



MONDAY, 06.06.2022

10.30 am	Hiking with Martin
02.00 pm	Fasciatraining at the Power Box
06.00 pm	Stretch & Relax at the Power Box
from 06.30	Eveningmenu with truffle
@night	Take Two

TUESDAY, 07.06.2022

10.00 am	Hiking to mountain brunch
11.00 am	E-Bike Tour to STOCK hut with Anna & Stefan
11.45 am	With the gondola to the STOCK hut
from 12.30	Mountain festival at our STOCK hut with live music Kasermandl Duo (only in good weather registration via webapp)
05.00 pm	Yoga with Tiffany
from 06.30	Chocolate fountain, cotton candy, ice cream pancakes

WEDNESDAY, 08.06.2022

08.00 am	Core & Stability at the Power Box
10.00 am	Hiking with Martin
from 03.00	Sundowner at 25 Meter Pool with DJ C-Rock
06.00 pm	Backfit at the Power Box
from 06.30	STOCK Summermenu
@night	Piano Flo

THURSDAY, 09.06.2022

08.00 am	Aqua Fit at the indoorpool
10.00 am	Hiking with Martin
10.30 am	E-Bike tour to Stillup
04.00 pm	Power Pump at the Power Box
from 06.30	Pleasure menu & photo wall with souvenir photo
@night	STOCK Casino Royale

FRIDAY, 10.06.2022

10.00 am	Hiking with Martin
10.30 am	Spinning at the Power Box (min. 3 persons)
02.00 pm	Theraband Training at the Power Box
05.00 pm	Yoga with Tiffany
from 06.30	Sushi & Sashimi
@night	Plankton

SATURDAY, 11.06.2022

10.00 am	Climbingtour with Martin
10.30 am	E-Bike tour Kolmhaus
from 01.00	BBQ at our terrace with DJ Stevie (only at good weather)
04.00 pm	Cross Athletics at the Power Box
06.00 pm	Core & Stability at the Power Box
from 06.30	Eveningmenu with Kaiserschmarrn
@night	Father & Sons

SUNDAY, 12.06.2022

08.00 am	Fasciatraining at the Power Box
09.00 am	Good morning music with Andreas at the Zither
10.30 am	Full Body Workout at the Power Box
12.00 pm	Footreflexcircle at the Gym
06.00 pm	Stretch & Relax at the Power Box
from 06.30	Stock Abendmenü



STOCK's mountain brunch

Enjoy the breathtaking mountain scenery with delicacies from the Zillertal on Tuesday at the STOCK hut.

SPORT PROGRAM

MONDAY, 06.06.2022 *with Anna*

08.00 - 08.30 am	Backfit at the Power Box
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 Gym
02.00 - 02.30 pm	Fasciatraining at the Power Box
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	Stretch & Relax at the Power Box

TUESDAY, 07.06.2022 *with Anna, Tiffany & Stefan*

08.00 - 08.30 am	Aqua Fit at the indoorpool
09.00 - 09.45 am	Fitnesscare at the Gym
11.00 am	E-bike tour to the Stock's hut € 40,00 per Bike
03.00 - 03.45 pm	Fitnesscare at the Gym
04.00 - 04.30 pm	Tabata at the Power Box
05.00 - 06.30 pm	Yoga & Meditation in the Idea Room (min. 3 persons)

WEDNESDAY, 08.06.2022 *with Anna*

08.00 - 08.30 am	Core & Stability at the Power Box
09.00 - 09.45 am	Fitnesscare at the Gym
10.30 - 12.30 pm	Power walk to Astegg
02.00 - 02.30 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)
06.00 - 06.30 pm	Backfit at the Power Box

THURSDAY, 09.06.2022 *with Stefan*

08.00 - 08.30 am	Aqua Fit at the indoorpool
09.00 - 09.45 am	Fitnesscare at the Gym
10.30 - 01.30 pm	E-Bike Tour to Stillup € 40,00 per Bike
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, 10.06.2022 *with Stefan & Tiffany*

08.00 - 08.30 am	Backfit at the Power Box
09.00 - 09.45 am	Fitnesscare at the Gym
10.30 - 11.15 am	Spinning at the Power Box (min. 3 persons)
12.00 - 12.45 pm	Powercircle at the Gym
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	Belly, legs, bottom at the Power Box
05.00 - 06.30 pm	Yoga & Meditation in the Idea Room (min. 3 persons)

SATURDAY, 11.06.2022 *with Anna*

08.00 - 08.30 am	Aqua Fit at the indoorpool
09.00 - 09.45 am	Fitnesscare at the Gym
10.30 - 02.30 pm	E-bike tour to Kolmhaus for advanced (min. 3 persons)
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	Core & Stability at the Power Box

SUNDAY, 12.06.2022 *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	Full Body Workout at the Power Box
12.00 - 12.30 pm	Footreflexcircle at the Gym
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	Spinning Hybrid Workout at the Power Box
06.00 - 06.30 pm	Stretch & Relax at the Power Box

