



MONDAY, 16.01.2023

10.00 am	Skiguiding with Kurt
11.30 am	Cross-country skiing in Lanersbach with Anna
04.00 pm	Full Body Workout at the Power Box
05.00 pm	Core & Stability at the Power Box
from 06.30	STOCK Wintermenu
@night	Norman Stolz

TUESDAY, 17.01.2023

10.00 am	Skiguiding with our Guides
11.00 am	Energywalk
02.00 pm	Stretch & Relax at the Power Box
05.00 pm	Yoga & meditation with Tiffany
from 06.30	KITCHENPARTY at STOCK's with many culinary highlights
@night	DJ Daniel M.

WEDNESDAY, 18.01.2023

08.00 am	Fasciatraining at the Power Box
10.00 am	Skiguiding with Kurt
11.30 am	Cross-country skiing in Lanersbach with Anna
04.00 pm	Powercircle at the Gym
06.00 pm	Apero & Sound by Lisa Mauracher
from 06.30	Poké Bowl & much more
@night	Lisa Mauracher

THURSDAY, 19.01.2023

10.00 am	Skiguiding with our guide
11.00 am	Snowshoe hike
11.00 - 02.00 pm	Family sauna day in the wellness area
from 06.30	Enjoyment menu & photo wall for a souvenir photo
@night	STOCK Casino Royale

FRIDAY, 20.01.2023

08.00 am	Aqua Fit at the indoorpool
10.00 am	Skiguiding with Kurt
11.00 am	Energywalk
05.00 pm	Yoga & Meditation with Tffany
from 06.30	Kaiserschmarrn & pastries Buffet
@night	Take Two

SATURDAY, 21.01.2023

08.00 am	Backfit at the Power Box
04.00 pm	TRX Hybrid at the Power Box
05.00 pm	Sixpack workout at the Power Box
from 06.30	Sushi & Sahimi
@night	DJ C-Rock

SUNDAY, 22.01.2023

09.00 am	Good morning music with Andreas at the zither
10.00 am	Mobility Workout at the Power Box
11.00 am	Engerywalk
02.00 pm	Balance Training at the Power Box
from 06.30	STOCK Eveningmenu

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 Tuesday. DJ Daniel M. and the STOCK team are looking forward to this special evening with you!
#goodvibes #partyfeeling #foodlover

SPORT PROGRAM

MONDAY, 16.01.2023 *with Anna*

- 08.00 - 08.45 am** Backfit at the Power Box
- 11.30 - 02.30 pm** Cross-country skiing in Lanersbach (min. 3 Persons)-meeting point in front of the hotel
- 03.00 - 03.45 pm** Fitnesscare at the Gym
- 04.00 - 04.45 pm** Full Body Workout at the Power Box
- 05.00 - 05.30 pm** Core & Stability at the Power Box

TUESDAY, 17.01.2023 *with Anna, Tiffany & Jean*

- 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** Energyhike (at least 3Pax) Meeting point in front of the hotel
- 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 - 06.00 pm** Yoga & Meditation with Tiffany im Energieraum (min. 3 persons)

WEDNESDAY, 18.01.2023 *with Anna*

- 08.00 - 08.45 am** Fasciatraining at the Power Box
- 09.00 - 09.45 am** Fitnesscare at the Gym
- 10.00 - 10.30 am** Sixpack workout at the Power Box
- 11.30 - 02.30 pm** Cross-country skiing in Lanersbach (min. 3 Persons)-meeting point in front of the hotel
- 03.00 - 03.45 pm** Fitnesscare at the Gym
- 04.00 - 04.45 pm** Powercircle at the Gym
- 05.00 - 05.30 pm** Backfit at the Power Box

THURSDAY, 19.01.2023 *with Anna*

- 08.00 - 09.45 am** Dynostics metabolic analysis - € 15.00 per analysis / make an appointment in the gym or at reception
- 10.00 - 10.30 am** Core & Stability at the Power Box
- 11.00 - 11.30 am** Snowshoe hike (min. 3 Persons)
- 02.00 - 02.30 pm** Footreflexcircle at the Gym
- 03.00 - 03.45 pm** Fitnesscare at the Gym
- 04.00 - 04.45 pm** Spinning at the Power Box (min. 3 persons)
- 05.15 - 05.45 pm** Fasciatraining at the Power Box

FRIDAY, 20.01.2023 *with Jean & 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** Sixpack workout at the Power Box
- 11.00 - 12.30 pm** Energyhike (at least 3Pax) Meeting point in front of the hotel
- 02.00 - 02.30 pm** Mobility Workout at the Power Box
- 03.00 - 03.45 pm** Fitnesscare at the Gym
- 04.00 - 04.45 pm** Core & stability at the gym
- 05.00 - 06.00 pm** Yoga & Meditation with Tiffany im Energieraum (min. 3 persons)

