



MONDAY, 26.09.2022

08.00 am	Swimtraining with Lisa-Maria at the Sportspool
10.00 am	Hiking with Martin
02.00 pm	Footreflexcircle at the Gym
from 06.30	Eveningmenu with truffle
@night	Take Two

TUESDAY, 27.09.2022

10.00 am	Hiking to the Bergfest with Martin
11.00 am	E-Bike Tour to Bergfest
11.45 am	With the gondola to the Bergfest
from 12.30	STOCKS BERGFEST with Livemusic DJ Albin (only at good weather)
from 06.30	Chocolate fountain, candy floss, ice cream & pancakes

WEDNESDAY, 28.09.2022

10.00 am	Core & Stability at the Power Box
10.00 am	Hikingtour with Martin
12.00 pm	Spinning at the Power Box (min. 3 persons)
from 06.30	STOCK evening menu with local game
@night	Piano Flo

THURSDAY, 29.09.2022

08.00 am	Aqua Fit at the indoorpool
10.00 am	Fasciatraining at the Power Box
10.00 am	Hiking with Martin
from 06.30	Enjoyment menu & photo wall for a souvenir photo
@night	STOCK Casino Royale

FRIDAY, 30.09.2022

08.00 am	Good Morning Stretch at the Power Box
10.00 am	Hiking with Martin
10.00 am	Sixpack workout at the Power Box
04.00 pm	Tabata at the Power Box
from 06.30	Sushi & Sashimi
@night	Plankton

SATURDAY, 01.10.2022

08.00 am	Aqua Fit at the indoorpool
10.00 am	Hiking with Martin
10.00 am	Mobility Workout at the Power Box
11.00 am	E-Bike Tour to Stilluptal
04.00 pm	Fatburner at the Power Box
from 06.30	Eveningmenu with Kaiserschmarrn
@night	Norman Stolz

SUNDAY, 02.10.2022

09.00 am	Good morning music with Andreas at the Zither
from 06.30	STOCK Eveningmenu

SPORT PROGRAM

MONDAY, 26.09.2022 *with Stefan & Lisa Maria*

08.00 - 09.00 am	Swimtraining with Lisa-Maria at the Sportspool
09.00 - 09.45 am	Fitnesscare at the Gym
10.00 - 10.30 am	Theraband Training at the Power Box
11.00 - 12.30 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	Core & Stability at the Power Box

TUESDAY, 27.09.2022 *with Anna*

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	TRX Hybrid at the Power Box
05.00 - 05.30 pm	Stretch & Relax at the Power Box

WEDNESDAY, 28.09.2022 *with Anna*

08.00 - 08.45 am	Good morning Run
09.00 - 09.45 am	Fitnesscare at the Gym
10.00 - 10.30 am	Core & Stability at the Power Box
12.00 - 12.45 pm	Spinning at the Power Box (min. 3 persons)
02.00 - 03.00 pm	Power Plate Instructions
03.00 - 03.45 pm	Fitnesscare at the Gym
04.00 - 04.45 pm	Cross Athletics at the Power Box
05.00 - 05.30 pm	Backfit at the Power Box

THURSDAY, 29.09.2022 *with Anna*

08.00 - 08.30 am	Aqua Fit at the indoorpool
09.00 - 09.45 am	Fitnesscare at the Gym
10.00 - 10.30 am	Fasciatraining at the Power Box
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	Footreflexcircle at the Gym

FRIDAY, 30.09.2022 *with Anna*

08.00 - 08.30 am	Good Morning Stretch at the Power Box
09.00 - 09.45 am	Fitnesscare at the Gym
10.00 - 10.30 am	Sixpack workout at the Power Box
11.00 - 12.30 pm	Waterfall hiking (min 3 Pers.)
02.00 - 02.45 pm	Instruction on strength equipment in the Gym
03.00 - 03.45 pm	Fitnesscare at the Gym
04.00 - 04.30 pm	Tabata at the Power Box
05.00 - 05.30 pm	Backfit at the Power Box

SATURDAY, 01.10.2022 *with Stefan*

08.00 am	Aqua Fit at the indoorpool
09.00 - 09.45 am	Fitnesscare at the Gym
10.00 - 10.30 am	Mobility Workout at the Power Box
11.00 - 02.30 pm	E-bike tour to the Stillup Stausee (for beginners)
03.00 - 03.45 pm	Fitnesscare at the Gym
04.00 - 04.45 pm	Fatburner at the Power Box
05.00 - 05.30 pm	Physioball training 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, 26.09.2022	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Curry sausage with fries Granta Spritz Eveningmenu with truffle Take Two
TUESDAY, 27.09.2022	Lunchbuffet Afternoon music Tip for aperitif Eveningculinary	sweet dumplings DJ Albin (only at good weather) Charlie Chaplin Chocolate fountain, candy floss, ice cream & pancakes
WEDNESDAY, 28.09.2022	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Thai-chicken-coconutcurry Wine'n Berries STOCK evening menu with local game Piano Flo
THURSDAY, 29.09.2022	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	grilled wild prawns Chmapagne Baron de Rothschild Enjoymentmenu with beef STOCK Casino Royale
FRIDAY, 30.09.2022	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Asia Wokpan Paola Sushi & Sashimi Plankton
SATURDAY, 01.10.2022	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Ribeye from the local beef Grand Dame Eveningmenu with Kaiserschmarrn Norman Stolz
SUNDAY, 02.10.2022	Happy Morning Lunchbuffet Tip for aperitif Eveningculinary	Andreas at the Zither Fried chicken Lillet Berry 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	



feel
relaxed!

INFUSIONS & PEELINGS

MONDAY, 26.09.2022 *with Hauke*

03.00 pm	BLOCKHUTSAUNA	Aufguss
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	Ibiza Vibes (infusion without supervision)

TUESDAY, 27.09.2022 *with Stefan & Hauke*

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, 28.09.2022 *with Hauke & Markus*

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, 29.09.2022 *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, 30.09.2022 *with Markus & Stefan*

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, 01.10.2022 *with Markus*

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, 02.10.2022 *with Stefan*

03.00 pm	BLOCKHUTSAUNA	Aufguss
04.00 pm	INFUSION SAUNA	Tyrol - Land of Loyalty (infusion without supervision)
04.30 pm	INFUSION SAUNA	Honey and zirbe infusion
05.30 pm	INFUSION SAUNA	
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!

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 code!



feel
stock!