

Program 2027

**Sport
Santé**

Unil. EPFL



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[General terms and conditions online](#)

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 membership, a personal account is required. It's free for students.

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 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 or renew membership(s) or the Sport Santé access card (depending on your category).



LOGIN

Schedules

Check course conditions and locations online.

Registration opens on August 15 for all fall semester courses, and on January 15 for the spring semester.



COURSES
PROGRAM

Sport Santé access card

The Sport Santé access card gives you access to the facilities and free courses, with the exception of the weight rooms and tennis (optional, see p. 5)

		Half-year	Year
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, BCU 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.-

MEMBRE A / étudiante
AMANDA SOPHIE MEYLAN

LOGIN:
MEYLAMAS

WEB sportsanteunilepfl.ch
E-MAIL sports@unil.ch
TÉLÉPHONE 021 692 21 50

Sport Santé 
Unil. EPFL

Unil. | EPFL

AMANDA SOPHIE MEYLAN



Membre SSUE
29.06.2026 / 30.09.2026

 Musculation
28.06.2026 / 30.09.2026

 Musculation connectée
28.06.2026 / 30.09.2026

 Tennis double
28.06.2026 / 30.09.2026

 Pilates
28.06.2026 / 30.09.2026

Access / memberships 5

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

		Semestre	Année
Weight rooms		75.-	95.-
Smart weight training		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

cat. A

with a valid
student card

cat. B - E

with a Sport
Santé access
card

cat. A - E

with a Sport
Santé access
card

See p. 4

Free Sports **without** registration



**Go to the class of your choice with your student ID
or Sport Santé access card**

(e.g.: zumba, foot, basket, table tennis, gymnastics apparatus)

Free Sports **with** registration



Login → Reserve your spot → Go to your class

(e.g.: Drop-in Sports)

Paid-for Sports

**Purchase a
semester-long
course indoor or
outdoor activities**



1. Login
2. Purchase + Payment
3. You are registered
4. Go to your class, camp, day or weekend session

e.g.:

Introductory
Climbing, Parkour,
Dance, Judo, Skiing

**Purchase a half-year/yearly
subscription**

**without
registration**



1. Login
2. Purchase + Subscription Payment
3. Open access

e.g.:

Weight Training,
Ice Skating

**with
registration**



1. login
2. Purchase + Subscription Payment
3. Reserve your spot
4. Access to the class or the court

e.g.:

Yoga, Pilates,
Supervised Climbing,
Tennis

Courses – Indoor

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Monday

07:45 - 08:45	📄 Classical Pilates *
11:00 - 12:00	📄 Classical Pilates *
12:00 - 13:00	Chiharmonie *
12:00 - 14:00	Archery
12:15 - 13:15	Indoor Cycling *
	Swimming * @Chavannes
12:15 - 13:45	📄 Badminton F
	Hip-Hop
12:15 - 14:15	Rowing *
12:30 - 13:30	Ice Skating * @Malley
13:00 - 14:00	📄 Yoga *
16:00 - 17:30	📄 Volleyball F
16:30 - 18:00	Women's football * F
	Football indoor F
17:00 - 18:00	Oriental Dance
	📄 Yoga *
17:30 - 18:30	Indoor Cycling *
17:30 - 19:00	Apparatus Gymnastics F
	Boxing *
	Judo
18:00 - 19:00	Oriental Dance
	Mega Workout * F
	📄 Yoga
18:00 - 20:00	📄 Ultimate frisbee F
18:30 - 19:30	Indoor Cycling
18:30 - 20:30	Running * F
19:00 - 20:00	📄 Gymstick Pilates
19:00 - 20:30	Floorball (Unihockey) F
	Karate
	Lindy Hop
	Rock and Roll
19:00 - 21:00	Table Tennis F
20:00 - 21:30	Cuban Salsa
20:30 - 22:00	Ragga/Dancehall
	Rock and Roll
20:30 - 22:30	Basketball F

