30 pm to 5:30 pm
 Guided paddle board ride with Cathy
 Meet us: left of the beach

THURSDAY 30 JULY

8 am to 9 am
 Morning yoga with Mélanie
 Meet us: left of the beach

9:30 am to 10:30 am
 Guided paddle board ride with Cathy
 Meet us: left of the beach

2 pm to 5 pm
 Balloon sculpting with Sica
 Meet us: banquet terrace

4:30 pm to 5:30 pm
 Paddle yoga with Mélanie
 Meet us: left of the beach

FRIDAY, JULY 31

8:45 am to 9:45 am
 Morning yoga with Élie
 Meet us: left of the beach

10 am to 11 am
 Paddle yoga with Élie
 Meet us: left of the beach



SAT., AUGUST 1

7 am to 9 am
 Open water swimming** with OPUS Triathlon
 Meet us at the beach

8:45 am to 9:45 am
 Morning yoga with Élie
 Meet us: left of the beach

10 am to 11 am
 Paddle yoga with Élie
 Meet us: left of the beach

SUNDAY, AUGUST 2

8:45 am to 9:45 am
 Morning yoga with Sabrina
 Meet us: left of the beach

10 am to 11 am
 Parent-child yoga with Sabrina
 Meet us: left of the beach



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

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- ~ Hybrid bikes
- ~ Volleyball court
- ~ Pool table
- ~ Ping pong
- ~ Baby-foot
- ~ Privileged departure at Golf La Tempête
- ~ Défi-Évasion® riddle trail for the whole family
- ~ Board games are available at reception
- ~ Enomatic (\$). Card available at reception
- ~ High-speed Internet

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**** Open water swimming:**
 Distance: 1,500 to 2,500 m per session, structured as interval training and supervised by coaches/lifeguards.

This schedule is subject to change.

MONDAY, AUGUST 3

8:45 am to 9:45 am
 Morning yoga with Véro
 Meet us: left of the beach

10 am to 11 am
 Pilates with Véro
 Meet us: left of the beach

4:30 pm to 5:30 pm
 Guided paddle board ride with Cathy
 Meet us: left of the beach

6 pm to 7 pm
 Open water swimming** with OPUS Triathlon
 Meet us: left of the beach

TUESDAY, AUGUST 4

8:15 am to 9 am
 Cardiomuscular circuit with Mélanie
 Meet us: left of the beach

9:30 am to 10:30 am
 Guided paddle board ride with Cathy
 Meet us: left of the beach

3 pm to 5 pm
 Katag
 Meet us: ballroom

WED., AUGUST 5

6 am to 9 am
 Open water swimming** with OPUS Triathlon
 Meet us at the beach

8:45 am to 9:45 am
 Morning yoga with Sabrina
 Meet us: left of the beach

10 am to 11 am
 Parent-child yoga with Sabrina
 Meet us: left of the beach

3 pm to 5 pm
 Katag
 Meet us: ballroom

4:30 pm to 5:30 pm
 Guided paddle board ride with Cathy
 Meet us: left of the beach

THURSDAY, AUGUST 6

8 am to 9 am
 Morning yoga with Mélanie
 Meet us: left of the beach

9:30 am to 10:30 am
 Guided paddle board ride with Cathy
 Meet us: left of the beach

2 pm to 5 pm
 Makeup with Sica
 Meet us: banquet terrace

4:30 pm to 5:30 pm
 Paddle yoga with Mélanie
 Meet us: left of the beach

FRIDAY, AUGUST 7

8:45 am to 9:45 am
 Morning yoga with Élie
 Meet us: left of the beach

10 am to 11 am
 Paddle yoga with Élie
 Meet us: left of the beach



SAT., AUGUST 8

7 am to 9 am
 Open water swimming** with OPUS Triathlon
 Meet us at the beach

8:45 am to 9:45 am
 Morning yoga with Élie
 Meet us: left of the beach

10 am to 11 am
 Paddle yoga with Élie
 Meet us: left of the beach

SUNDAY, AUGUST 9

8:45 am to 9:45 am
 Morning yoga with Véro
 Meet us at the beach

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



MONDAY, AUGUST 10

8:45 am to 9:45 am
 Morning yoga with Véro
 Meet us: left of the beach

10 am to 11 am
 Pilates with Véro
 Meet us: left of the beach

4:30 pm to 5:30 pm
 Guided paddle board ride with Cathy
 Meet us: left of the beach

6 pm to 7 pm
 Open water swimming** with OPUS Triathlon
 Meet us at the beach

TUESDAY, AUGUST 11

8:15 am to 9 am
 Cardiomuscular circuit with Mélanie
 Meet us: left of the beach

9:30 am to 10:30 am
 Guided paddle board ride with Cathy
 Meet us: left of the beach

WED., AUGUST 12

6 am to 9 am
 Open water swimming** with OPUS Triathlon
 Meet us at the beach

8:45 am to 9:45 am
 Morning yoga with Sabrina
 Meet us: left of the beach

10 am to 11 am
 Parent-child yoga with Sabrina
 Meet us: left of the beach

3 pm to 5 pm
 Katag
 Meet us: ballroom

4:30 pm to 5:30 pm
 Guided paddle board ride with Cathy
 Meet us: left of the beach

