

SPORT PROGRAM

MONDAY, 20.12.2021 *with Anna*

08.00 - 08.30 am	Backfit at the Energieraum
09.00 - 09.45 am	Fitnesscare at the Gym
10.30 - 12.30 pm	Winter hike (min. 3 persons)
02.00 - 02.30 pm	Power Plate Instructions
03.00 - 03.45 pm	Fitnesscare at the Gym
04.00 - 04.45 pm	Spinning at the Gym
06.00 - 06.30 pm	Sixpack workout at the Energieraum

TUESDAY, 21.12.2021 *with Anna & Tiffany*

08.00 - 08.30 am	Aqua Fit at the indoorpool
09.00 - 09.45 am	Fitnesscare at the Gym
10.30 - 11.15 am	Powercircle at the Gym
12.00 - 12.30 pm	Balance training at the Gym
02.00 - 02.45 pm	Footreflexcircle at the Gym
03.00 - 03.45 pm	Full Body Workout at the Power Box
04.00 - 05.30 pm	Yoga & Meditation with Tiffany im Energieraum (min. 3 persons)
06.00 - 06.30 pm	Stretch & Relax at the Energieraum

WEDNESDAY, 22.12.2021 *with Anna & Maximilian*

08.00 - 08.30 am	Core and stability at the Energieraum
09.00 - 09.45 am	Fitnesscare at the Gym
10.30 - 11.15 am	Physioball training at the Power Box
12.00 - 12.45 pm	Winter hike (min. 3 persons)
02.00 - 02.30 pm	EMS infopoint at the Gym
03.00 - 03.45 pm	Fitnesscare at the Gym
04.00 - 04.30 pm	Tabata at the Power Box
06.00 - 06.30 pm	Backfit at the Energieraum

THURSDAY, 23.12.2021 *with Maximilian*

08.00 - 08.30 am	Aqua Fit at the indoorpool
09.00 - 09.45 am	Fitnesscare at the Gym
10.30 - 11.15 am	Belly, legs, bottom at the Power Box
12.00 - 12.30 pm	Stretch & Relax at the Energieraum
02.00 - 02.45 pm	Personal training infopoint at the Gym
03.00 - 03.45 pm	Fitnesscare at the Gym
04.00 - 04.45 pm	Power Pump at the Power Box
06.00 - 06.30 pm	Balance training at the Gym

FRIDAY, 24.12.2021 *with Maximilian*

08.00 - 08.30 am	Core and stability at the Energieraum
09.00 - 09.45 am	Fitnesscare at the Gym
10.30 - 12.30 pm	Winter hike (min. 3 persons)
02.00 - 02.30 pm	Footreflexcircle at the Gym
03.00 - 03.45 pm	Fitnesscare at the Gym
04.00 - 04.30 pm	Christmas workout at the Power Box

SATURDAY, 25.12.2021 *with Anna & Tiffany*

08.00 - 08.30 am	Aqua Fit at the indoorpool
09.00 - 09.45 am	Fitnesscare at the Gym
10.30 - 11.15 am	Spinning at the Gym
02.00 - 02.30 pm	DYNOSTICS infopoint (Gym)
03.00 - 03.45 pm	BOX FIT at the Power Box
04.00 - 05.30 pm	Yoga & Meditation with Tiffany im Energieraum (min. 3 persons)

SUNDAY, 26.12.2021 *with Anna*

08.00 - 08.30 am	Fasciatraining at the Power Box
09.00 - 09.45 am	Fitnesscare at the Gym
10.30 - 11.15 am	TRX Hybrid at the Power Box
12.00 - 12.45 pm	Winter hike (min. 3 persons)
02.00 - 02.45 pm	Peloton briefing in the Gym
03.00 - 03.45 pm	Fitnesscare at the Gym
04.00 - 04.45 pm	Belly, legs, bottom at the Power Box

Personal training with Anna & Maximilian 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!

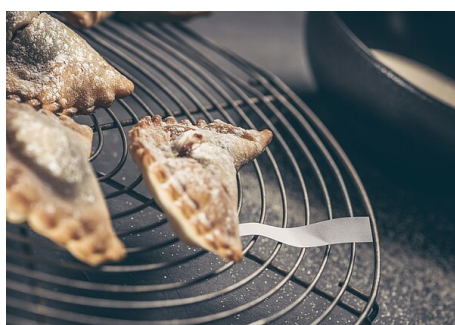
Ski tours for beginners & the curious with mountain guide Stefan every Tuesday at 08.30 am. Registration until Monday 13.00 via the STOCK App or at the reception. All further information is available at the info desk!