Tuesday

07:45 - 08:45	Indoor Cycling
08:15 - 09:15	📄 Yoga *
11:15 - 12:15	📄 Classical Pilates
12:00 - 13:30	📄 Badminton * F
12:00 - 14:00	Supervised Climbing
12:00 - 13:30	Ice Hockey
12:15 - 13:15	📄 Classical Pilates *
	Zumba * F
12:15 - 13:45	Latin Sport Dances
12:15 - 13:45	Beach Volleyball F
	Judo *
	📄 Volleyball F
12:30 - 13:15	📄 Workout * @Biopôle F
13:00 - 14:00	Football +35 * F
13:15 - 14:00	Low Pressure Fitness (LPF) *
5:00 - 17:30	Shooting @stand de tir
16:15 - 17:15	Classical Ballet
16:30 - 17:30	Stretching F
16:00 - 18:00	Basketball F
17:00 - 18:30	📄 Yoga *
17:00 - 19:00	Indoor Climbing *
17:00 - 20:00	Climbing @Rocspot
17:15 - 18:15	Classical Ballet
17:30 - 19:00	Brazilian Jiu-Jitsu
17:45 - 18:45	Gymstick Workout * F
18:00 - 19:00	Basketball +35 * F
	Physical Conditioning * F
18:15 - 19:15	Dance/Physical Prep
	Indoor Cycling *
18:30 - 19:45	📄 Classical Pilates
18:30 - 20:30	Trail F
18:45 - 20:15	Parkour
19:00 - 20:30	Hapkido
	Kick-boxing
	📄 Volleyball F
	📄 Volleyball
19:30 - 20:30	Samba
19:30 - 22:30	📄 Football – Championship
20:00 - 21:30	Boxing
	Cuban Salsa
20:15 - 22:15	Table Tennis F
20:30 - 21:30	Kick-boxing
	Samba
21:00 - 22:30	📄 Volleyball F

Check the timetable online!

 Free

 Registration required

* Classes maintained during intersemester break (timetables may vary)

Courses – Indoor

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Wednesday Thursday

08:00-09:00	 Gymstick Pilates	
11:00-12:00	 Classical Pilates *	
12:00-13:00	Pole Sport *	
	 Yoga *	
12:00-14:00	Supervised Climbing	
	Archery	
12:15-13:15	Indoor Cycling	
12:15-13:45	Golf indoor	
12:15-13:45	African Dances	
	 Football indoor*	
13:00-14:00	Balance and Mobility	
	Pole Sport*	
14:00-15:00	Pole Sport	
15:00-17:30	Shooting @stand de tir	
15:30-16:30	Pole Sport	
16:00-17:00	 Classical Pilates	
16:30-17:30	Pole Sport	
17:00-18:00	 Classical Pilates*	
17:00-19:00	Indoor Climbing	
17:30-18:30	 Mindfulness (en ligne)	
17:30-18:30	Workout HIIT Machine *	
17:30-19:00	Basketball *	
	Basketball	
	Krav Maga	
	Streetdance	
18:00-19:00	 Pilates Swissball	
18:15-19:15	Indoor Cycling *	
18:15-19:45	Rugby Sevens	
18:15-20:15	Team Sports @Cité	
18:15-20:15	Rowing* @Vidy	
18:30-20:00	Fencing*	
18:30-20:30	Running	
19:00-20:30	Aïkido	
	Lindy Hop	
	Argentine Tango	
	 Volleyball*	
20:00-22:30	Fencing*	
20:30-22:00	Bachata	
	Karate	
	Krav Maga	
	 Volleyball	

07:15-08:15	 Yoga	
11:00-12:00	 Pilates Flow	
12:00-13:00	 Pilates Flow*	
	Pole Sport *	
12:00-13:30	Archery	
12:00-14:00	Indoor Climbing	
12:15-13:15	Indoor Cycling	
12:15-13:45	Badminton*	
	Badminton	
	Beach Volleyball	
12:15-14:15	Rowing*	
13:00-14:00	Pole Sport *	
	Qi-gong	
	Football +35 *	
13:15-14:00	Cold Water Swimming	
14:00-14:50	Swimming @Vallée Jeunesse	
15:00-15:50	Swimming @Vallée Jeunesse	
16:00-17:30	 Volleyball*	
	Volleyball	
16:30-17:30	 Classical Pilates*	
16:30-18:00	Women's football	
17:00-18:00	Workout Kickbody*	
17:00-18:30	Self-Defense	
17:00-19:00	Indoor Climbing	
17:00-20:00	Climbing @Rocspot	
17:30-19:00	Breakdance	
	Basketball	
17:30-19:00	Võ Việt Nam	
18:00-19:00	Indoor Cycling *	
18:30-20:00	Grappling	
18:30-20:30	Running*	
19:00-20:30	Apparatus Gymnastics *	
	Rock and Roll	
	Cuban Salsa	
19:00-20:45	Supervised Climbing	
20:00-21:00	Pole Sport	
20:30-22:00	Boxing	
	Rock and Roll	
	Cuban Salsa	
21:00-22:00	Pole Sport	

