

Program

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Sport Santé
UNIL+EPFL

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Health & Performance services

[General terms and conditions online \(in French\)](#)

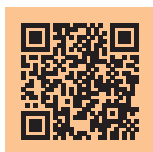
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Access

Students have free access to the UNIL+EPFL Sports Centre and to free courses without registration, on presentation of their valid student card. To access free courses with registration, paid courses or to purchase a season ticket, a personal account is required.

Other members of the university community (categories B to E) must purchase a semiannual or annual Sport Santé access card, at the prices below. The card can be purchased or renewed online or at the secretariat (Villa des sports), upon presentation of a valid ID card. It displays the logo(s) of the purchased membership(s) and allows access to the facilities and classes on a membership basis, as well as to paid-for courses and free courses (with or without registration).

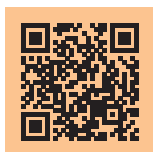
A personal account is the tool you use to register for classes, buy/renew membership(s) or the Sport Santé access card (depending on your category).



Account login

Schedules

Check course conditions and locations online. Registration for all autumn semester courses opens on 15 August; spring semester registration opens on 15 January.



Courses program

Sport Santé access card

		CHF	CHF
		Half-year	Year
	The <i>Sport Santé</i> access card gives you access to the infrastructures and free courses, with the exception of the weight rooms and tennis (optional, see p. 5)		
A	UNIL-EPFL-AISTS students, UNIL doctoral students and Swiss universities students, with a valid student card.	Free	Free
B	Students not registered for the semester, research trainees, auditors, 3rd year gymnasium students, HES/HEP students, UNIL-EPFL apprentices.	50.-	80.-
C	University faculty: teaching staff, UNIL-EPFL administrative and technical staff, UNIL graduate assistants, EPFL doctoral students, CHUV employees, FISU and CIO staff.	120.-	200.-
D	UNIL-EPFL and HES/HEP (from Vaud) Alumni, UNIL-EPFL partner companies employees, retired UNIL-EPFL employees, UNIL-EPFL guests, BCV employees, Université Populaire de Lausanne teachers and students, professors, HES Western Switzerland employees.	200.-	350.-
E	Member C partner and UNIL doctoral partner.	320.-	450.-

Off-peak hours access card

		Half-year	Year
Mon-Fri	7am - 12pm / 2pm - 4pm	120.-	200.-
Weekend	8am - 7pm		

During the defined timetable, this card gives you free access to:
 – weight rooms
 – Yoga, Pilates and Indoor Cycling classes




Other courses are still subject to a fee.



One-off access card

One-off access to outdoor activities without Sport Santé access card.	CHF
1 day	25.-
2-3 days	50.-
4 days or more	100.-

Sports on membership

	Half-year	Year
 Weight rooms	70.-	90.-
 Smart weight training option	24.-	30.-
 Tennis single access	70.-	90.-
Rowing for beginners or advanced	185.-	-
Supervised climbing	35.-	60.-
Pilates	49.-	89.-
Yoga	49.-	89.-
Slowfit*	89.-	149.-

* Includes: Pilates, Yoga, LPF, Chiharmony, Mindfulness, Qi Gong

Free Sports

Access with student card or *Sport Santé* access card.

Paid-for Sports

From CHF 32/semester
This is the price of most courses.

Some free or paid-for sports require a registration in order to guarantee a spot. Registration is via the personal account.

Outdoor Sports



Upon paying registration by means of the personal account.



CRAFT 

Votre équipementier
sportif sur le
campus

craftsportswear.ch

  @CraftSportswearSwiss



Courses – Indoor

Monday

07:45 - 08:45	Pilates
11:00 - 12:00	Pilates*
12:00 - 13:00	Chiharmony
12:00 - 14:00	Archery
12:15 - 13:15	Indoor Cycling*
	Swimming*
12:15 - 13:45	Badminton
	Hip-Hop
12:15 - 14:15	Rowing*
12:30 - 13:30	Ice Skating*
13:00 - 14:00	Yoga
16:00 - 17:30	Football
	Volleyball
16:30 - 18:00	Oriental Dance
17:00 - 18:00	Women's Football
	Yoga*
17:00 - 19:00	Boxing*
17:00 - 20:00	Climbing
17:30 - 18:30	Indoor Cycling*
17:30 - 19:00	Apparatus Gymnastics
	Judo and Ju-Jitsu
18:00 - 19:00	Mega Workout*
	Oriental Dance
	Yoga*
18:00 - 20:00	Ultimate frisbee
18:30 - 19:30	Indoor Cycling*
18:30 - 20:30	Running*
19:00 - 20:00	Pilates
19:00 - 20:30	Floorball
	Karate (All Levels)
	Lindy Hop
	Rock and Roll
20:00 - 21:30	Cuban Salsa
20:30 - 22:00	Ragga/Dancehall
	Rock and Roll
20:30 - 22:30	Basketball
20:45 - 22:30	Table Tennis

