



MONDAY, 01.08.2022

08.00 am	Backfit at the Power Box
10.00 am	Hiking with Martin
02.00 pm	Footreflexcircle at the Gym
04.00 pm	Power Pump at the Power Box
from 06.30	Eveningmenu with truffle
@night	Take Two

TUESDAY, 02.08.2022

10.00 am	Hiking to Bergfest with Martin
11.00 am	E-Bike Tour to STOCK hut with Anna & Stefan
11.45 am	With the gondula to the Bergbrunch with Barbara
from 12.30	STOCKS Bergbrunch with Livemusic Kasermandl duo (only at good weather)
05.00 pm	Yoga with Tiffany
from 06.30	Chocolate fountain, candy floss, ice cream & pancakes

WEDNESDAY, 03.08.2022

10.00 am	Hiking with Martin
11.00 am	E-Bike Tour to Alpenrose
05.00 pm	Footreflexcircle at the Gym
from 06.30	STOCK Summermenu
@night	Lisa Mauracher

THURSDAY, 04.08.2022

10.00 am	Hikingtour with Martin
11.00 am	Nordic Walking
11.00 - 02.00 pm	Familyspa day
from 03.00	Summerlounge at the 25 Metre Pool with DJ C-Rock (only at good weather)
from 06.30	Enjoymentmenu & photowall for a souvenir photo
@night	STOCK Casino Royale

FRIDAY, 05.08.2022

08.00 am	Core & Stability at the Power Box
10.00 am	Mountain experience with Martin
11.00 am	E-bike & Hike to Gamshut
04.00 pm	Spinning at the Power Box
05.00 pm	Yoga with Tiffany
from 06.30	Sushi & Sashimi
@night	Soe Tolloy Duo

SATURDAY, 06.08.2022

08.00 am	Aqua Fit at the indoorpool
10.00 am	Hiking with Martin
11.00 am	E-Bike Tour to Stilluptal
from 01.00	BBQ at the terrace with DJ Stevie (only at good weather)
04.00 pm	Fatburner at the Power Box
05.00 pm	Stretch & Relax at the Power Box
from 06.30	Eveningmenu with Kaiserschmarrn
@night	Norman Stolz Duo

SUNDAY, 07.08.2022

09.00 am	Good morning music with Emmi at the harp
from 06.30	STOCK Eveningmenu



STOCKS Bergfest

Enjoy the breathtaking mountain world with delicacies from the Zillertal on Tuesday at the STOCK hut!

SPORT PROGRAM

MONDAY, 01.08.2022 *with Stefan & Lisa-Maria*

- 08.00 - 08.30 am **Backfit at the Power Box**
- 09.00 - 10.00 am **Swimtraining with Lisa-Maria at the Sportspool**
- 11.00 - 12.00 pm **Waterfall hiking (min 3 Pers.)**
- 02.00 - 02.30 pm Footreflexcircle at the Gym
- 03.00 - 03.45 pm Fitnesscare at the Gym
- 04.00 - 04.45 pm **Power Pump at the Power Box**
- 05.00 - 05.30 pm **Balance Training at the Power Box**

TUESDAY, 02.08.2022 *with Anna & Tiffany*

- 08.00 - 08.30 am Aqua Fit at the indoorpool
- 11.00 - 12.30 pm **E-bike tour to the Stock's hut € 40,00 per Bike**
- 03.00 - 03.45 pm Fitnesscare at the Gym
- 04.00 - 04.45 pm **Spinning at the Power Box (min. 3 persons)**
- 05.00 - 06.30 pm **Yoga & Meditation in the Idea Room (min. 3 persons)**

WEDNESDAY, 03.08.2022 *with Anna*

- 08.00 - 08.30 am **Backfit at the Power Box**
- 09.00 - 09.45 am Fitnesscare at the Gym
- 11.00 - 02.30 pm **E-Bike tour to Alpenrose (min. 3 persons) € 40,00 per bike**
- 03.00 - 03.45 pm Fitnesscare at the Gym
- 04.00 - 04.30 pm Aqua Fit at the indoorpool
- 05.00 - 05.30 pm Footreflexcircle at the Gym

THURSDAY, 04.08.2022 *with Anna*

- 08.00 - 08.30 am **Good Morning Stretch at the Power Box**
- 09.00 - 09.45 am Fitnesscare at the Gym
- 11.00 - 01.00 pm **Nordic Walking (min. 3 persons) Meeting point in front of the hotel**
- 02.00 - 02.30 pm **Balance 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 - 05.30 pm **Fasciatraining at the Power Box**