THURSDAY, AUGUST 13

8 am to 9 am
 Morning yoga with Mélanie
 Meet us: left of the beach

9:30 am to 10:30 am
 Guided paddle board ride with Cathy
 Meet us: left of the beach

2 pm to 5 pm
 Henna with Sica
 Meet us: banquet terrace

4:30 pm to 5:30 pm
 Paddle yoga with Mélanie
 Meet us: left of the beach

FRIDAY, AUGUST 14

8:45 am to 9:45 am
 Morning yoga with Élie
 Meet us: left of the beach

10 am to 11 am
 Paddle yoga with Élie
 Meet us: left of the beach



SAT., AUGUST 15

7 am to 9 am
 Open water swimming** with OPUS Triathlon
 Meet us at the beach

8:45 am to 9:45 am
 Morning yoga with Élie
 Meet us: left of the beach

10 am to 11 am
 Paddle yoga with Élie
 Meet us: left of the beach

SUNDAY, AUGUST 16

8:45 am to 9:45 am
 Morning yoga with Véro
 Meet us at the beach

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





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This schedule is subject to change.

MONDAY, AUGUST 17

8:45 am to 9:45 am
 Morning yoga with Véro
 Meet us: left of the beach

10 am to 11 am
 Pilates with Véro
 Meet us: left of the beach

4:30 pm to 5:30 pm
 Guided paddle board ride with Guillaume
 Meet us: left of the beach

6 pm to 7 pm
 Open water swimming** with OPUS Triathlon
 Meet us at the beach

TUESDAY, AUGUST 18

8:15 am to 9 am
 Cardiomuscular circuit with Mélanie
 Meet us: left of the beach

9:30 am to 10:30 am
 Guided paddle board ride with Cathy
 Meet us: left of the beach

2 pm to 5 pm
 Katag
 Meet us: ballroom

WED., AUGUST 19

6 am to 9 am
 Open water swimming** with OPUS Triathlon
 Meet us at the beach

8:45 am to 9:45 am
 Morning yoga with Sabrina
 Meet us: left of the beach

10 am to 11 am
 Parent-child yoga with Sabrina
 Meet us: left of the beach

3 pm to 5 pm
 Katag
 Meet us: ballroom

4:30 pm to 5:30 pm
 Guided paddle board ride with Cathy
 Meet us: left of the beach

THURSDAY, AUGUST 20

8 am to 9 am
 Morning yoga with Mélanie
 Meet us: left of the beach

9:30 am to 10:30 am
 Guided paddle board ride with Cathy
 Meet us: left of the beach

2 pm to 5 pm
 Balloon sculpting with Sica
 Meet us: banquet terrace

4:30 pm to 5:30 pm
 Paddle yoga with Mélanie
 Meet us: left of the beach

FRIDAY, AUGUST 21

8:45 am to 9:45 am
 Morning yoga with Sabrina
 Meet us: left of the beach

10 am to 11 am
 Paddle yoga with Sabrina
 Meet us: left of the beach



SAT., AUGUST 22

7 am to 9 am
 Open water swimming** with OPUS Triathlon
 Meet us at the beach

8:45 am to 9:45 am
 Morning yoga with Élie
 Meet us: left of the beach

10 am to 11 am
 Paddle yoga with Élie
 Meet us: left of the beach

SUNDAY, AUGUST 23

8:45 am to 9:45 am
 Morning yoga with Véro
 Meet us at the beach

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



MONDAY, AUGUST 24

8:45 am to 9:45 am
 Morning yoga with Véro
 Meet us: left of the beach

10 am to 11 am
 Pilates with Véro
 Meet us: left of the beach

4:30 pm to 5:30 pm
 Guided paddle board ride with Cathy
 Meet us: left of the beach

6 pm to 7 pm
 Open water swimming** with OPUS Triathlon
 Meet us at the beach

TUESDAY, AUGUST 25

8:15 am to 9 am
 Cardiomuscular circuit with Mélanie
 Meet us: left of the beach

9:30 am to 10:30 am
 Guided paddle board ride with Cathy
 Meet us: left of the beach

2 pm to 5 pm
 Canvas and pebble painting (family) with Claudine
 Meet us: banquet terrace

WED., AUGUST 26

6 am to 9 am
 Open water swimming** with OPUS Triathlon
 Meet us at the beach

8:45 am to 9:45 am
 Morning yoga with Sabrina
 Meet us: left of the beach

10 am to 11 am
 Parent-child yoga with Sabrina
 Meet us: left of the beach

4:30 pm to 5:30 pm
 Guided paddle board ride with Cathy
 Meet us: left of the beach

THURSDAY, AUGUST 27

8 am to 9 am
 Morning yoga with Mélanie
 Meet us: left of the beach

9:30 am to 10:30 am
 Guided paddle board ride with Cathy
 Meet us: left of the beach

4:30 pm to 5:30 pm
 Paddle yoga with Mélanie
 Meet us: left of the beach

FRIDAY, AUGUST 28

8:45 am to 9:45 am
 Morning yoga with Élie
 Meet us: left of the beach

10 am to 11 am
 Paddle yoga with Élie
 Meet us: left of the beach

