



MONDAY, 05.12.2022

10.00 am	Skiguiding with Kurt
11.00 am	Energywalk
02.00 pm	Footreflexcircle at the Gym
05.00 pm	Core & Stability at the Power Box
from 06.30	STOCK Eveningmenu
@night	Johannes Kammerlander

TUESDAY, 06.12.2022

10.00 am	Skiguiding with Kurt
11.00 am	Nordic Walking
02.00 pm	Stretch & Relax at the Power Box
05.00 pm	Yoga with Tiffany
from 06.30	KITCHENPARTY in STOCK's Kocherei with many culinary highlights
@night	DJ Albin

WEDNESDAY, 07.12.2022

08.00 am	Fasciatraining at the Power Box
10.00 am	Sixpack workout at the Power Box
10.00 am	Skiguiding with Kurt
06.00 pm	Apero & Sound by Lisa Mauracher
from 06.30	Mediterranean appetizer buffet
@night	Lisa Mauracher

THURSDAY, 08.12.2022

08.00 am	Aqua Fit at the indoorpool
10.00 am	Skiguiding with our guide
11.00 am	Hike to Zimmereben
11.00 - 02.00 pm	Familyspa day at the wellnessarea
05.00 pm	Fasciatraining at gym
from 06.30	Enjoyment menu & photo wall for a souvenir photo
@night	STOCK Casino Royale

FRIDAY, 09.12.2022

10.00 am	Skiguiding with Kurt
11.00 am	Nordic Walking
02.00 pm	Mobility Workout at the Power Box
05.00 - 06.30 pm	Yoga with Tiffany
from 06.30	Kaiserschmarrn & pastry buffet
@night	Take Two

SATURDAY, 10.12.2022

08.00 am	Aqua Fit at the indoorpool
10.00 am	Theraband Training at the Power Box
11.00 am	Power walk to Astegg
05.30 pm	Advent magic on our panorama terrace
from 06.30	Sushi & Sashimi
@night	DJ C-Rock

SUNDAY, 11.12.2022

09.00 am	Good morning music with Andreas at the zither
10.00 am	Mobility Workout at the Power Box
11.00 am	Energywalk
04.00 pm	Full Body Workout at the Power Box
from 06.30	STOCK Adventmenu

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, 05.12.2022 *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, 06.12.2022 *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 & Mediation with Tiffany in the Ball Sports Hall (min. 3 persons)**

WEDNESDAY, 07.12.2022 *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 - 11.45 am **Spinning at the Power Box (min. 3 persons)**
- 02.00 - 03.00 pm Footreflexcircle at the Gym
- 03.00 - 03.45 pm Fitnesscare at the Gym
- 04.00 - 04.45 pm **BOX FIT at the Power Box**
- 05.00 - 05.30 pm **Backfit at the Power Box**

THURSDAY, 08.12.2022 *with Anna & 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 **Core & Stability at the Power Box**
- 11.00 - 02.00 pm Hike to Zimmereben (min. 3 people)
- 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 Gym

FRIDAY, 09.12.2022 *with Tiffany & Jean*

- 08.00 - 08.30 am **Core & Stability 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 Cross Athletics im Gym
- 05.00 - 06.30 pm **Yoga & Meditation with Tiffany im Energieraum (min. 3 persons)**

SATURDAY, 10.12.2022 *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**
- 02.00 - 02.45 pm Powercircle at 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, 11.12.2022 *with Jean*

- 08.00 - 08.00 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**
- 02.00 - 03.00 pm Footreflexcircle at the Gym
- 03.00 - 03.45 pm Fitnesscare at the Gym
- 04.00 - 04.45 pm **Full Body Workout at the Power Box**
- 05.00 - 05.30 pm **Stretch & Relax at the Power Box**

Please register for the individual units via the STOCK app or directly at the reception!

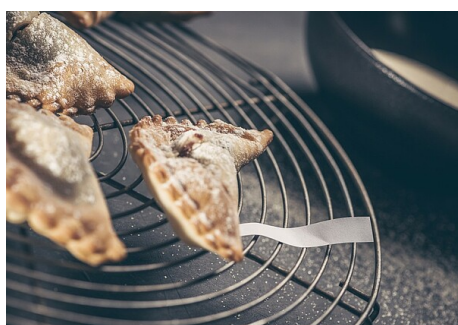
Personal training with Anna & Jean for even more success in sports! Make an appointment directly at the gym!

NEW: You will now find our **Power Box** on the 1st floor below the gym.

CULINARY & ENTERTAINMENT

MONDAY, 05.12.2022	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Caeser salad Granta Spritz STOCK Eveningmenu Johannes Kammerlander
TUESDAY, 06.12.2022	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Tyrolean gröstl Godfather STOCK`s Kitchenparty DJ Albin
WEDNESDAY, 07.12.2022	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Raclette Grand Rose Mediterranean appetizer buffet Lisa Mauracher
THURSDAY, 08.12.2022	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Mussels in white wine stock Champagner Baron de Rothschild Enjoymentdinner with beef STOCK Casino Royale
FRIDAY, 09.12.2022	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Goose legs, red cabbage & dumplings Jungle Bird Kaiserschmarrn & pastry buffet Take Two
SATURDAY, 10.12.2022	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Stock Beef & Veggieburger Fashioned Holler Sushi & Sashimi DJ C-Rock
SUNDAY, 11.12.2022	Happy Morning Lunchbuffet Tip for aperitif Eveningculinary	Andreas at the Zither Thai chicken coconut curry Campari Sour STOCK Adventmenu

Breakfast	07.30 - 11.00 am
Wellness buffet	01.00 - 03.30 pm
Cake buffet	01.00 - 04.30 pm
Evening menu from 07.12	06.30 - 08.30 pm
Children-/Teenie Buffet	01.00 & 06.30 pm



feel
relaxed!

INFUSIONS & PEELINGS

MONDAY, 05.12.2022 with Markus & Mateusz

04.00 pm	INFUSION SAUNA	Apré Ski 2022 (infusion without supervision)
04.30 pm	INFUSION SAUNA	Lavender infusion
05.30 pm	INFUSION SAUNA	Arinika oil infusion
06.30 pm	INFUSION SAUNA	Best of Hans Zimmer (Infusion without supervision)

TUESDAY, 06.12.2022 with Markus & Mateusz

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	A historical excursion to the Zillertal (infusion without supervision)

WEDNESDAY, 07.12.2022 with Markus & Jean

04.00 pm	INFUSION SAUNA	90s Party (infusion without supervision)
04.30 pm	INFUSION SAUNA	Aloe vera cream infusion
05.30 pm	INFUSION SAUNA	Wheat beer infusion
06.30 pm	INFUSION SAUNA	I am from Austria (Infusion without supervision)

THURSDAY, 08.12.2022 with Mateusz & Jean

04.00 pm	INFUSION SAUNA	Greatest Hits (infusion without supervision)
04.30 pm	INFUSION SAUNA	Olive oil infusion
05.30 pm	INFUSION SAUNA	Baked Apple Infusion
06.30 pm	INFUSION SAUNA	Ice magic - Hansi Hintersee (infusion without supervision)

FRIDAY, 09.12.2022 with Markus & Mateusz

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, 10.12.2022 with Markus & Mateusz

04.00 pm	INFUSION SAUNA	Woodstock (infusion without supervision)
04.30 pm	INFUSION SAUNA	Herbal balsam infusion
05.30 pm	INFUSION SAUNA	Coconut oil infusion
06.30 pm	INFUSION SAUNA	Best of Hans Zimmer (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!