



MONDAY, 21.02.2022

08.00 am	Backfit at the Energieraum
10.00 am	Skiguiding with Kurt Martin
02.00 pm	Fasciatraining (Energieraum)
04.00 pm	Full Body Workout at the Power Box
from 06.30	Eveningmenu with truffle
@night	Acoustic Band

TUESDAY, 22.02.2022

08.30 am	Skitour with Guide Stefan
10.00 am	Skiguiding with our Skiguides
10.30 am	BOX FIT at the Power Box
02.00 pm	Balance training at the Gym
04.00 pm	Tabata at the Power Box
from 06.30	Chocolate Fountain & Cotton Candy
@night	DJ Albin

WEDNESDAY, 23.02.2022

08.00 am	Core and stability at the Energieraum
10.00 am	Skiguiding with Martin & Kurt
02.00 pm	Stretch & Relax at the Energieraum
04.00 pm	TRX Hybrid at the Power Box
from 06.30	Stocks Wintermenu
@night	It's Casino Night (masks are compulsory at the gaming tables)

THURSDAY, 24.02.2022

08.00 am	Aqua Fit at the indoorpool
10.00 am	Skiguiding with our Skiguides
12.00 pm	Balance Training at the Power Box
02.00 pm	Core & stability at the gym
from 06.30	Stocks Enjoymentevening with Photowall
@night	Brennholz

FRIDAY, 25.02.2022

08.00 am	Backfit at the Energieraum
10.00 am	Skiguiding with Martin & Kurt
02.00 pm	Footreflexcircle at the Gym
04.00 pm	Cross Athletics at the Power Box
from 06.30	Eveningmenu with Kaiserschmarrn
@night	Take Two

SATURDAY, 26.02.2022

10.00 am	Skiguiding with our Guides
10.30 am	Physioball training at the Power Box
03.00 pm	Full Body Workout at the Power Box
04.00 pm	Yoga with tiffany
from 06.30	Sushi & Sashimi
@night	Norman Stolz

SUNDAY, 27.02.2022

08.00 am	Fasciatraining (Energieraum)
09.00 am	Good morning music with Andreas at the Zither
10.30 am	Powercircle at the Power Box
03.00 pm	Fitnesscare at the Gym
04.00 pm	Belly, legs, bottom at the Power Box
from 06.30	Stocks evening menu with Tyrolean delicacies



SPORT PROGRAM

MONDAY, 21.02.2022 *with Anna*

08.00 - 08.30 am	Backfit at the Energieraum
09.00 - 09.45 am	Fitnesscare at the Gym
10.30 - 01.30 pm	Snowshoe hike (min. 3 Persons)
02.00 - 02.30 pm	Fasciatraining (Energieraum)
03.00 - 03.45 pm	Fitnesscare at the Gym
04.00 - 04.45 pm	Full Body Workout at the Power Box
06.00 - 06.30 pm	Sixpack workout at the Energieraum

TUESDAY, 22.02.2022 *with Anna*

08.00 - 08.30 am	Aqua Fit at the indoorpool
09.00 - 09.45 am	Fitnesscare at the Gym
10.30 - 11.15 am	BOX FIT at the Power Box
12.00 - 12.30 pm	Physioball training at the Power Box
02.00 - 02.30 pm	Balance training at the Gym
03.00 - 03.30 pm	Tabata at the Power Box
03.00 - 03.45 pm	Fitnesscare at the Gym
06.00 - 06.30 pm	Footreflexcircle at the Gym

WEDNESDAY, 23.02.2022 *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	Stretch & Relax at the Energieraum
03.00 - 03.45 pm	Fitnesscare at the Gym
04.00 - 04.45 pm	TRX Hybrid at the Power Box
06.00 - 06.30 pm	Backfit at the Energieraum

THURSDAY, 24.02.2022 *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	Balance Training at the Power Box
12.00 - 12.30 pm	Balance Training at the Power Box
02.00 - 02.30 pm	Core & stability 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	Sixpack workout at the Power Box

FRIDAY, 25.02.2022 *with Anna*

08.00 - 08.30 am	Backfit at the Energieraum
09.00 - 09.45 am	Fitnesscare at the Gym
10.30 - 01.30 pm	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	Cross Athletics at the Power Box
06.00 - 06.30 pm	Stretch & Relax at the Energieraum

SATURDAY, 26.02.2022 *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	Physioball training at the Power Box
12.00 - 12.30 pm	Core & Stability at the Power Box
02.00 - 02.30 pm	Fitnesscare 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)

SUNDAY, 27.02.2022 *with Anna*

08.00 - 08.30 am	Fasciatraining (Energieraum)
09.00 - 09.45 am	Fitnesscare at the Gym
10.30 - 11.15 am	Powercircle at the Power Box
12.00 - 12.30 pm	Stretch & Relax at the Energieraum
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

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!

