



MONDAY, 31.10.2022

08.00 am Backfit at the Power Box
10.00 am Hiking with Martin
11.00 am Energy Hike Waterfall Trail
04.00 pm Power Pump at the Power Box
from 06.30 Halloween kitchen party at STOCK's KOCHEREI with many culinary highlights
@night DJ Daniel M.

TUESDAY, 01.11.2022

08.00 am Aqua Fit at the indoorpool
10.00 am Hiking with Martin
11.00 am Nordic Walking to Mayerhofen
04.00 pm Spinning at the Power Box (min. 3 persons)
from 06.30 STOCK Autumnmenu
@night Take Two

WEDNESDAY, 02.11.2022

08.00 am Fasciatraining at the Power Box
10.00 am Hiking with Martin
11.00 am E-Bike Tour Steinerkogel (min. 3 pers.)
04.00 pm Cross Athletics at the Power Box
from 06.30 Tyrolean delicacies buffet
@night Mir & Sie

THURSDAY, 03.11.2022

08.00 am Aqua Fit at the indoorpool
10.00 am Hiking with Martin
11.00 - 01.00 pm Family sauna
from 06.30 Enjoyment menu with fillet of beef & photo wall for a souvenir photo
@night STOCK Casino Royale

FRIDAY, 04.11.2022

08.00 am Good Morning Stretch at the Power Box
10.00 am Hiking with Martin
11.00 am Nordic Walking Leonhard Stock Weg
05.00 pm Yoga & Meditation with Tiffany in the Energy Room
from 06.30 Dessert & Pastry Buffet
@night Single Malt

SATURDAY, 05.11.2022

08.00 am Aqua Fit at the indoorpool
10.00 am Hiking with Martin
11.00 am E-bike tour to the Stillup Stausee (for beginners)
04.00 pm TRX Hybrid at the Power Box
from 06.30 Sushi & Sashimi
@night Acoustic Band

SUNDAY, 06.11.2022

08.00 am Fasciatraining at the Power Box
09.00 am Good morning music with Andreas at the Zither
10.00 am Mobility Workout at the Power Box
11.00 am Energy Hike Glockenweg
from 06.30 Wok starters from the buffet

STOCK'S KITCHENPARTY

During your culinary discovery tour through our kitchen, you will experience a wide variety of cold and warm delicacies and sweet temptations **on MONDAY**. DJ Daniel M. and the STOCK team are looking forward to this special evening with you!

#fresh #food #fantastic
 Dresscode: loose. casual

SPORT PROGRAM

MONDAY, 31.10.2022 *with Anna*

- 08.00 - 08.45 am** Backfit at the Power Box
- 11.00 - 12.30 pm** Energyhike (at least 3 Pax)
Meeting point in front of the hotel
- 02.00 - 02.30 pm** Footreflexcircle at the Gym
- 03.00 - 03.45 pm** Fitnesscare at the Gym
- 04.00 - 04.45 pm** Power Pump at the Power Box
- 05.00 - 05.30 pm** Core & Stability at the Power Box

TUESDAY, 01.11.2022 *with Anna & Tiffany*

- 08.00 - 08.30 am** Aqua Fit at the indoorpool
- 09.00 - 09.45 am** Fitnesscare at the Gym
- 10.00 - 10.30 am** Fasciatraining at the Power Box
- 11.00 - 12.30 pm** Nordic Walking to Mayerhofen (min. 3 pers.)
- 02.00 - 02.45 pm** Stretch & Relax at the Power Box
- 03.00 - 03.45 pm** Fitnesscare at the Gym
- 04.00 - 04.45 pm** Spinning at the Power Box (min. 3 persons)
- 05.00 - 06.30 pm** Yoga & Meditation with Tiffany im Energieraum (min. 3 persons)

WEDNESDAY, 02.11.2022 *with Anna*

- 08.00 - 08.45 am** Fasciatraining at the Power Box
- 09.00 - 09.45 am** Fitnesscare at the Gym
- 11.00 - 01.30 pm** E-bike tour Steinerkogel (min. 3 pers.) € 40.00 per bike
- 02.00 - 03.00 pm** Footreflexcircle at the Gym
- 03.00 - 03.45 pm** Fitnesscare at the Gym
- 04.00 - 04.45 pm** Cross Athletics at the Power Box
- 05.00 - 05.30 pm** Backfit at the Power Box

