



MONDAY, 24.10.2022

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|---------------|-----------------------------------|
| 08.00 am | Backfit at the Power Box |
| 10.00 am | Hiking with Martin |
| 04.00 pm | Power Pump at the Power Box |
| 05.00 pm | Core & Stability at the Power Box |
| from 06.30 | Eveningmenu with truffle |
| @night | Brennholz |

TUESDAY, 25.10.2022

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|---------------|--|
| 09.00 am | Fitnesscare at the Gym |
| 10.00 am | Hiking with Martin |
| 02.00 pm | Stretch & Relax at the Power Box |
| 05.00 pm | Yoga with Tiffany |
| from 06.30 | Kitchen Party at STOCK's KOCHEREI with many culinary highlights |
| @night | DJ Daniel M |

WEDNESDAY, 26.10.2022

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|---------------|--|
| 10.00 am | Hiking with Martin |
| 11.00 am | E-Bike Tour to Steinerkogel |
| 02.00 pm | Power Plate Instructions |
| 04.00 pm | Cross Athletics at the Power Box |
| from 06.30 | Mediterranean cold starters from the buffet |
| @night | Offtang |

THURSDAY, 27.10.2022

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|---------------|--|
| 08.00 am | Aqua Fit at the indoorpool |
| 10.00 am | Hiking with Martin |
| 11.00 am | Spinning at the Power Box |
| 05.00 pm | Footreflexcircle at the Gym |
| from 06.30 | Enjoyment menu with cattle target & photo wall for a souvenir photo |
| @night | STOCK Casino Royale |

FRIDAY, 28.10.2022

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|---------------|-------------------------------------|
| 10.00 am | Hiking with Martin |
| 02.00 pm | Theraband Training at the Power Box |
| 04.00 pm | Powercircle at the Power Box |
| 05.00 pm | Yoga with Tiffany |
| 06.30 pm | Dessert pastry buffet |
| @night | Acoustic Band |

SATURDAY, 29.10.2022

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|---------------|----------------------------------|
| 09.00 am | Fitnesscare at the Gym |
| 10.00 am | Hiking with Martin |
| 11.00 am | E-Bike Tour to Stilluptal |
| 04.00 pm | TRX Hybrid at the Power Box |
| from 06.30 | Sushi & Sashimi |
| @night | Norman Stolz |

SUNDAY, 30.10.2022

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| 08.00 am | Fasciatraining at the Power Box |
| 09.00 am | Good morning music with Emmi at the harp |
| 10.00 am | Mobility Workout at the Power Box |
| 11.00 am | Energyhike |
| from 06.30 | Pasta Vorspeisen from the buffet |

STOCK'S KITCHENPARTY

During your culinary discovery tour through our kitchen, **on Tuesday** you will experience various cold & warm delicacies and sweet temptations. DJ Daniel M and the STOCK team are looking forward to this special evening with you!

#fresh #food #fantastic

Dresscode: easy .casual. casual

SPORT PROGRAM

MONDAY, 24.10.2022 *with Anna*

- 08.00 - 08.45 am **Backfit at the Power Box**
- 11.00 - 11.45 am **Energylhike (at least 3 Pax)
Meeting point in front of the hotel**
- 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, 25.10.2022 *with Anna & Tiffany*

- 08.00 - 08.45 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 - 12.30 pm **Nordic Walking (min. 3 persons)
Meeting point in front of the hotel**
- 02.00 - 02.45 pm **Stretch & Relax 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**
- 05.00 - 06.30 pm **Yoga & Meditation with Tiffany
im Energieraum (min. 3 persons)**

WEDNESDAY, 26.10.2022 *with Anna*

- 08.00 - 08.45 am **Fasciatraining at the Power Box**
- 09.00 - 10.30 am Fitnesscare at the Gym
- 11.00 - 01.30 pm **E-Bike Tour Steinerkogel (min. 3 persons) € 40.00 per bike**
- 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, 27.10.2022 *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 **Core & Stability at the Power Box**
- 11.00 - 11.45 am **Spinning at the Power Box (min. 3 persons)**
- 02.00 - 02.30 pm Balance training at the Gym
- 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, 28.10.2022 *with Jean & Tiffany*

- 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 **Nordic Walking (min. 3 persons)
Meeting point in front of the hotel**
- 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 **Powercircle at the Power Box**
- 05.00 - 06.30 pm **Yoga & Meditation with Tiffany
im Energieraum (min. 3 persons)**

SATURDAY, 29.10.2022 *with Jean*

- 08.00 - 08.30 am Aqua Fit at the indoorpool
- 09.00 - 10.30 am Fitnesscare at the Gym
- 11.00 - 01.00 pm **E-Bike Tour to Stillup € 40,00 per Bike**
- 02.00 - 02.45 pm Instruction on strength equipment in the Gym
- 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 **Physioball & Theraband at the Power Box**

SUNDAY, 30.10.2022 *with Jean*

- 08.00 - 08.45 am **Fasciatraining at the Power Box**
- 09.00 - 09.45 am Fitnesscare at the Gym
- 10.00 - 10.30 am **Mobility Workout at the Power Box**
- 11.00 - 12.00 pm **Energylhike (at least 3 Pax)
Meeting point in front of the hotel**

Personal training with Anna & Jean 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 Saturday 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

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|----------------------------------|--|---|
| MONDAY, 24.10.2022 | Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment | Raclette Godfather Evening menu with veal Wiener schnitzel Brennholz |
| TUESDAY, 25.10.2022 | Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment | Thai Curry Grand Dame STOCK's Kitchenparty DJ Daniel M |
| WEDNESDAY, 26.10.2022 | Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment | Beef & Veggie Burger La vie en Rose Mediterranean cold starters from the buffet Offtang |
| THURSDAY, 27.10.2022 | Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment | Jacket potato with smoked salmon, bacon & sour cream Champagne baron de Rothschild Enjoymentdinner with beef STOCK Casino Royale |
| FRIDAY, 28.10.2022 | Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment | Tyrolean Gröstl Wine'n Berries Dessert pastry buffet Acoustic Band |
| SATURDAY, 29.10.2022 | Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment | Sauerbraten Granata Spritz Sushi & Sashimi Norman Stolz |
| SUNDAY, 30.10.2022 | Happy Morning Lunchbuffet Tip for aperitif Eveningculinary | Emmi at the harp Styrian fried chicken Paolo Pasta Vorspeisen from the buffet |

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| 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 |