Check the timetable online

Free

* Classes maintained during break (timetables may vary)

Tuesday

08:15 - 09:15	Yoga*
11:15 - 12:15	Pilates
12:00 - 13:30	Badminton*
	Ice Hockey
12:00 - 14:00	Supervised Climbing*
12:15 - 13:00	Cold Water Swimming
12:15 - 13:15	Pilates*
	Zumba*
12:15 - 13:45	Beach volleyball
	Judo and Ju-Jitsu*
	Latin Sport Dances
	Volleyball
12:30 - 13:15	Outdoor Workout*
13:00 - 14:00	Football +35*
13:15 - 14:00	Low Pressure Fitness *
16:00 - 18:00	Basketball
16:15 - 17:15	Classical Ballet
16:30 - 17:30	Stretching
17:00 - 18:15	Yoga*
17:00 - 19:00	Indoor Climbing*
17:00 - 20:00	Climbing – Rocspot
17:15 - 18:15	Classical Ballet
17:30 - 18:30	Indoor Cycling*
17:30 - 19:00	Japanese Weapons
17:45 - 18:45	Gymstick Workout*
18:00 - 19:00	Physical Conditioning*
	Physical Conditioning for Teachers
18:15 - 19:15	Dance/Physical Prep
18:15 - 20:00	Yoga
18:30 - 20:30	Trail Running
18:45 - 20:15	Parkour
19:00 - 20:30	Hapkido
	Kickboxing
	Volleyball
19:30 - 20:30	Samba
19:30 - 22:30	Football – Championship
20:00 - 21:30	Boxing
	Cuban Salsa
20:15 - 22:30	Table Tennis
20:30 - 21:30	Kickboxing
	Kick Workout
	Oriental Dance
21:00 - 22:30	Volleyball

Courses – Indoor

Wednesday

08:00 - 09:00	Pilates
11:00 - 12:00	Pilates*
12:00 - 13:00	Pole Sport*
	Yoga*
12:00 - 14:00	Archery
	Supervised Climbing
12:15 - 13:15	Indoor Cycling
12:15 - 13:45	African Dances
	● Football*
13:00 - 14:00	● Balance and Mobility
	Pole Sport*
14:00 - 15:00	Pole Sport
15:30 - 16:30	Pole Sport
16:00 - 17:00	Pilates
16:00 - 18:30	Shooting
16:30 - 17:30	Pole Sport
17:00 - 18:00	Pilates*
17:00 - 19:00	Indoor Climbing
17:30 - 18:30	● Hiit Machine
	Mindfulness (online)*
17:30 - 19:00	● Basketball*
	Krav Maga
	Street Dance
18:00 - 19:00	Pilates
18:15 - 19:15	Indoor Cycling*
18:15 - 19:45	● Rugby Sevens
18:15 - 20:15	Rowing*
	● Team Sports
18:30 - 20:00	Fencing*
18:30 - 20:30	● Running
19:00 - 20:30	Aikido
	Argentine Tango
	Lindy Hop
	● Volleyball*
20:00 - 22:30	Fencing
20:30 - 22:00	Bachata
	Krav Maga
	Okinawa Katas
20:30 - 22:30	● Volleyball

Thursday

07:15 - 08:15	Yoga
11:00 - 12:00	Pilates
12:00 - 13:00	Pilates*
	Pole Sport*
12:00 - 13:30	Archery
12:00 - 14:00	Indoor Climbing*
12:15 - 13:15	Indoor Cycling
12:15 - 13:45	● Badminton*
	● Beach Volleyball
12:15 - 14:15	Rowing*
13:00 - 14:00	● Football +35*
	Pole Sport*
	Qi Gong
14:00 - 14:50	Swimming
15:00 - 15:50	Swimming
16:00 - 17:30	● Volleyball
16:30 - 17:30	Pilates*
16:30 - 18:00	● Women's Football
17:00 - 18:00	● Full Body Workout*
17:00 - 18:30	Self-Defense
17:00 - 19:00	Indoor Climbing
17:00 - 20:00	Climbing – Rocspot
17:30 - 19:00	● Basketball
	Breakdance
	Võ Vietnam
18:00 - 19:00	Indoor Cycling*
18:30 - 20:00	Hapkido
18:30 - 20:30	● Running*
19:00 - 20:30	● Apparatus Gymnastics*
	Cuban Salsa
	Rock and Roll
19:00 - 20:45	Supervised Climbing
20:00 - 21:00	Pole Sport
20:30 - 22:00	Boxing
	Cuban Salsa
	Rock and Roll
21:00 - 22:00	Pole Sport

