



**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 am to 8:30 am**  
 Meditation with Edith mEDITHe  
 Meet us: left of 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

**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 Élie  
 Meet us: left of the beach



**SUNDAY, JUNE 28**

**8 am to 8:30 am**  
 Meditation with Edith mEDITHe  
 Meet us: left of the beach

**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 am to 8:30 am**  
 Meditation with Edith mEDITHe  
 Meet us: left of the beach

**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 am to 8:30 am**  
 Meditation with Edith mEDITHe  
 Meet us: left of the beach

**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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- ~ 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.*

**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

**9:15 am to 10 am**  
 Meditation with Edith mEDITHe  
 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

**9:15 am to 10 am**  
 Meditation with Edith mEDITHe  
 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 am to 8:30 am**  
 Meditation with Edith mEDITHe  
 Meet us: left of 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

**9:15 am to 10 am**  
 Meditation with Edith mEDITHe  
 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

**9:15 am to 10 am**  
 Meditation with Edith mEDITHe  
 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

**3 pm to 6 pm**  
 Mixologist with Heureux mélange  
 Meet at the Ilot terrace



**SATURDAY, JULY 18**

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

**8 am to 8:30 am**  
 Meditation with Edith mEDITHe  
 Meet us: left of 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





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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.*

**MONDAY, JULY 20**

**8 am to 8:30 am**  
 Meditation with Edith mEDITHe  
 Meet us: left of the beach

**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 beach

**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 am to 8:30 am**  
 Meditation with Edith mEDITHe  
 Meet us: left of 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

**3 pm to 6 pm**  
 Mixologist with Heureux mélange  
 Meet at the Îlot terrace



**SATURDAY, JULY 25**

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

**8 am to 8:30 am**  
 Meditation with Edith mEDITHe  
 Meet us: left of 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

**2 pm to 4 pm**  
 Journey to the Land of Tea with Camellia Sinensis Conference and tasting  
 Meet at St. James



**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

**9:15 am to 10 am**  
 Meditation with Edith mEDITHe  
 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 am to 8:30 am**  
 Meditation with Edith mEDITHe  
 Meet us: left of 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

**3 pm to 6 pm**  
 Mixologist with Heureux mélange  
 Meet at the Îlot terrace

**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 am to 8:30 am**  
 Meditation with Edith mEDITHe  
 Meet us: left of 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

**2 pm to 4 pm**  
 Journey to the Land of Tea with Camellia Sinensis Conference and tasting  
 Meet at St. James

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- ~ Volleyball court
- ~ Pool table
- ~ Ping pong
- ~ Baby-foot
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- ~ Board games are available at reception
- ~ Enomatic (\$). Card available at reception
- ~ High-speed Internet

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*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 am to 8:30 am**  
 Meditation with Edith mEDITHe  
 Meet us: left of 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

**3 pm to 6 pm**  
 Mixologist with Heureux mélange  
 Meet at the Ilot terrace



**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





## 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.*

## ACTIVITY CALENDAR | SUMMER 2026

### 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

**9:15 am to 10 am**  
 Meditation with Edith mEDITHe  
 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

**9:15 am to 10 am**  
 Meditation with Edith mEDITHe  
 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

**9:15 am to 10 am**  
 Meditation with Edith mEDITHe  
 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

**9:15 am to 10 am**  
 Meditation with Edith mEDITHe  
 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



### SAT., AUGUST 29

**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 30

**8 am to 8:30 am**  
 Meditation with Edith mEDITHe  
 Meet us: left of the beach

**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

