

SPORT PROGRAM

MONDAY, 28.02.2022 *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, 01.03.2022 *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 - 03.45 pm	Fitnesscare at the Gym
04.00 - 04.30 pm	Tabata at the Power Box
06.00 - 06.30 pm	Footreflexcircle at the Gym

WEDNESDAY, 02.03.2022 *with Anna & Tiffany*

08.00 - 08.30 am	Core and stability 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	Stretch & Relax at the Energieraum
03.00 - 03.45 pm	TRX Hybrid at the Power Box
04.00 - 05.30 pm	Yoga & Meditation with Tiffany im Energieraum (min. 3 persons)
06.00 - 06.30 pm	Backfit at the Energieraum

THURSDAY, 03.03.2022 *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	Belly, legs, bottom 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, 04.03.2022 *with Maximilian*

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	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, 05.03.2022 *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, 06.03.2022 *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 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, 28.02.2022	Lunchbuffet Afternoon music Tip for aperitif Eveningculinary Live-Entertainment	Meat & vegetables lasagne DJ Albin Blood & Sand Eveningmenu with dessert buffet & chocolate fountain It's Casino Night (masks are compulsory at the gaming tables)
TUESDAY, 01.03.2022	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Stock Burger, fries, carnival doughnuts Berglady Wiener Schnitzel & Kaiserschmarrn DJ Stevie
WEDNESDAY, 02.03.2022	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Vegetables & praws from the wok Champagne & Stock Secco Ash Wednesday fish buffet Tom & Vanessa Daubek
THURSDAY, 03.03.2022	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Raclette Cuzco Eveningmenu with truffle Brennholz
FRIDAY, 04.03.2022	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Tex Mex Delicacies Negroni Sblagiato Stocks Wintermenu Take Two
SATURDAY, 05.03.2022	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Goulash of Wagyu Beef Charlie Chaplin Sushi & Sashimi Lisa Mauracher
SUNDAY, 06.03.2022	Happy Morning Lunchbuffet Tip for aperitif Eveningculinary	Emmi at the harp Viennese fried chicken Harvey Wallbanger Stock eveningmenu with dry aged beef

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 till the 05.03.

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

**Our Lunchbuffet is
at Wednesday from
01.00 - 03.30 pm
open!**



feel
relaxed!

INFUSIONS & PEELINGS

MONDAY, 28.02.2022 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, 01.03.2022 with Hauke & Maximilian

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	Kuschelrock (infusion without)

WEDNESDAY, 02.03.2022 with Markus & Maximilian

04.00 pm	INFUSION SAUNA	Enya relaxation infusion (without supervision)
04.30 pm	INFUSION SAUNA	Herbal balsam infusion
05.30 pm	INFUSION SAUNA	Olive oil infusion
06.30 pm	INFUSION SAUNA	Heavy rock (infusion without supervision)

THURSDAY, 03.03.2022 with Markus & Julia-Sophie

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, 04.03.2022 with Julia-Sophie & Markus

03.30 pm	LADIES SAUNA	Happy Friday (Ladies only)
04.00 pm	INFUSION SAUNA	Winter Wonderland (infusion without supervision)
04.30 pm	INFUSION SAUNA	Glacier infusion
05.30 pm	INFUSION SAUNA	Gin-Tonic infusion
06.30 pm	INFUSION SAUNA	Apré Ski 2022 infusion without supervision

SATURDAY, 05.03.2022 with Markus & Julia-Sophie

04.00 pm	INFUSION SAUNA	Enya relaxation infusion (without supervision)
04.30 pm	INFUSION SAUNA	Wheat beer infusion
05.30 pm	INFUSION SAUNA	Honey and zirbe infusion
06.30 pm	INFUSION SAUNA	Kuschelrock (infusion without)

SUNDAY, 06.03.2022 with Julia-Sophie & Hauke

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	Tyrol - Land of Loyalty (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 till the 05.03 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 till 05.03
- Please note the mandatory entry registration before your return to Germany.



feel
stock!