



MONDAY, 26.12.2022

10.00 am Skiguiding with our Guides
 11.00 am **Cross country skiing in Lanersbach with Anna**
 from 06.30 **St. Stephen's Day evening menu**
 @night **Single Malt**

TUESDAY, 27.12.2022

10.00 am Skiguiding with Kurt & Martin
 05.00 pm **Yoga & Mediation with Tiffany**
 from 06.30 **KITCHENPARTY in Stocks Kocherei with many culinary highlights**
 @night **DJ C-Rock**

WEDNESDAY, 28.12.2022

10.00 am Skiguiding with the Guides
 11.00 am **Cross country skiing in Lanersbach with Anna**
 from 03.30 **Apré ski party on our terrace with cool drinks and tasty snacks and sounds from DJ Realize**
 from 06.30 **STOCK's winter menu**
 @night **Tom Daubek & Vanessa**

THURSDAY, 29.12.2022

10.00 am Skiguiding with Martin & Kurt
 11.00 - 02.00 pm **Familyspa day at the wellness area**
 from 06.00 **Aperitif for the Night of the Noble Costume in the fireside lounge with musical accompaniment by Christian Hauser**
 from 06.30 **Night of the noble costume gourmet buffet**
 from 09.30 **Traditional costume party with the Kasermandl Duo in the Kaminlounge**
 @night **Christian Hauser, Kasermandl Duo & surprise interlude**

FRIDAY, 30.12.2022

10.00 am Skiguiding with our Guides
 11.00 am **Energywalk**
 02.00 pm **Mobility Workout at the Power Box**
 05.00 pm **Yoga & Meditation at the Energyromm**
 from 06.30 **Kaiserschmarrn & pastries buffet**
 @night **Take Two**



SATURDAY, 31.12.2022

06.15 pm **Champagne reception in the fireplace hall with Stock family with sounds of Björn Bussler Band**
 from 06.30 **New Year's Eve Gala Menu**
 from 10.00 **STOCK's New Year's Eve Ball with the Björn Bussler Band**
 from 10.30 **OUTDOOR - PARTYTIME with DJ Albin on our panoramic terrace**
 11.45 pm **Countdown to 2023 on the terrace with New Year's Eve show**
 11.58 pm **With CHAMPAGNER and FIREWORK we welcome the year 2023**
 11.59 - 02.00 am **Live Entertainment by DJ Albin**
 11.59 - 03.00 am **Midnight buffet in the restaurant**

SUNDAY, 01.01.2023

07.30 - 12.00 pm **Late riser breakfast**
 12.00 pm **Happy New Year Easy Workout at the Power Box**
 05.00 pm **Stretch & Relax at the Power Box**
 from 06.30 **New Year evening menu with pasta buffet**
 @night **Soe Tolloy Duo**

SPORT PROGRAM

MONDAY, 26.12.2022 *with Anna*

- 08.00 - 08.45 am** Backfit at the Power Box
- 11.00 - 02.30 pm** Cross-country skiing in Lanersbach (min. 3 Persons)-meeting point in front of the hotel
- 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** Core & Stability at the Power Box

TUESDAY, 27.12.2022 *with Anna, Jean & 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** Energyhike (at least 3Pax) 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 with Tiffany im Energieraum (min. 3 persons)

WEDNESDAY, 28.12.2022 *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 - 02.30 pm** Cross-country skiing in Lanersbach (min. 3 Persons)-meeting point in front of the hotel
- 03.00 - 03.45 pm** Fitnesscare at the Gym
- 04.00 - 04.45 pm** Powercircle at the Gym
- 05.00 - 05.30 pm** Backfit at the Power Box

THURSDAY, 29.12.2022 *with Anna*

- 08.00 - 09.45 am** Dynostics metabolic analysis a 45€ 15 min per analysis, appointments fitness or reception
- 10.00 - 10.30 am** Core & Stability at the Power Box
- 11.00 - 11.45 am** TRX Hybrid 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 - 04.45 pm** Spinning at the Power Box (min. 3 persons)
- 05.15 - 05.45 pm** Fasciatraining at the Power Box

FRIDAY, 30.12.2022 *with Jean & Tiffany*

- 08.00 - 08.30 am** Backfit 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** Energyhike (at least 3Pax) 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 at the Power Box
- 05.00 - 06.30 pm** Yoga & Meditation with Tiffany im Energieraum (min. 3 persons)

SATURDAY, 31.12.2022 *with Jean*

- 08.00 - 07.30 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 - 12.30 pm** Power walk (min. 3 Pers.)
- 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** Sixpack workout at the Power Box