THURSDAY, 03.11.2022 *with Anna*

- 08.00 - 08.30 am** Aqua Fit at the indoorpool
- 09.00 - 09.45 am** Fitnesscare at the Gym
- 10.00 - 10.30 am** Core & Stability at the Power Box
- 11.00 - 11.45 am** Spinning at the Power Box (min. 3 persons)
- 02.00 - 02.30 pm** Balance training at the Gym
- 03.00 - 03.45 pm** Fitnesscare at the Gym
- 04.00 - 04.45 pm** Belly, legs, bottom at the Power Box
- 05.00 - 05.30 pm** Footreflexcircle at the Gym

FRIDAY, 04.11.2022 *with Jean & Tiffany*

- 08.00 - 08.30 am** Good Morning Stretch at the Power Box
- 09.00 - 09.45 am** Fitnesscare at the Gym
- 10.00 - 10.30 am** Sixpack workout at the Power Box
- 11.00 - 12.30 pm** Nordic Walking Leonhard Stock Weg (min. 3 pers.)
- 02.00 - 02.30 pm** Theraband Training at the Power Box
- 03.00 - 03.45 pm** Fitnesscare at the Gym
- 04.00 - 04.45 pm** Powercircle at the Gym
- 05.00 - 05.45 pm** Instruction on strength equipment in the Gym
- 05.00 - 06.30 pm** Yoga & Meditation with Tiffany im Energieraum (min. 3 persons)

SATURDAY, 05.11.2022 *with Jean*

- 08.00 - 08.30 am** Aqua Fit at the indoorpool
- 09.00 - 10.30 am** Fitnesscare at the Gym
- 11.00 - 01.30 pm** E-Bike Tour to Stillup € 40,00 per Bike
- 02.00 - 02.45 pm** Instruction on strength equipment in the Gym
- 03.00 - 03.45 pm** Fitnesscare at the Gym
- 04.00 - 04.45 pm** TRX Hybrid at the Power Box
- 05.00 - 05.30 pm** Physioball training at the Power Box

SUNDAY, 06.11.2022 *with Jean*

- 08.00 - 08.45 am** Fasciatraining at the Power Box
- 09.00 - 09.45 am** Fitnesscare at the Gym
- 10.00 - 10.30 am** Mobility Workout at the Power Box
- 11.00 - 12.00 pm** Energy hike Glockenweg (min. 3 pers.)

Personal training with Anna & Jean for even more success in sports! Make an appointment directly at the gym! Please register for the individual units via the STOCK app or directly at the reception!

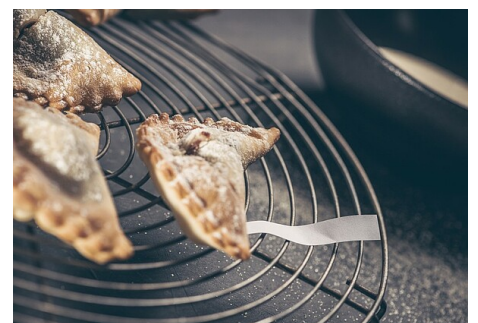
Our hiking guide Martin accompanies hiking lovers from Monday to Friday to the most beautiful hiking tours in the Zillertal! Where it goes you will find out daily in our morning post. Via the STOCKApp or at the reception you can easily register for the guided hike.

NEW: You will now find our **Power Box** on the 1st floor below the gym.
Also on the 1st floor you will find our new **idea room** for your yoga sessions.

CULINARY & ENTERTAINMENT

MONDAY, 31.10.2022	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Chili con Carne & Nachos au gratin Wine'n Berries Halloween Kitchenparty DJ Daniel M.
TUESDAY, 01.11.2022	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Caeser salad Ingo STOCK Autmnmenu Take Two
WEDNESDAY, 02.11.2022	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Lasagne La vie en Rose Tyrolean delicacies buffet Mir & Sie
THURSDAY, 03.11.2022	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Mussels in white wine stock Champagne baron de rothschild Pleasure menu with fillet of beef STOCK Casino Royale
FRIDAY, 04.11.2022	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Fillet tips Rosato Risa Dessert & Pastry Buffet Single Malt
SATURDAY, 05.11.2022	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Vitello al latte Grand Dame Sushi & Sashimi Acoustic Band
SUNDAY, 06.11.2022	Happy Morning Lunchbuffet Tip for aperitif Eveningculinary	Andreas at the Zither spicy chicken Aperol Mojito Wok starters from the buffet

Breakfast	07.30 - 11.00 am
Wellness buffet	01.00 - 03.30 pm
Cake buffet	01.00 - 04.30 pm
Evening menu	06.30 - 08.30 pm
Children-/Teenie Buffet	01.00 & 06.30 pm



feel
relaxed!

