

SPORT PROGRAM

MONDAY, 19.09.2022 with Anna, Nicole & Lothar

- 07.15 - 08.00 am** Swim training with Nicole & Lothar Leder
- 08.00 - 08.30 am** Backfit at the Power Box
- 11.00 - 01.00 pm** Waterfall hikingtour
- 11.00 - 02.00 pm** Bike Tour with Nicole & Lothar
- 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 - 05.45 pm** Swim training with Nicole & Lothar Leder

TUESDAY, 20.09.2022 with Anna, Nicole, Lothar & Tiffany

- 07.15 - 08.00 am** Swim training with Nicole & Lothar Leder
- 08.00 - 08.30 am** Aqua Fit at the indoorpool
- 09.00 - 09.45 am** Fitnesscare at the Gym
- 11.00 - 12.30 pm** Bike Tour with Nicole & Lothar
- 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 - 05.45 pm** Runtraining with Nicole & Lothar
- 05.00 - 06.30 pm** Yoga & Meditation at the Ballsporthalle

WEDNESDAY, 21.09.2022 with Anna, Nicole & Lothar

- 07.15 - 08.00 am** Swim training with Nicole & Lothar Leder
- 08.00 - 08.30 am** Good Morning Stretch at the Power Box
- 09.00 - 09.45 am** Fitnesscare at the Gym
- 11.00 - 12.00 pm** Strength Training Basics with Nicole & Lothar Leder at the Gym
- 11.00 - 01.00 pm** Nordic Walking
- 02.00 - 02.30 pm** Balance Training at the Power Box
- 03.00 - 03.45 pm** Fitnesscare at the Gym
- 04.00 - 04.30 pm** Aqua Fit by the outdoor pool of the indoor pool
- 05.00 - 05.30 pm** Tabata at the Power Box

THURSDAY, 22.09.2022 with Anna, Nicole & Lothar

- 07.15 - 08.00 am** Swim training with Nicole & Lothar Leder
- 08.00 - 08.30 am** Aqua Fit at the indoorpool
- 09.00 - 09.45 am** Fitnesscare at the Gym
- 11.00 - 12.00 pm** Runtraining with Nicole & Lothar
- 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 - 04.45 pm** Belly, legs, bottom at the Power Box
- 05.00 - 05.30 pm** Fasciatraining at the Power Box

FRIDAY, 23.09.2022 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, 24.09.2022 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

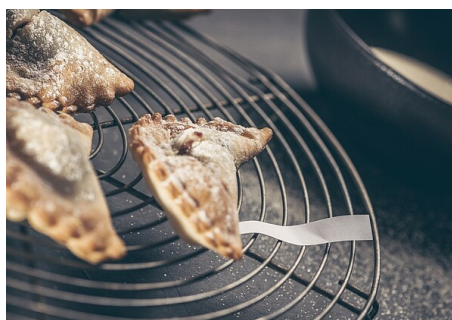
Personal training with Anna & Stefan for even more success in sports! Make an appointment directly at the gym! We ask for registration for the individual units via the STOCK App or directly at the reception!

Our hiking guide accompanies hiking lovers from Monday to Friday to the most beautiful hiking tours in the Zillertal! You can find out where to go daily in our morning post. You can easily register for the guided hike via the STOCK app or at the reception.

CULINARY & ENTERTAINMENT

MONDAY, 19.09.2022	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Caesar salad Adriatique Eveningmenu with truffle Brennholz
TUESDAY, 20.09.2022	Lunchbuffet Afternoon music Tip for aperitif Eveningculinary	Tyrolean Gröstl Kasermendl Duo at the Bergfest (only at good weather) Gimlet Chocolate fountain, candy floss, ice cream & pancakes
WEDNESDAY, 21.09.2022	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Quesadillas & Wraps Godfather Evening menu with pumpkin & mushrooms DJ C-Rock
THURSDAY, 22.09.2022	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	spicy ribs Champagne baron de Rothschild Enjoymentdinner with beef STOCK Casino Royale
FRIDAY, 23.09.2022	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Prawn rice pan Paloma Spritz Sushi & Sashimi Single Malt
SATURDAY, 24.09.2022	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Dry Aged Roastbeef Sparkling Summit Eveningmenu with Kaiserschmarrn Norman Stolz Duo
SUNDAY, 25.09.2022	Happy Morning Lunchbuffet Tip for aperitif Eveningculinary	Andreas at the Zither Turkey-Wienerschnitzel Holunder Cobbler STOCK Autummnu

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, 19.09.2022 with Hauke & Stefan

03.00 pm	BLOCKHUTSAUNA	Aufguss
04.00 pm	INFUSION SAUNA	Lion King (Infusion without supervision)
04.30 pm	INFUSION SAUNA	Nature infusion (infusion without supervision)
05.30 pm	INFUSION SAUNA	A historical excursion to the Zillertal (infusion without supervision)
06.30 pm	INFUSION SAUNA	Ibiza Vibes (infusion without supervision)

TUESDAY, 20.09.2022 with Hauke & Stefan

03.00 pm	BLOCKHUTSAUNA	Aufguss
04.00 pm	INFUSION SAUNA	Volks Rock & Roll (infusion without supervision)
04.30 pm	INFUSION SAUNA	Vitamin infusion
05.30 pm	INFUSION SAUNA	Chocolate - cream infusion
06.30 pm	INFUSION SAUNA	Kuschelrock (infusion without)

WEDNESDAY, 21.09.2022 with Markus & Stefan

03.00 pm	BLOCKHUTSAUNA	Aufguss
04.00 pm	INFUSION SAUNA	Greatest Hits (infusion without supervision)
04.30 pm	INFUSION SAUNA	Grapefruit Aufguss
05.30 pm	INFUSION SAUNA	Olive oil infusion
06.30 pm	INFUSION SAUNA	Best of Hans Zimmer (Infusion without supervision)

THURSDAY, 22.09.2022 with Markus

03.00 pm	BLOCKHUTSAUNA	Aufguss
04.00 pm	INFUSION SAUNA	90s Party (infusion without supervision)
04.30 pm	INFUSION SAUNA	Herbal balsam infusion
05.30 pm	INFUSION SAUNA	Wheat beer infusion
06.30 pm	INFUSION SAUNA	I am from Austria (Infusion without supervision)

FRIDAY, 23.09.2022 with Markus & Hauke

03.00 pm	BLOCKHUTSAUNA	Aufguss
04.00 pm	INFUSION SAUNA	Woodstock (infusion without supervision)
04.30 pm	INFUSION SAUNA	Arinika oil infusion
05.30 pm	INFUSION SAUNA	Aloe vera cream infusion
06.30 pm	INFUSION SAUNA	A historical excursion to the Zillertal (infusion without supervision)

SATURDAY, 24.09.2022 with Markus & Hauke

03.00 pm	BLOCKHUTSAUNA	Aufguss
04.00 pm	INFUSION SAUNA	Ibiza Vibes (infusion without supervision)
04.30 pm	INFUSION SAUNA	Ice-honey infusion
05.30 pm	INFUSION SAUNA	Gin-Tonic infusion
06.30 pm	INFUSION SAUNA	Enya relaxation infusion (without supervision)

SUNDAY, 25.09.2022 with Hauke & Stefan

04.00 pm	INFUSION SAUNA	Tyrol - Land of Loyalty (infusion without supervision)
04.30 pm	INFUSION SAUNA	Honey-swiss pine infusion
05.30 pm	INFUSION SAUNA	Strawberry infusion
06.30 pm	INFUSION SAUNA	Woodstock (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! 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

feel
stock!