Our ski guides Martin & Kurt accompany experienced skiers from Monday to Saturday to the various ski areas in the Zillertal! You can find out where they are going every day in our morning post.

Via the STOCKApp or at the reception you can easily sign up for the free ski equipment.

Ski tours for beginners & the curious with mountain guide Stefan every Tuesday at 08.30 am. Registration until Monday 01.00 pm via the STOCK app or at the reception. All further information is available at the info desk!

CULINARY & ENTERTAINMENT

MONDAY, 21.02.2022	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Caeser salad with turkey strips Adriatique Eveningmenu with truffle Acoustic Band
TUESDAY, 22.02.2022	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Wraps & Quesadillas Tiki of pain Chocolate Fountain & Cotton Candy DJ Albin
WEDNESDAY, 23.02.2022	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Raclette Cuzco Stocks Wintermenu It's Casino Night (masks are compulsory at the gaming tables)
THURSDAY, 24.02.2022	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Miesmuscheln in Weißweinfond Champagner Baron de Rothschild Enjoymentmenu with beef Brennholz
FRIDAY, 25.02.2022	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Salmon in a salt crust Rosé Mojito Eveningmenu with Kaiserschmarrn Take Two
SATURDAY, 26.02.2022	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	spicy ribs Golden Champagne Sushi & Sashimi Norman Stolz
SUNDAY, 27.02.2022	Happy Morning Lunchbuffet Tip for aperitif Eveningculinary	Andreas at the zither Chicken legs tandori La vie en rose Stocks evening menu with Tyrolean delicacies

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. Due to the curfew regulations, we have to close the hotel bar at 12:00 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, 21.02.2022 *with Julia-Sophie & Hauke*

03.30 pm	LADIES SAUNA	Monday Relax infusion (Ladies only)
04.00 pm	INFUSION SAUNA	Lion King (Infusion without supervision)
04.30 pm	INFUSION SAUNA	Stone oil tonic infusion
05.30 pm	INFUSION SAUNA	Lavender infusion
06.30 pm	INFUSION SAUNA	Ice magic - Hansi Hintersee (infusion without supervision)

TUESDAY, 22.02.2022 *with Julia-Sophie & Hauke*

04.00 pm	INFUSION SAUNA	Volks Rock & Roll (infusion without supervision)
04.30 pm	INFUSION SAUNA	Vitamin infusion
05.30 pm	INFUSION SAUNA	Vino cream infusion
06.30 pm	INFUSION SAUNA	Tyrol - Land of Loyalty (infusion without supervision)

WEDNESDAY, 23.02.2022 *with Julia-Sophie & Hauke*

04.00 pm	INFUSION SAUNA	Apré Ski 2022 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, 24.02.2022 *with Julia-Sophie & Markus*

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

FRIDAY, 25.02.2022 *with Julia-Sophie & Hauke*

03.30 pm	LADIES SAUNA	Happy Friday infusion (ladies only)
04.30 pm	INFUSION SAUNA	Gin-Tonic infusion
04.30 pm	INFUSION SAUNA	Winter Wonderland (infusion without supervision)
05.30 pm	INFUSION SAUNA	Herbal balsam infusion
06.30 pm	INFUSION SAUNA	Greatest Hits (infusion without supervision)

SATURDAY, 26.02.2022 *with Julia-Sophie & Markus*

04.00 pm	INFUSION SAUNA	Enya relaxation infusion (without supervision)
04.30 pm	INFUSION SAUNA	Wheat beer infusion
05.30 pm	INFUSION SAUNA	Coconut oil infusion
06.30 pm	INFUSION SAUNA	Kuschelrock (infusion without)

SUNDAY, 27.02.2022 *with Markus & Maximilian*

04.00 pm	INFUSION SAUNA	Best of Hans Zimmer (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 24.00 pm
- Please note the entry registration before your return to Germany.

**feel
stock!**