CULINARY & ENTERTAINMENT

MONDAY, 20.12.2021	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Caeser salad Rosato Risa Eveningmenu with truffle Offtang
TUESDAY, 21.12.2021	Lunchbuffet Afternoon music Tip for aperitif Eveningculinary	sweet dumpling DJ C-Rock Mount Rushmore Chocolate fountain, candy floss, waffles
WEDNESDAY, 22.12.2021	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Raclette Negroni Stock's Wintermenu It's Casino Night (masks are compulsory at the gaming tables)
THURSDAY, 23.12.2021	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Wraps & Quesadillas Golden Champagne Eveningmenu with Kaiserschmarrn Brennholz
FRIDAY, 24.12.2021	Lunchbuffet Top tip Aperitif Eveningculinary	Salmon in a salt crust Christmas atmosphere on the terrace with punch & mulled wine Champagne Reception in the Fireside Lounge Heilgabend festive menu
SATURDAY, 25.12.2021	Happy Morning Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Andreas at the Zither Roast goose with red cabbage Williams Sour Sushiu & Sashimi Father & Sons
SUNDAY, 26.12.2021	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Beef & Veggie burger Vanille Punch Chocolate fountain, candy floss & waffles Zillertal Schmiss

FFP2 masks must be worn by adults and children aged 14 and over in all indoor public areas. For children from 6 - 13 years the wearing of a mouth-nose protection is compulsory in all public indoor areas. BECAUSE OF THE CLOSURE HOUR RULE, we must officially close CLOSE THE HOTEL BAR at 11:00 PM.

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, 20.12.2021 with Hauke & Julia-Sophie

02.56 pm	INFUSION SAUNA	Lion King (Infusion without supervision)
04.30 pm	INFUSION SAUNA	Stone oil tonic infusion
05.30 pm	INFUSION SAUNA	Lavender-Honey Infusion
06.30 pm	INFUSION SAUNA	Ice magic - Hansi Hintersee (infusion without supervision)

TUESDAY, 21.12.2021 with Hauke & Julia-Sophie

04.30 pm	INFUSION SAUNA	Vitamin infusion
04.30 pm	INFUSION SAUNA	Volks Rock & Roll (infusion without supervision)
05.30 pm	INFUSION SAUNA	Vino cream infusion
06.30 pm	INFUSION SAUNA	Kuschelrock (infusion without)

WEDNESDAY, 22.12.2021 with Hauke & Markus

04.00 pm	INFUSION SAUNA	Apré Ski 2021 infusion without supervision
04.30 pm	INFUSION SAUNA	Glacier infusion
05.30 pm	INFUSION SAUNA	Olive oil infusion
06.30 pm	INFUSION SAUNA	Woodstock (infusion without supervision)

THURSDAY, 23.12.2021 with Hauke & Markus

04.00 pm	INFUSION SAUNA	90s Party (infusion without supervision)
04.30 pm	INFUSION SAUNA	Baked Appel Infusion
05.30 pm	INFUSION SAUNA	Arinika oil infusion
06.30 pm	INFUSION SAUNA	I am from Austria (Infusion without supervision)

FRIDAY, 24.12.2021 with Julia-Sophie & Markus

02.00 pm	INFUSION SAUNA	Winter wonderland (infusion without supervision)
02.30 pm	INFUSION SAUNA	Gin-Tonic infusion
03.30 pm	INFUSION SAUNA	Herb-Peeling Infusion
04.30 pm	INFUSION SAUNA	Enya relaxation infusion (without supervision)

SATURDAY, 25.12.2021 with Julia-Sophie & Markus

04.00 pm	INFUSION SAUNA	Ice magic - Hansi Hintersee (infusion without supervision)
04.30 pm	INFUSION SAUNA	Wheat beer infusion
05.30 pm	INFUSION SAUNA	Green tea lemongrass cream infusion
06.30 pm	INFUSION SAUNA	Kuschelrock (infusion without)

SUNDAY, 26.12.2021 with Julia-Sophie & Hauke

04.00 pm	INFUSION SAUNA	Greatest Hits (infusion without supervision)
04.30 pm	INFUSION SAUNA	Franzbrandwein infusion
05.30 pm	INFUSION SAUNA	Ice-honey infusion
06.30 pm	INFUSION SAUNA	I am from Austria (Infusion without supervision)

STOCK Diamond Spa:	09.00 - 07.00 pm
Sauna:	10.30 - 08.00 pm
Familysauna	02.00 - 07.00 pm

Our hairdresser Sandra is here for you Tuesday, Wednesday, Friday & Saturday from 09:30 - 08:00.

COVID-19 INFORMATION

- Please note to keep the minimum distance of 1 metre in all areas.
- Compulsory wearing of FFP2 masks in all enclosed areas for adults & children from 14 years of age - for children between 6 - 13 years a normal mouth-nose protection is sufficient.
- For the use of the Action Park and the Children's Club, we ask you to independently test your children with an antigen self-test (valid for 48 hours). The tests are available at our hotel reception.
- Closing time at the hotel bar at 11.00 pm

feel
stock!