Check the timetable online

● Free

* Classes maintained during break (timetables may vary)

Friday

11:00 - 12:00	Pilates*
12:00 - 13:00	Pole Sport Yoga*
12:00 - 13:30	Circus Arts
12:00 - 14:00	Indoor Climbing
12:15 - 13:15	🟡 Gymstick Workout* Indoor Cycling* Swimming*
12:15 - 13:45	Ballroom Dancing 🟡 Burner Games Street Workout 🟡 Volleyball
12:15 - 14:15	Rowing
12:30 - 13:30	Ice Skating*
13:00 - 14:00	Pole Sport Yoga
16:00 - 17:00	Pilates
16:00 - 17:30	🟡 Handball
16:30 - 18:00	🟡 Apparatus Gymnastics
16:30 - 18:30	Supervised Climbing
16:45 - 17:45	Dance/Stretching and Strength Training for Dancers
17:00 - 18:00	Pilates*
17:30 - 19:00	Kendo*
17:45 - 18:45	Contemporary Dance /Modern Jazz
18:00 - 19:30	Cuban Salsa
18:15 - 19:15	🟡 Zumba*
18:30 - 20:00	Taekwondo
18:45 - 20:00	Contemporary Dance /Modern Jazz
19:00 - 20:30	Floorball
19:15 - 20:15	🟡 Zumba
19:30 - 21:00	Cuban Salsa

Check the timetable online

🟡 Free

* Classes maintained during
break (timetables may vary)

Saturday

13:00 - 14:00 🟡 Football

Sunday

09:00 - 10:00 🟡 Indoor Cycling

→ Discover all activities
from A to Z



→ Find out about
daily activities



→ Book your room or
field free of charge

SPORT LIBRE
Les week-ends



Autumn

Alpine Skiing		
Ski Weekend at Les Diablerets	06.12.2025 → 07.12.2025	195.-
Massage		
Classic Massage Course	27.10.2025 → 31.10.2025	120.-
Seated Massage Course	24.11.2025 → 27.11.2025	100.-
Mountain Hiking		
Autumn Hiking	04.10.2025	63.-
Avalanche Victim Detector and Rescue Equipment Training	29.11.2025	60.-
Trail Running		
Trail Running Weekend at Les Diablerets	19.09.2025 → 22.09.2025	130.-

Winter

Alpine Skiing		
Weekend at Les Diablerets	24.01.2026 → 25.01.2026	189.-
	31.01.2026 → 01.02.2026	189.-
	07.02.2026 → 08.02.2026	189.-
	14.02.2026 → 15.02.2026	189.-
	21.02.2026 → 22.02.2026	189.-
	28.02.2026 → 01.03.2026	189.-
	07.03.2026 → 08.03.2026	189.-
	14.03.2026 → 15.03.2026	189.-
Ski Days at Les Diablerets	25.01.2026	80.-
	31.01.2026	80.-
	01.02.2026	80.-
	08.02.2026	80.-
	28.02.2026	80.-
Ski and Snowboard Camp at Les Diablerets	07.03.2026	80.-
	09.02.2026 → 13.02.2026	476.-
Cross-Country Skiing (Skating)		
Cross-Country Skiing Weekend	31.01.2026 → 01.02.2026	129.-
	14.02.2026 → 15.02.2026	129.-
	07.03.2026 → 08.03.2026	129.-
Cross-Country Skiing	04.02.26	40.-
	11.02.26	40.-
	18.02.26	40.-

Courses – Outdoor

Biathlon Introduction	13.02.26	45.-
	14.03.26	45.-
Mountain Hiking		
Avalanche SMT1 Course – Safety and Avalanche Awareness	10.01.2026	63.-
	11.01.2026	63.-
Winter Snowshoe Hiking	01.03.2026	63.-
Outdoor Climbing		
Introduction – Ice Climbing	23.01.2026	80.-
	24.01.2026	80.-
Advanced – Ice Climbing	21.02.2026 → 22.02.2026	205.-
Camp in the Calanques (France)	09.02.2026 → 13.02.2026	620.-
Snowboarding		
Snowboarding Weekends at Les Diablerets	24.01.2026 → 25.01.2026	189.-
	07.02.2026 → 08.02.2026	189.-
	21.02.2026 → 22.02.2026	189.-
Snowboarding Days at Les Diablerets	24.01.26	80.-
	07.02.26	80.-
	21.02.2026	80.-
	14.03.2026	80.-
Ski and Snowboard Camp at Les Diablerets	09.02.2026 → 13.02.2026	476.-