Courses – Indoor

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Friday

11:00 - 12:00	 Pilates Flow* 
12:00 - 13:00	Pole Sport
	 Yoga*
	Circus Arts
12:00 - 14:00	Indoor Climbing
12:15 - 13:15	Indoor Cycling*
	Swimming* @Chavannes
12:15 - 13:15	Gymstick Workout* 
12:15 - 13:45	Burner Games 
	Ballroom Dancing
	Streetworkout
	 Volleyball* 
12:15 - 14:15	Rowing
12:30 - 13:30	Ice Skating*
13:00 - 14:00	Pole Sport
	 Yoga
16:00 - 17:00	 Classical Pilates
16:00 - 17:30	 Handball 
16:30 - 18:00	Apparatus Gymnastics 
16:30 - 18:30	Supervised Climbing
16:45 - 17:45	Danse /Stretching et musculation pour danseuses et danseurs
17:00 - 18:00	 Classical 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 (Unihockey)
19:15 - 20:15	Zumba 
19:30 - 21:00	Cuban Salsa
20:30 - 22:30	Basketball 

Saturday

13:00 - 14:00	Football +35* 
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Sunday

09:00 - 10:00	 Indoor Cycling 
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Discover
all activities
from A to Z



Find out
about daily
activities



**Book a gym hall or an
outdoor court for free **
**to do your sport
on a drop-in basis!**

Gym hall
(weekends only)



Outdoor
Football pitch



Outdoor
Basketball court



Beach Volleyball
court



Check the timetable online!

 Free

 Registration required

* Classes maintained during
intersemester break
(timetables may vary)

Autumn

Massage (course)

Classic Massage Course	26.10.2026 → 30.10.2026	120.-
Seated Massage Course	16.11.2026 → 19.11.2026	100.-

Mountaineering

Introductory Mountaineering Weekend / Moiry	12.09.2026 → 13.09.2026	275.-
Mountaineering Training Week / Almagellerhütte and Hohsaas	14.09.2026 → 18.09.2026	615.-

Trail

Weekend at Les Diablerets	19.09.2026 → 21.09.2026	133.-
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Hiking

Avalanche Victim Detector and Rescue Equipment Training	14.11.2026	63.-
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Alpine Skiing

Ski Weekend at Les Diablerets	12.12.2026 → 13.12.2026	210.-
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Winter

Outdoor Climbing

Introduction – Ice Climbing	22 or 23.01.2027	80.-
Camp the Calanques of Marseille (France)	08.02.2027 → 12.02.2027	620.-

Mountain Hiking

Avalanche SMT1 Course – Safety and Avalanche Awareness	16.01.2027	65.-
Winter Snowshoe Hiking	06.02.2027	65.-

Alpine Skiing

Weekend at Les Diablerets	23.01.2027 → 24.01.2027	192.-
	30.01.2027 → 31.01.2027	192.-
	06.02.2027 → 07.02.2027	192.-
	13.02.2027 → 14.02.2027	192.-
Ski Days at Les Diablerets	23 or 30.01.2027	82.-
Ski and Snowboard Camp at Les Diablerets	15.02.2027 → 19.02.2027	485.-

Cross-Country Skiing (Skating)

Biathlon Introduction	29.01 or 19.02.2027	45.-
Cross-Country Skiing Weekend	30.01.2027 → 31.01.2027	131.-
	13.02.2027 → 14.02.2027	131.-
	27.02.2027 → 28.02.2027	131.-
Cross-Country Skiing (5am – 10pm)	03 or 10 or 17.02.2027	40.-
Special Day for Beginners	05.02.2027	30.-

Snowboard

Snowboarding Weekends at Les Diablerets	23.01.2027 → 24.01.2027	192.-
	06.02.2027 → 07.02.2027	192.-
Snowboarding Days at Les Diablerets	23.01 or 06.02.2027	82.-
Ski and Snowboard Camp at Les Diablerets	15.02.2027 → 19.02.2027	485.-

Courses – Outdoor Spring

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Outdoor Climbing

Ice Climbing Skills Improvement Weekend	20.02.2027 → 21.02.2027	205.-
Outdoor Climbing introduction	10.04.2027	75.-
	17.04.2027	75.-
	24.04.2027	75.-
	01.05.2027	75.-

Massage (Course)