INFUSIONS & PEELINGS

MONDAY, 31.10.2022 with Ruud

03.00 pm	BLOCKHUTSAUNA	Aufguss
04.00 pm	INFUSION SAUNA	Lion King (Infusion without supervision)
04.30 pm	INFUSION SAUNA	Lavender infusion
05.30 pm	INFUSION SAUNA	Arinika oil infusion
06.30 pm	INFUSION SAUNA	I am from Austria (Infusion without supervision)

TUESDAY, 01.11.2022 with Ruud & Jean

03.00 pm	BLOCKHUTSAUNA	Aufguss
04.00 pm	INFUSION SAUNA	Volks Rock & Roll (infusion without supervision)
04.30 pm	INFUSION SAUNA	Vitamin infusion
05.30 pm	INFUSION SAUNA	Chocolate - cream infusion
06.30 pm	INFUSION SAUNA	Kuschelrock (infusion without)

WEDNESDAY, 02.11.2022 with Markus & Jean

03.00 pm	BLOCKHUTSAUNA	Aufguss
04.00 pm	INFUSION SAUNA	90s Party (infusion without supervision)
04.30 pm	INFUSION SAUNA	Herbal balsam infusion
05.30 pm	INFUSION SAUNA	Wheat beer infusion
06.30 pm	INFUSION SAUNA	I am from Austria (Infusion without supervision)

THURSDAY, 03.11.2022 with Markus & Ruud

03.00 pm	BLOCKHUTSAUNA	Aufguss
04.00 pm	INFUSION SAUNA	Greatest Hits (infusion without supervision)
05.30 pm	INFUSION SAUNA	Grapefruit Aufguss
05.30 pm	INFUSION SAUNA	Olive oil infusion
06.30 pm	INFUSION SAUNA	Best of Hans Zimmer (Infusion without supervision)

FRIDAY, 04.11.2022 with Markus & Ruud

03.00 pm	BLOCKHUTSAUNA	Aufguss
04.00 pm	INFUSION SAUNA	Ibiza Vibes (infusion without supervision)
04.30 pm	INFUSION SAUNA	Ice-honey infusion
05.30 pm	INFUSION SAUNA	Gin-Tonic infusion
06.30 pm	INFUSION SAUNA	Enya relaxation infusion (without supervision)

SATURDAY, 05.11.2022 with Markus & Ruud

03.00 pm	BLOCKHUTSAUNA	Aufguss
04.00 pm	INFUSION SAUNA	Woodstock (infusion without supervision)
04.30 pm	INFUSION SAUNA	Arinika oil infusion
05.30 pm	INFUSION SAUNA	Aloe vera cream infusion
06.30 pm	INFUSION SAUNA	A historical excursion to the Zillertal (infusion without supervision)

SUNDAY, 06.11.2022 with Ruud & Jean

03.00 pm	BLOCKHUTSAUNA	Aufguss
04.00 pm	INFUSION SAUNA	Tyrol - Land of Loyalty (infusion without supervision)
04.30 pm	INFUSION SAUNA	Glacier infusion
05.30 pm	INFUSION SAUNA	Stone oil tonic infusion
06.30 pm	INFUSION SAUNA	Enya relaxation infusion (without supervision)



GENERAL INFORMATION

STOCK Diamond Spa: Open for you daily from 09.00 - 19.00!

Sauna: Open daily from 11.00 - 19:30 for you!

Family and textile sauna: Open daily from 14.00 - 19.00 for you!

Hairdresser Sandra: Is open for you on Tuesday, Wednesday, Friday and Saturday from 09.30 - 20.00.

SPA & SAUNA RULES

- The entire sauna area is a textile-free zone!
- Filming and photography in the entire sauna area is prohibited!

NEW: For the sake of the environment, our STOCK time is now available in the STOCK WebApp. To do so, scan the QR



feel
stock!