SATURDAY, 21.01.2023 *with Jean*

- 08.00 - 08.30 am** Backfit at the Power Box
- 09.00 - 09.45 am** Fitnesscare at the Gym
- 10.00 - 10.30 am** Theraband Training at the Power Box
- 11.00 - 01.30 pm** Snowshoe hike (min. 3 Persons)
- 02.00 - 02.45 pm** Powercircle at 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** Sixpack workout at the Power Box

SUNDAY, 22.01.2023 *with Jean*

- 08.00 - 08.30 am** Aqua Fit at the indoorpool
- 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** Energyhike (at least 3Pax) Meeting point in front of the hotel
- 02.00 - 02.30 pm** Balance training at the Gym
- 03.00 - 03.45 pm** Fitnesscare at the Gym
- 04.00 - 04.45 pm** Full Body Workout at the Power Box
- 05.00 - 05.30 pm** Stretch & Relax at the Power Box

Please register for the individual units via the STOCK app or directly at the reception!

Personal training with Anna & Jean for even more success in sports! Make an appointment directly at the gym!

CULINARY & ENTERTAINMENT

MONDAY, 16.01.2023	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Caesar salad Lillet Berry STOCK Wintermenu Norman Stolz
TUESDAY, 17.01.2023	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Lasagne al Forno El Presindete STOCK'S Kitchenparty DJ Daniel M.
WEDNESDAY, 18.01.2023	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Zillertal cheese spaetzle & doughnuts Gimlet Poké Bowl & much more Lisa Mauracher
THURSDAY, 19.01.2023	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Paella with chicken, mussels & prawns Champagne baron de Rothschild Enjoymentmenu with beef STOCK Casino Royale
FRIDAY, 20.01.2023	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Spicy Vegetable Mie Noodles with Teriyaki Americano Kaiserschmarrn & pastries Buffet Take Two
SATURDAY, 21.01.2023	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Fried chicken Sparkling Summit Sushi & Sashimi DJ C-Rock
SUNDAY, 22.01.2023	Happy Morning Lunchbuffet Tip for aperitif Eveningculinary	Andreas at the Zither Sauerbraten with gingerbread sauce Wine'n Berries STOCK Eveningmenu

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, 16.01.2023 with Jean & Mateusz

03.00 pm	BLOCKHUTSAUNA	Aufguss
04.00 pm	EVENTSAUNA	Apré Ski 2023 (infusion without supervision)
04.30 pm	EVENTSAUNA	Lavender infusion
05.30 pm	EVENTSAUNA	Arinika oil infusion
06.30 pm	EVENTSAUNA	James Bond (infusion without supervision)

TUESDAY, 17.01.2023 with Jean & Mateusz

03.00 pm	BLOCKHUTSAUNA	Aufguss
04.00 pm	EVENTSAUNA	Volks Rock & Roll (infusion without supervision)
04.30 pm	EVENTSAUNA	Coconut oil infusion
05.30 pm	INFUSION SAUNA	Chocolate - cream infusion
06.30 pm	EVENTSAUNA	Best of Hans Zimmer (Infusion without supervision)

WEDNESDAY, 18.01.2023 with Markus

03.00 pm	BLOCKHUTSAUNA	Aufguss
04.00 pm	EVENTSAUNA	90s Party (infusion without supervision)
04.30 pm	EVENTSAUNA	Aloe vera cream infusion
05.30 pm	EVENTSAUNA	Wheat beer infusion
06.30 pm	EVENTSAUNA	I am from Austria (infusion without supervision)

THURSDAY, 19.01.2023 with Markus

11.00 am		Familyspaday
03.00 pm	BLOCKHUTSAUNA	Aufguss
04.00 pm	EVENTSAUNA	Greatest Hits (infusion without supervision)
04.30 pm	EVENTSAUNA	Vitamin infusion
05.30 pm	EVENTSAUNA	Baked Apple Infusion
06.30 pm	EVENTSAUNA	Ice magic - Hansi Hinterseer (infusion without supervision)

FRIDAY, 20.01.2023 with Markus & Mateusz

03.00 pm	BLOCKHUTSAUNA	Aufguss
04.00 pm	EVENTSAUNA	Rock infusion (without supervision)
04.30 pm	EVENTSAUNA	Ice-honey infusion
05.30 pm	EVENTSAUNA	Gin-Tonic infusion
06.30 pm	EVENTSAUNA	Enya relaxation infusion (without supervision)

SATURDAY, 21.01.2023 with Markus & Mateusz

03.00 pm	BLOCKHUTSAUNA	Aufguss
04.00 pm	EVENTSAUNA	Lion King (Infusion without supervision)
04.30 pm	EVENTSAUNA	Vino cream infusion
05.30 pm	EVENTSAUNA	Olive oil infusion
06.30 pm	EVENTSAUNA	Winter Wonderland (infusion without supervision)

SUNDAY, 22.01.2023 with Mateusz

04.00 pm	EVENTSAUNA	Best of Hans Zimmer (Infusion without supervision)
04.30 pm	EVENTSAUNA	Volks Rock & Roll (infusion without supervision)
05.30 pm	EVENTSAUNA	Woodstock (infusion without supervision)
06.30 pm	EVENTSAUNA	Pure Nature (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 code!



