



MONDAY, 07.11.2022

08.00 am	Backfit at the Power Box
02.00 pm	Footreflexcircle at the Gym
04.00 pm	Power Pump at the Power Box
05.00 pm	Core & Stability at the Power Box
from 06.30	STOCK Autumnmenu
@night	STOCK Casino Royale

TUESDAY, 08.11.2022

10.00 am	Fasciatraining at the Power Box
02.00 pm	Stretch & Relax at the Power Box
04.00 pm	Spinning at the Power Box
05.00 pm	Yoga & meditation
from 06.30	KITCHENPARTY at STOCK's Kocherei with many culinary highlights
@night	DJ Albin

WEDNESDAY, 09.11.2022

11.00 am	E-Bike Tour to Steinerkogel
02.00 pm	Footreflexcircle at the Gym
04.00 pm	Cross Athletics at the Power Box
05.00 pm	Backfit at the Power Box
from 06.30	Pasta Buffet
@night	Offtang

THURSDAY, 10.11.2022

08.00 am	Aqua Fit at the indoorpool
10.00 am	Core & Stability at the Power Box
11.00 am	Spinning at the Power Box
11.00 - 02.00 pm	Family Spaday
04.00 pm	Belly, legs, bottom at the Power Box
from 06.30	Enjoyment menu with fillet of beef & photo wall for a souvenir photo
@night	Brennholz

FRIDAY, 11.11.2022

08.00 am	Yoga & Meditation
10.00 am	Sixpack workout at the Power Box
02.00 pm	Mobility Workout at the Power Box
04.00 pm	Powercircle at the Gym
from 06.30	Dessert & Pastry Buffet
@night	Acoustic Band

SATURDAY, 12.11.2022

11.00 am	Power Walk to Astegg
02.00 pm	Instruction on strength equipment in the Gym
04.00 pm	TRX Hybrid at the Power Box
05.00 pm	Physioball training at the Power Box
from 06.30	Sushi & Sashimi
@night	Single Malt

SUNDAY, 13.11.2022

08.00 am	Fasciatraining at the Power Box
09.00 am	Good morning music with Andreas at the Zither
10.00 am	Mobility Workout at the Power Box
11.00 am	Energiewanderung
from 06.30	Mediterranean starter buffet

STOCK'S KITCHENPARTY

During your culinary discovery tour through our kitchen, you will experience a wide variety of cold and warm delicacies and sweet temptations **on Tuesday**. DJ Albin and the STOCK team are looking forward to this special evening with you!

#fresh #food #fantastic

Dress code: casual. casual

SPORT PROGRAM

MONDAY, 07.11.2022 *with Anna*

- 08.00 - 08.45 am** Backfit at the Power Box
- 11.00 - 12.30 pm** Energyhike (at least 3Pax)
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, 08.11.2022 *with Anna & Tiffany*

- 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 - 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 at the Power Box (min. 3 persons)
- 05.00 - 06.30 pm** Yoga & Meditation in the Idea Room (min. 3 persons)

WEDNESDAY, 09.11.2022 *with Anna*

- 08.00 - 08.45 am** Fasciatraining 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 - 01.30 pm** E-Bike Tour to Steinerkogel (min. 3 Persons) € 40,00 per Bike
- 02.00 - 03.00 pm** Footreflexcircle at the Gym
- 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, 10.11.2022 *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 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, 11.11.2022 *with Jean & Tiffany*

- 08.00 - 09.30 am** Yoga & Meditation in the Idea Room (min. 3 persons)
- 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** Mobility Workout 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 - 05.30 pm** Footreflexcircle at the Gym

SATURDAY, 12.11.2022 *with Jean*

- 08.00 - 08.30 am** Aqua Fit at the indoorpool
- 09.00 - 10.30 am** Fitnesscare at the Gym
- 10.00 - 10.30 am** Theraband Training at the Power Box
- 11.00 - 01.30 pm** Power Walk to Astegg (min. 3 Persons)
- 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 training at the Power Box

SUNDAY, 13.11.2022 *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** Energyhike (at least 3Pax)
Meeting point in front of the hotel

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!

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, 07.11.2022	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Curry sausage with fries Charlie Chaplin STOCK Autumnmenu STOCK Casino Royale
TUESDAY, 08.11.2022	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Spaghetti aglio & olio Jasmin STOCK's Kitchenparty DJ Albin
WEDNESDAY, 09.11.2022	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Raclette El Presindete Pasta Buffet Offtang
THURSDAY, 10.11.2022	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Salmon in a salt crust Champagne Baron de Rothschild Enjoymentmenu with beef Brennholz
FRIDAY, 11.11.2022	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Quesadillas & Wraps Gimlet Dessert & Pastry Buffet Acoustic Band
SATURDAY, 12.11.2022	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Beef fillet tips in pepper cream Godfather Sushi & Sashimi Single Malt
SUNDAY, 13.11.2022	Happy Morning Lunchbuffet Tip for aperitif Eveningculinary	Andreas at the Zither Turkey Wiener Schnitzel Adriatique Mediterranean starter buffet

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