Personal training with Anna & Stefan 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 from summer 2022: 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, 06.06.2022	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Caeser salad Wine'n Berries Eveningmenu with truffle Take Two
TUESDAY, 07.06.2022	Lunchbuffet Tip for aperitif Eveningculinary	STOCKS mountain brunch (only at good weather) Stock's Gimlet Chocolate fountain, cotton candy, ice cream pancakes
WEDNESDAY, 08.06.2022	Lunchbuffet Afternoon music Tip for aperitif Eveningculinary Live-Entertainment	Curry sausage with fries DJ C-Rock (only at good weather) Havana Old Fashioned STOCK Summermenu Piano Flo
THURSDAY, 09.06.2022	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	spicy ribs Champagner baron de Rothschild Enjoymentdinner with beef STOCK Casino Royale
FRIDAY, 10.06.2022	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Thai coconut shrimp Rosato Risa Sushi & Sashimi Plankton
SATURDAY, 11.06.2022	Lunchbuffet Afternoon music Tip for aperitif Eveningculinary Live-Entertainment	BBQ at our teracce (only at good weather) DJ Stevie La vie en Rosé Eveningmenu with Kaiserschmarrn Father & Sons
SUNDAY, 12.06.2022	Happy Morning Lunchbuffet Tip for aperitif Eveningculinary	Andreas at the Zither Styrian fried chicken Champagner Cocktail Stock Evenigmenu

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, 06.06.2022 with Hauke & Ladi

03.00 pm	BLOCKHUTSAUNA	Aufguss
04.00 pm	INFUSION SAUNA	90s Party (infusion without supervision)
04.30 pm	INFUSION SAUNA	Aloe vera cream infusion
05.30 pm	INFUSION SAUNA	Arinika oil infusion
06.30 pm	INFUSION SAUNA	Ibiza Vibes (infusion without supervision)

TUESDAY, 07.06.2022 with Hauke & Stefan

03.00 pm	BLOCKHUTSAUNA	Aufguss
04.00 pm	INFUSION SAUNA	Volks Rock & Roll (infusion without supervision)
04.30 pm	INFUSION SAUNA	Grapefruit Aufguss
05.30 pm	INFUSION SAUNA	Gin-Tonic infusion
06.30 pm	INFUSION SAUNA	Best of Hans Zimmer (Infusion without supervision)

WEDNESDAY, 08.06.2022 with Markus & Stefan

03.00 pm	BLOCKHUTSAUNA	Aufguss
04.00 pm	INFUSION SAUNA	Greatest Hits (infusion without supervision)
04.30 pm	INFUSION SAUNA	Swiss stone peeling infusion
05.30 pm	INFUSION SAUNA	Vitamin infusion
06.30 pm	INFUSION SAUNA	Enya relaxation infusion (without supervision)

THURSDAY, 09.06.2022 with Markus & Ladi

03.00 pm	BLOCKHUTSAUNA	Aufguss
04.00 pm	INFUSION SAUNA	A historical excursion to the Zillertal (infusion without supervision)
04.30 pm	INFUSION SAUNA	Wheat beer infusion
05.30 pm	INFUSION SAUNA	Coconut oil infusion
06.30 pm	INFUSION SAUNA	I am from Austria (Infusion without supervision)

FRIDAY, 10.06.2022 with Markus & Hauke

03.00 pm	BLOCKHUTSAUNA	Aufguss
04.00 pm	INFUSION SAUNA	Lion King (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)

SATURDAY, 11.06.2022 with Markus & Stefan

03.00 pm	INFUSION SAUNA	Aufguss
04.00 pm	INFUSION SAUNA	Woodstock (infusion without supervision)
04.30 pm	INFUSION SAUNA	Stone oil tonic infusion
05.30 pm	INFUSION SAUNA	Arinika oil infusion
06.30 pm	INFUSION SAUNA	90s Party (infusion without supervision)

SUNDAY, 12.06.2022 with Hauke

03.00 pm	INFUSION SAUNA	Aufguss
04.00 pm	INFUSION SAUNA	Nature infusion (infusion without supervision)
04.30 pm	INFUSION SAUNA	Franzbrandwein infusion
05.30 pm	INFUSION SAUNA	Coconut oil infusion
06.30 pm	INFUSION SAUNA	Tyrol - Land of Loyalty (infusion without supervision)



GENERAL INFORMATION

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

Sauna: Open daily from 10:30 - 20:00 for you!

Family and textile sauna: Open daily from 14:00 - 19:00 for you!

Hairdresser Sandra: Tuesday, Wednesday, Friday and Saturday from 09:30 - 20:00.

NEW: For the sake of the environment, our **STOCK time** is now available in the **STOCK WebApp**. Simply scan the QR code!



feel
stock!