



MONDAY, 07.08.2023

09.00 am	Fasciatraining at the Power Box
10.00 am	Hike with Martin
04.00 pm	BOX FIT at the Power Box
05.00 pm	Spinning at the Power Box
from 06.30	Evening menu with veal Wiener schnitzel
@night	Norman Stolz

TUESDAY, 08.08.2023

10.00 am	Hike to the mountain festival with Martin
11.15 am	E-bike tour to the Stockhütte with Anna & Jean
11.45 am	With the gondola to the mountain festival
from 12.30	STOCKS BERGFEST with DJ Daniel M (only in good weather)
05.00 pm	Yoga & Meditation with Hsiu in the Idea Room
from 06.30	Chocolate fountain

WEDNESDAY, 09.08.2023

08.00 am	Good morning walk
10.00 am	Aqua Float Workout in 25m Sports Pool
10.00 am	Mountain experience with Martin
05.00 pm	Fasciatraining at the Power Box
from 06.30	Pleasure menu with fillet of beef
@night	Tom Daubek & Vanessa

THURSDAY, 10.08.2023

08.00 am	Aqua Fit at the indoorpool
10.00 am	Herb garden tour in Schlitters
10.00 am	Hike with Martin
11.00 am	E-bike tour to Stilluptal
04.00 pm	Outdoor Bootcamp
from 06.30	Evening menu with pasta buffet
@night	DJ Albin

FRIDAY, 11.08.2023

08.00 am	Backfit at the Power Box
10.00 am	Adventure hike with Martin
11.00 am	Rafting / Family trip
05.00 pm	Yoga & Meditation with Denise in the idea room
from 06.30	Kaiserschmarrn & pastries buffet
@night	STOCKS Casino Royale

SATURDAY, 12.08.2023

08.00 am	Aqua Fit at the indoorpool
10.00 am	Hike with Martin
11.00 am	E-bike tour to the Alpenrose
05.00 pm	Stretch & Relax at the Power Box
from 06.30	Evening menu with sushi & sashimi
@night	Johannes Kammerlander

SUNDAY, 13.08.2023

08.00 am	Fasciatraining at the Power Box
from 09.00	
10.00 am	Aqua Float Workout in 25m Sports Pool
11.00 am	Energy hike in the Zemm Gorge
from 01.00	BBQ on our terrace (in good weather)
from 01.00	DJ Hoody
from 06.30	Evening menu with truffle



STOCK Mountain Festival
Enjoy the breathtaking mountain world with delicacies from the Zillertal in good weather on Tuesday at the STOCK hut!

SPORT PROGRAM

MONDAY, 07.08.2023 *with Anna & Lisa-Maria*

- 08.00 - 09.00 am** Swimtraining with Lisa-Maria at the Sportspool
- 09.00 - 09.30 am** Fasciatraining at the Power Box
- 10.00 - 11.00 am** Information about hiking & e-bike tours
- 12.00 - 12.45 pm** Barefoot hike to the waterfall (min. 3 pers.)
- 02.00 - 02.30 pm** Balance training at the Gym
- 03.00 - 03.45 pm** Fitnesscare at the Gym
- 04.00 - 04.45 pm** BOX FIT at the Power Box
- 05.00 - 05.45 pm** Spinning at the Power Box (min. 3 persons)

TUESDAY, 08.08.2023 *with Anna, Jean & Hsiu*

- 09.00 - 09.30 am** Mobility Workout at the Power Box
- 10.00 - 11.00 am** Information about hiking & e-bike tours
- 11.15 - 12.30 pm** E-bike tour to Stockhütte €40.00 per bike
- 03.00 - 03.45 pm** Fitnesscare at the Gym
- 04.00 - 04.45 pm** Cross Athletics at the Power Box
- 05.00 - 06.00 pm** Yoga & Meditation with Hsiu at the idea room (min. 3 pers.)