SUNDAY, 01.01.2023 *with Jean*

- 12.00 - 12.30 pm** Happy New Year Easy Workout at the Power Box
- 02.00 - 02.30 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, 26.12.2022	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Goose legs with red cabbage & dumplings Wine'n Berries St. Stephen's Day evening menu Single Malt
TUESDAY, 27.12.2022	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Beef & Veggie Burger Granta Spritz & Rosato Risa STOCK's KITCHENPARTY DJ C-Rock
WEDNESDAY, 28.12.2022	Lunchbuffet Top tip Tip for aperitif Eveningculinary Live-Entertainment	Veal goulash & spaetzle Apré Ski Party with DJ Realize on our terrace Americano STOCK's Wintermenu Tom Daubek & Vanessa
THURSDAY, 29.12.2022	Lunchbuffet Aperitif Eveningculinary Live-Entertainment	Paella with chicken, shrimp & mussels Aperitif for the night of the noble costume in the fireside lounge with musical accompaniment by Christian Hauser Night of the noble costume gourmet buffet from 21.30 pm Kasermandl Duo
FRIDAY, 30.12.2022	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	boiled beef, creamed spinach, roasted potatoes Gimlet Gin Kaiserschmarrn & pastries buffet Take Two
SATURDAY, 31.12.2022	Lunchbuffet Aperitif Eveningculinary Live-Entertainment	Tex Mex Champagne reception in the fireplace hall New Year's Eve Gala Menu Björn Bussler & DJ Albin
SUNDAY, 01.01.2023	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Fried chicken & potato salad Elderberry Cobbler New Year evening menu with pasta buffet Soe Tolloy Duo

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



feel
relaxed!

INFUSIONS & PEELINGS

MONDAY, 26.12.2022 with Jean & Mateusz

03.00 pm	BLOCKHUTSAUNA	Aufguss
04.00 pm	INFUSION SAUNA	A historical excursion to the Zillertal (infusion without supervision)
04.30 pm	INFUSION SAUNA	Honey and zirbe infusion
05.30 pm	INFUSION SAUNA	Aloe vera cream infusion
06.30 pm	INFUSION SAUNA	90s Party (infusion without supervision)

TUESDAY, 27.12.2022 with Jean & Mateusz

03.00 pm	BLOCKHUTSAUNA	Aufguss
04.00 pm	INFUSION SAUNA	Best of Hans Zimmer (Infusion without supervision)
04.30 pm	INFUSION SAUNA	Lavender infusion
05.30 pm	INFUSION SAUNA	Herbal balsam infusion
06.30 pm	INFUSION SAUNA	Ice magic - Hansi Hintersee (infusion without supervision)

WEDNESDAY, 28.12.2022 with Markus

03.00 pm	BLOCKHUTSAUNA	Aufguss
04.00 pm	INFUSION SAUNA	Enya relaxation infusion (without supervision)
04.30 pm	INFUSION SAUNA	Chocolate - cream infusion
05.30 pm	INFUSION SAUNA	Baked Apple Infusion
06.30 pm	INFUSION SAUNA	Kuschelrock (infusion without)

THURSDAY, 29.12.2022 with Markus

03.00 pm	BLOCKHUTSAUNA	Aufguss
04.00 pm	INFUSION SAUNA	Greatest Hits (infusion without supervision)
04.30 pm	INFUSION SAUNA	Stone oil tonic infusion
05.30 pm	INFUSION SAUNA	Olive oil infusion
06.30 pm	INFUSION SAUNA	Lion King (Infusion without supervision)

FRIDAY, 30.12.2022 with Markus & Mateusz

03.00 pm	BLOCKHUTSAUNA	Aufguss
04.00 pm	INFUSION SAUNA	I am from Austria (Infusion without supervision)
04.30 pm	INFUSION SAUNA	Grapefruit Aufguss
05.30 pm	INFUSION SAUNA	Gin-Tonic infusion
06.30 pm	INFUSION SAUNA	Winter Wonderland (infusion without supervision)

SATURDAY, 31.12.2022 with Markus & Mateusz

02.00 pm	BLOCKHUTSAUNA	Aufguss
03.00 pm	INFUSION SAUNA	Coconut oil infusion
04.30 pm	INFUSION SAUNA	I am from Austria (Infusion without supervision)
05.00 pm	INFUSION SAUNA	Swiss stone pine infusion

SUNDAY, 01.01.2023 with Markus & Mateusz

03.00 pm	BLOCKHUTSAUNA	Aufguss
04.00 pm	INFUSION SAUNA	Best of Hans Zimmer (Infusion without supervision)
04.30 pm	INFUSION SAUNA	Vino cream infusion
05.30 pm	INFUSION SAUNA	Arinika oil infusion
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 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!