Classic Massage Course	08.03.2027 → 12.03.2027	120.-
Seated Massage Course	15.03.2027 → 18.03.2027	100.-

Hiking

Summer Hiking Training	01.05.2027	65.-
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Alpine Skiing

Ski Weekends at Les Diablerets	20.02.2027 → 21.02.2027	192.-
	27.02.2027 → 28.02.2027	192.-
	06.03.2027 → 07.03.2027	192.-
	13.03.2027 → 14.03.2027	192.-
Ski Days at Les Diablerets	27.02.2027	82.-
	06.03.2027	82.-
	13.03.2027	82.-
	20.03.2027	82.-

Ski touring

Introductory weekend to ski touring	20.02.2027 → 21.02.2027	275.-
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Snowboard

Snowboarding Weekends at Les Diablerets	06.03.2027 → 07.03.2027	192.-
	13.03.2027 → 14.03.2027	192.-
Snowboarding Days at Les Diablerets	06.03.2027	82.-
	13.03.2027	82.-
	20.03.2027	82.-

Trail Running

Trail Running Weekend at Les Diablerets	15.05.2027 → 17.05.2027	133.-
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Summer

Outdoor Climbing

Climbing camp in Wiwanni (Valais)	early July 2027	620.-
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Surfing

Surf camp in Portugal	August 2027	610.-
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Sales of sports equipment

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

Venue: SOS2 conference room (Salle colloque).

First Semester Sale

from **Monday** 5 to **Friday** 9 October 2026

Second Semester Sale

from **Monday** 1 to **Friday** 5 March 2027



CRAFT

Your sports equipment
partner on campus



craftsportswear.com

Weight Training

Weight Rooms

13



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



Unil+EPFL Nautical Centre

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Open from 1.4 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 2027 season will be available on the website in March 2027.

In summer, the nautical center organises camps for children (generally the 1st and last week of the school holidays). Information and prices for 2027 will be available on the website in spring 2027.

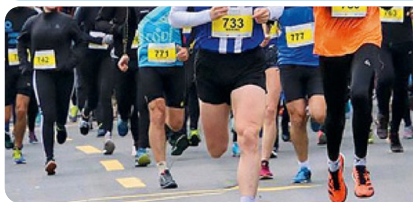


Health days Unil+EPFL

28.9 to 08.10.2026

Health days

Be kind to
your body & mind



Forcethon Talent

Sat. 7.11.2026

Dance Night Fri. 4.12.2026



Students' Games 16 to 18.4.2027

Volley Night Fri. 30.4.2027

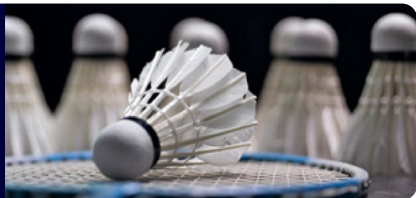


POLY
SPORTS

PolySports

20.3 to 2.5.2027

Badminton Night Fri. 23.4.2027



Opening and closing times

Sports hall opening times

	du lundi au vendredi	Weekends
Annual opening 14.09.26 → 04.07.2027	7.00 am 10:30 pm	8.00 am 7.00 pm
July opening 05.07.27 → 31.07.2027	7.00 am 4.00 pm	Closed
August-September opening 16.08.27 → 12.09.2027	7.00 am 10.30 pm	10.00 am 18.00 pm

Closing dates

Jeûne fédéral 2026 lun 21.9.2026	Closed
Christmas holidays 24.12.26 → 06.01.2027	Closed
Easter 26.03.27 → 29.03.2027	Closed
Ascension jeu 06.05.2027	Closed
Pentecost lun 17.05.2027	Closed
Summer holidays 02.08.27 → 15.08.2027	Closed
Jeûne fédéral 2027 lun 20.9.2026	Closed

Some activities have specific timetables.

→ Please refer to the information published on the website.

Autumn semester	22.09.2026 → 13.12.2026
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Winter intersemester	18.01.2027 → 28.02.2027
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Spring semester	22.02.2027 → 30.05.2027
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June intersemester	31.05.2027 → 04.07.2027
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Summertime	05.07.2027 → 12.09.2027
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Health and performance services

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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.



MORE INFORMATION
AND REGISTRATION

Memberships &
personal training

Functional
rehabilitation

Sports, health or
nutrition check ups

Massages



FRANÇOIS SPORTS

PARTENAIRE DE VOTRE VIE SPORTIVE DEPUIS 1985



CONTACT



www.sportsanteunilepfl.ch

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