WEDNESDAY, 09.08.2023 *with Anna*

- 08.00 - 08.45 am** Good morning walk
- 09.00 - 09.45 am** Fitnesscare at the Gym
- 10.00 - 10.30 am** Aqua Float Workout in 25m Sports Pool
- 11.00 - 03.00 pm** E-Bike & Hike Tour to Gamshütte (min. 3 Pers.) € 40,00 per Bike
- 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** Fasciatraining at the Power Box

THURSDAY, 10.08.2023 *with Anna*

- 08.00 - 08.30 am** Aqua Fit at the indoorpool
- 09.00 - 09.30 am** Fitnesscare at the Gym
- 10.00 - 11.00 am** Information about hiking & e-bike tours
- 11.00 - 02.00 pm** E-Bike Tour to Stillup (min. Pers.) € 40,00 per Bike
- 03.00 - 03.45 pm** Fitnesscare at the Gym
- 04.00 - 04.45 pm** Outdoor Bootcamp
- 05.00 - 05.30 pm** Core & Stability at the Power Box

FRIDAY, 11.08.2023 *with Jean & Denise*

- 08.00 - 08.45 am** Backfit at the Power Box
- 09.00 - 09.45 am** Fitnesscare at the Gym
- 10.00 - 11.00 am** Information about hiking & e-bike tours
- 11.00 - 01.00 pm** Rafting / Family trip (min. 4 pers. / max. 16 pers.) Binding registration until Thursday 18:00 at the reception or via the WebApp / The booking of the costs incurred will be made by us.
- 02.00 - 02.30 pm** Footreflexcircle 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 - 06.00 pm** Yoga & Medidation with Denise in the Idea Room (min. 3 pers.)

SATURDAY, 12.08.2023 *with Jean*

- 08.00 - 08.30 am** Aqua Fit at the indoorpool
- 09.00 - 09.45 am** Fitnesscare at the Gym
- 10.00 - 11.00 am** Information about hiking & e-bike tours
- 11.00 - 02.00 pm** E-Bike tour to Alpenrose (min. pers.) € 40,00 per bike
- 03.00 - 03.30 pm** Power Plate Instructions
- 04.00 - 04.45 pm** Cross Athletics at the Power Box
- 05.00 - 05.30 pm** Stretch & Relax at the Power Box

SUNDAY, 13.08.2023 *with Jean*

- 08.00 - 08.30 am** Fasciatraining at the Power Box
- 09.00 - 09.45 am** Fitnesscare at the Gym
- 10.00 - 10.30 am** Aqua Float Workout in 25m Sports Pool
- 11.00 - 12.30 pm** Energy hike in the Zemm Gorge (min. 3 pers.)

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, 07.08.2023	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Ceasar Salat Julez Evening menu with veal Wiener schnitzel Norman Stolz
TUESDAY, 08.08.2023	Lunchbuffet Top tip Tip for aperitif Eveningculinary	South Tyrolean Schlutzkrapfen STOCKS Mountain Festival with DJ Daniel M (in fair weather) Grand Dame Chocolate fountain with fruits an ice cream
WEDNESDAY, 09.08.2023	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Truffle parmesan potato Champagner Barons de Rothschild Pleasure menu with fillet of beef Tom Daubek & Vanessa
THURSDAY, 10.08.2023	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Tex Mex Zillertaler Mule Evening menu with pasta buffet DJ Albin
FRIDAY, 11.08.2023	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Octopus & Squid with Sauce Aioli Lavender spritz Kaiserschmarrn & pastries buffet STOCKS Casino Royale
SATURDAY, 12.08.2023	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Viennese fried chicken Elderberry Cobbler Evening menu with sushi & sashimi Johannes Kammerlander
SUNDAY, 13.08.2023	Happy Morning Lunchbuffet Tip for aperitif Eveningculinary	Emmi on the harp BBQ on our terrace (in good weather) Wine´n Berries Evening menu with truffle

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, 07.08.2023 with Mateusz & Jean