FRIDAY, 05.08.2022 *with Anna & Tiffany*

- 08.00 - 08.30 am **Core & Stability at the Power Box**
- 09.00 - 09.45 am Fitnesscare at the Gym
- 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 **Spinning at the Power Box (min. 3 persons)**
- 05.00 - 06.30 pm **Yoga & Meditation in the Idea Room (min. 3 persons)**

SATURDAY, 06.08.2022 *with Stefan*

- 08.00 - 08.30 am Aqua Fit at the indoorpool
- 09.00 - 09.45 am Fitnesscare at the Gym
- 11.00 - 02.30 pm **E-Bike Tour to Stillup € 40,00 per Bike**
- 03.00 - 03.45 pm Fitnesscare at the Gym
- 04.00 - 04.45 pm **Fatburner at the Power Box**
- 05.00 - 05.30 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: 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, 01.08.2022	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Spaghetti aglio-olio Aperol Mojito Eveningmenu with truffle Take Two
TUESDAY, 02.08.2022	Lunchbuffet Afternoon music Tip for aperitif Eveningculinary	Tyrolean Gröstl Kasermendl Duo at Bergfest (only at good weather) Ingo Chocolate fountain, candy floss, ice cream & pancakes
WEDNESDAY, 03.08.2022	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	fresh wraps La vie en rose STOCK Summermenu Lisa Mauracher
THURSDAY, 04.08.2022	Lunchbuffet Afternoon music Tip for aperitif Eveningculinary Live-Entertainment	Beef & Veggie Burger Summerlounge at the 25 metre pool with DJ C-Rock (only at good weather) Champagne baron de Rothschild Enjoymentdinner with beef STOCK Casino Royale
FRIDAY, 05.08.2022	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Prawn rice pan Rosato Risa Sushi & Sashimi Soe Tolloy Duo
SATURDAY, 06.08.2022	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	BBQ at our terrace with DJ Stevie (only at good weather) Grand Dame Eveningmenu with Kaiserschmarrn Norman Stolz Duo
SUNDAY, 07.08.2022	Happy Morning Lunchbuffet Tip for aperitif Eveningculinary	Emmi at the Harp Viennese fried chicken Wine'n Berries STOCK Eveningmenu

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, 01.08.2022 with Hauke

03.00 pm	BLOCKHUTSAUNA	Aufguss
04.00 pm	INFUSION SAUNA	90s Party (infusion without supervision)
04.30 pm	INFUSION SAUNA	Aloe Vera Cream Infusion Ceremony
05.30 pm	INFUSION SAUNA	Arinika oil infusion
06.30 pm	INFUSION SAUNA	Ibiza Vibes (infusion without supervision)

TUESDAY, 02.08.2022 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	Coconut oil infusion
06.30 pm	INFUSION SAUNA	Best of Hans Zimmer (Infusion without supervision)

WEDNESDAY, 03.08.2022 with Stefan & Markus

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

THURSDAY, 04.08.2022 with Markus

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	Lavender infusion
06.30 pm	INFUSION SAUNA	I am from Austria (Infusion without supervision)

FRIDAY, 05.08.2022 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, 06.08.2022 with Markus & Hauke

03.00 pm	BLOCKHUTSAUNA	Aufguss
04.00 pm	INFUSION SAUNA	Woodstock (infusion without supervision)
04.30 pm	INFUSION SAUNA	Schürzenjägerzeit - Homma heit!
05.30 pm	INFUSION SAUNA	Gin-Tonic infusion
06.30 pm	INFUSION SAUNA	90s Party (infusion without supervision)

SUNDAY, 07.08.2022 with Hauke & Stefan

03.00 pm	BLOCKHUTSAUNA	Aufguss
04.00 pm	INFUSION SAUNA	Ibiza Vibes (infusion without supervision)
04.30 pm	INFUSION SAUNA	Franzbrandwein infusion
05.30 pm	INFUSION SAUNA	Chocolate - cream infusion
06.30 pm	INFUSION SAUNA	Tyrol - Land of Loyalty (infusion without supervision)

HOLIDAY=FAMILYTIME

NEW-- in selected periods also children from 10 YEARS are allowed to use the 25m pool. for swimming! Please aware the rules:

entrance for kids from 10 years from 01.00 pm
The area about the Pool is a quiete place
no jumping & air mattress

For children under the age of 10, the indoor and outdoor pools and the Aqua Fun Park are available for swimming, splashing and playing. for swimming, splashing & romping.

feel
stock!

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! In case of bad weather open from 11.00 am.

Hairdresser Sandra: Is open for you on Tuesday, Wednesday, Friday and Saturday from 09:30 - 20:00.

SPA & SAUNA RULES

- The entire sauna area is a textile-free zone!
- Filming and photography in the entire sauna area is prohibited!

NEW: For the sake of the environment, our STOCK time is now available in the STOCK WebApp. To do so, scan the QR

