

SPORT PROGRAM

MONDAY, 14.11.2022 *with Anna*

- 08.00 - 08.45 am **Backfit at the Power Box**
- 11.00 - 12.30 pm **Energylhike (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 **Cross Athletics at the Power Box**

TUESDAY, 15.11.2022 *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 **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)**
- 05.15 - 06.00 pm Instruction on strength equipment in the Gym

WEDNESDAY, 16.11.2022 *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 - 02.00 pm **Hiking to Zimmererben (min. 3 Person.)**
- 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, 17.11.2022 *with Jean & 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 **Belly, legs, bottom at the Power Box**
- 02.00 - 02.30 pm Balance training at 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 **Fasciatraining at the Power Box**

FRIDAY, 18.11.2022 *with Jean*

- 08.00 - 08.45 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 **Mobility Workout at the Power Box**
- 03.00 - 03.45 pm Fitnesscare at the Gym
- 04.00 - 04.45 pm Powercircle at the Gym
- 05.00 - 05.30 pm Footreflexcircle at the Gym

SATURDAY, 19.11.2022 *with Jean*

- 08.00 - 08.30 am Aqua Fit at the indoorpool
- 09.00 - 09.45 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**
- 11.07 - 05.30 pm **Physioball training at the Power Box**
- 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**

SUNDAY, 20.11.2022 *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 **Energylhike (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!

EXPLANATION OF THE COLOURS:

BLUE: Unit in the Power Box

RED: Outdoor unit

BLACK: Unit in the gym

BLACK: Yoga unit

CULINARY & ENTERTAINMENT

MONDAY, 14.11.2022	Lunchbuffet Tip for aperitif? Eveningculinary? Live-Entertainment	Baked Potato with salmon Paloma Spritz STOCK Autumnmenu STOCK Casino Royale
TUESDAY, 15.11.2022	Lunchbuffet Tip for aperitif? Eveningculinary? Live-Entertainment	Zillertal cheese spaetzle & doughnuts Sparkling Summit STOCK'S Kitchenparty DJ C-Rock
WEDNESDAY, 16.11.2022	Lunchbuffet Tip for aperitif? Eveningculinary? Live-Entertainment	Raclette Rose Mojito Wok Buffet Offtang
THURSDAY, 17.11.2022	Lunchbuffet Tip for aperitif? Eveningculinary? Live-Entertainment	Spaghetti Vongole Champagner Baron de Rothschild Enjoymentmenu with beef Soe Tolloy Duo
FRIDAY, 18.11.2022	Lunchbuffet Tip for aperitif? Eveningculinary? Live-Entertainment	Caeser salad Granta Spritz Dessert & pastrybuffetb Plankton
SATURDAY, 19.11.2022	Lunchbuffet Tip for aperitif? Eveningculinary? Live-Entertainment	Viennese fried chickenb Cuszco Sushi & Sashimib Take Two
SUNDAY, 20.11.2022	Happy Morning? Lunchbuffet? UJMM ??????QN?	Emmi at the harp

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, 14.11.2022 with Ruud

03.00 pm	BLOCKHUTSAUNA	Aufguss
04.00 pm	INFUSION SAUNA	Lion King (Infusion without supervision)
04.30 pm	INFUSION SAUNA	Lavender infusion
05.30 pm	INFUSION SAUNA	Arinika oil infusion

TUESDAY, 15.11.2022 with Ruud

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, 16.11.2022 with Ruud & Jean

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)

THURSDAY, 17.11.2022 with Markus & Jean

03.00 pm	BLOCKHUTSAUNA	Aufguss
04.00 pm	INFUSION SAUNA	Greatest Hits (infusion without supervision)
05.30 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)

FRIDAY, 18.11.2022 with Markus & Ruud

03.00 pm	BLOCKHUTSAUNA	Aufguss
04.00 pm	INFUSION SAUNA	Rock 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)

SATURDAY, 19.11.2022 with Markus & Ruud

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



GENERAL INFORMATION

STOCK Diamond Spa: Open for you daily from 09.00 - 19.00!

Sauna: Open daily from 11.00 - 19:30 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!