04.00 pm	BLOCKHUTSAUNA	"Some like it hot" with menthol crystals
04.30 pm	INFUSION SAUNA	Land of the mountains (automatic event infusion without supervision)
05.00 pm	INFUSION SAUNA	Swiss stone pine honey infusion
06.00 pm	INFUSION SAUNA	Arnica oil infusion

TUESDAY, 08.08.2023 with Mateusz & Jean

04.00 pm	BLOCKHUTSAUNA	"Some like it hot" with mountain pine
04.30 pm	INFUSION SAUNA	Lion King (Infusion without supervision)
05.00 pm	INFUSION SAUNA	Grapefruit-mint infusion
06.00 pm	INFUSION SAUNA	Tyrolean Stone Oil Tonic infusion

WEDNESDAY, 09.08.2023 with Markus & Tamara

04.00 pm	BLOCKHUTSAUNA	"Some like it hot" with menthol crystals
04.30 pm	INFUSION SAUNA	Enya relaxation infusion (without supervision)
05.00 pm	INFUSION SAUNA	Ice honey cream infusion
06.00 pm	INFUSION SAUNA	Erdinger wheat beer infusion

THURSDAY, 10.08.2023 with Markus & Mateusz

04.00 pm	BLOCKHUTSAUNA	"Some like it hot" with menthol crystals
04.30 pm	INFUSION SAUNA	James Bond (infusion without supervision)
05.00 pm	INFUSION SAUNA	creamy orange peeling salt infusion
06.00 pm	INFUSION SAUNA	Olive oil infusion

FRIDAY, 11.08.2023 with Markus & Mateusz

04.00 pm	BLOCKHUTSAUNA	"Some like it hot" with menthol crystals
04.30 pm	INFUSION SAUNA	I am from Austria (infusion without supervision)
05.00 pm	INFUSION SAUNA	Coconut oil infusion
06.00 pm	INFUSION SAUNA	Gin-Tonic infusion

SATURDAY, 12.08.2023 with Markus & Mateusz

04.00 pm	BLOCKHUTSAUNA	"Some like it hot" with menthol crystals
04.30 pm	INFUSION SAUNA	Spring dances (infusion without supervision)
05.00 pm	INFUSION SAUNA	Vino cream infusion
06.00 pm	INFUSION SAUNA	Mountain pine rubbing alcohol infusion

SUNDAY, 13.08.2023 with Mateusz & Jean

04.00 pm	BLOCKHUTSAUNA	"Some like it hot" with honey
04.30 pm	INFUSION SAUNA	Ibiza Sounds (infusion without supervision)
05.00 pm	INFUSION SAUNA	Lavender infusion
06.00 pm	INFUSION SAUNA	Herbal balsam infusion



HOLIDAY = FAMILY TIME IN THE STOCK
Our indoor & outdoor pool is available to all guests big & small daily from 07.00 - 20.00!
The 25m sports - swimming pool:
07.00 - 13.00 o'clock for adult swimmers
From 13.00 o'clock:
bathing fun for adults & children from 10 years
Please note for the 25m sports swimming pool:
- The are around the 25m pool is rest area
- Do not jump into the pool
- No air mattresses & floating animals

feel
stock!

GENERAL INFORMATION

OPENING HOURS

STOCK Diamond Spa:

Monday to Saturday from
09:00am - 19:00pm
Sunday
from 09:00am - 13:00pm
14:00pm - 18:00pm

Hairdresser Sandra:

Tuesday, Wednesday,
Friday & Saturday
from 09:30am - 20:00pm

Sauna:

Daily from 07:30am-11:00pm

Family and Textile Sauna:

Daily from 7:00 am-14:00pm

25m Sports Pool:

Daily from 7:00am-20:00pm

Indoor Pool:

Daily from 07.00am-20.00pm

Aqua Fun Park:

Daily from 10.00am-8.00pm

Slide:

Daily from 11:00 am-20:00pm