Spring

Alpine Skiing		
Ski Weekends at Les Diablerets	21.03.2026 → 22.03.2026	189.-
	28.03.2026 → 29.03.2026	189.-
Ski Days at Les Diablerets	21.03.2026	80.-
Hiking		
Summer Hiking Training	02.05.2026	63.-
Massage		
Classic Massage Course	09.03.2026 → 13.03.2026	120.-
Seated Massage Course	30.03.2026 → 02.04.2026	100.-
Outdoor Climbing		
Outdoor Introduction	18.04.2026	75.-
	25.04.2026	75.-
	02.05.2026	75.-
	09.05.2026	75.-
Climbing Camp at Traversella (Italy)	14.05.2026 → 17.05.2026	490.-
Snowboarding		
Snowboarding Weekends at Les Diablerets	14.03.2026 → 15.03.2026	189.-
	28.03.2026 → 29.03.2026	189.-

Trail Running

Trail Running Weekend at Les Diablerets 22.05.2026 → 25.05.2026 130.-

Summer

Mountaineering

Stays in the Swiss Alps Juillet/août 2026 TBA

Weekends in the Swiss Alps Juillet/août 2026 TBA

Outdoor Climbing

Climbing Camp at Wiwanni (Valais) 07.07.2026 → 11.07.2026 620.-

Surfing

31.08.2026 → 06.09.2026 TBA

Sales of sports equipment

Our partner, François Sports, organises sports equipment sales at slashed prices (up to 70% off) once every semester.

Venue: SOS2 conference room (Salle colloque).

Monday-Friday

First Semester Sale

6 → 10 October 2025

Second Semester Sale

2 → 6 March 2026





Weight Rooms

- 600 m²
- Traditional machines
- Cardio areas
- Dumbbells
- Strength zone
- Body weights
- Press and pulley
- Bikes
- Rowing Machines
- Treadmills
- Steppers
- Stretching zones
- Smart weight training



Weight Training



Smart Weight Training

Whether you're a beginner or an expert, make use of the advantages of new technologies in your training! Access in addition to the weight training membership. A compulsory 1-hour introductory session is included in your membership (upon registration).



Smart Weight
Training

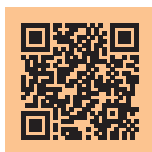
UNIL+EPFL Nautical Centre

Open from 01.04 to 31.10

The UNIL+EPFL Nautical Centre offers a range of membership packages, including lessons and free sailing. Hourly hire is also available, without a subscription.

Prices for the 2026 season will be available on the website in March 2026.

In summer, the nautical center organises camps for children (generally the 1st and last week of the school holidays). Information and prices for 2026 will be available on the website in spring 2026.



UNIL+EPFL
Nautical Centre

UNIL+EPFL Campus

29 Sept. to 10 Oct. 2025

Jours santé

Prenons soin
de notre corps
& de notre esprit !



Forcethon Talent

8 November 2025

Dance Night

5 December 2025



Students' games

17-19 April 2026

Volley Night

24 April 2026



Polysports

Printemps 2026

Badminton Night

1st May 2026



Sports hall opening times

	Mon-Fri	Weekends
Annual opening 15.09.25 → 28.06.26	7am – 10:30pm	8am – 7pm
July opening 29.06.26 → 26.07.26	7am – 4pm	Closed
August-September opening 10.08.26 → 13.09.26	7am – 10:30pm	10am – 6pm

Closing dates

	Mon-Fri	Weekends
Christmas holidays 24.12.25 → 04.01.26	Closed	Closed
Easter 03.04.26 → 06.04.26	Closed	Closed
Ascension 14.05.26	Closed	Closed
Pentecost 25.05.26	Closed	Closed
Summer holidays 27.07.26 → 09.08.26	Closed	Closed

Activity programs

Some activities have specific timetables – please refer to the information published on the website.

Autumn semester	23.09.25 → 14.12.25
Winter intersemester	12.01.26 → 08.02.26
Spring semester	23.02.26 → 24.05.26
June intersemester	01.06.26 → 28.06.26
Summertime	29.06.26 → 13.09.26



Activity programs

Health and performance services

Competencies for innovation,
performance and health

Whatever your level and whatever your objectives are, our team of experts in the field of training, performance and health is at your disposal. Whether you're looking to maintain, develop or regain your physical capacities, get in touch with us!

A range of packages is available, including sports, health and nutrition check-ups, personalised assistance, specific training programs and several types of massages.

MEMBERSHIPS &
PERSONAL TRAINING

FUNCTIONAL
REHABILITATION

MASSAGES

SPORTS, HEALTH OR
NUTRITION CHECK-UPS



More information
and registration



FRANÇOIS SPORTS

PARTENAIRE DE VOTRE VIE SPORTIVE DEPUIS 1985



Contact
Service Sport Santé
UNIL+EPFL

sportsanteunilepfl.ch

Service Sport Santé UNIL+EPFL
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