



MONDAY, 06.02.2023

10.00 am	Skiguiding with our guide
11.30 am	Cross country skiing with Anna at tux
04.00 pm	Full Body Workout at the Power Box
05.00 pm	Core & Stability at the Power Box
from 06.30	STOCK Wintermenu
@night	Norman Stolz

TUESDAY, 07.02.2023

08.00 am	Backfit at the Power Box
10.00 am	Skiguiding with the guides
02.00 pm	Energywalk
05.00 pm	Yoga with Tiffany
from 06.30	KITCHENPARTY in STOCK's Kocherei with many culinary highlights
@night	DJ Albin

WEDNESDAY, 08.02.2023

10.00 am	Skiguiding with our guides
11.30 am	Cross Country Skiing with Anna at tux
04.00 pm	Powercircle at the Gym
05.00 pm	Physioball training at the Power Box
from 06.30	STOCK Eveningmenu
@night	Plankton

THURSDAY, 09.02.2023

10.00 am	Skiguiding with our Guides
11.00 am	Snowshoehiking
11.00 - 02.00 pm	Family sauna day in the wellness area
05.15 pm	Fasciatraining at the Power Box
from 06.30	Enjoymentmenu & Photo wall for a souvenir photo
@night	STOCK Casino Royale

FRIDAY, 10.02.2023

08.00 am	Aqua Fit at the indoorpool
10.00 am	Skiguiding with our guides
02.00 pm	Engerywalk
04.00 pm	Cross Athletics at the Power Box
from 06.30	Kaiserschmarrn & pastry buffet
@night	Take Two

SATURDAY, 11.02.2023

11.00 am	Snowshoehiking
04.00 pm	TRX Hybrid at the Power Box
05.00 pm	Sixpack workout at the Power Box
from 06.30	Sushi & Sashimi
@night	DJ C-Rock

SUNDAY, 12.02.2023

09.00 am	Good morning music with Andreas at the Zither
10.00 am	Mobility Workout at the Power Box
11.00 am	Energywalk
05.00 pm	Backfit at the Power Box
from 06.30	STOCK Eveningmenu

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!

#goodvibes #partyfeeling #foodlover

SPORT PROGRAM

MONDAY, 06.02.2023 *with Anna*

- 11.30 - 02.30 pm** **Cross-country skiing in Lanersbach (min. 3 Persons)-meeting point in front of the hotel**
- 03.00 - 08.30 am** Aqua Fit at the indoorpool
- 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, 07.02.2023 *with Anna, Tiffany & Jean*

- 08.00 - 08.30 am** Backfit at the Power Box
- 09.00 - 09.45 am** Fitnesscare at the Gym
- 10.00 - 10.30 am** Fasciatraining at the Power Box
- 11.00 - 11.45 am** Belly, legs, bottom at the Power Box
- 02.00 - 03.00 pm** **Energylhike (at least 3Pax) Meeting point in front of the hotel**
- 03.00 - 03.45 pm** Fitnesscare at the Gym
- 04.00 - 04.45 pm** Spinning at the Power Box (min. 3 persons)
- 05.00 - 06.00 pm** **Yoga & Meditation with Tiffany im Energieraum (min. 3 persons)**

WEDNESDAY, 08.02.2023 *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** Sixpack workout at the Power Box
- 11.30 - 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** Physioball training at the Power Box

THURSDAY, 09.02.2023 *with Anna*

- 08.00 - 09.45 am** Dynostics metabolic analysis a € 45,00 / appointment in the gym or at the reception desk
- 10.00 - 10.30 am** Core & Stability at the Power Box
- 11.00 - 01.30 pm** **Snowshoe hike (min. 3 Persons)**
- 02.00 - 02.30 pm** Footreflexcircle 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, 10.02.2023 *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** Sixpack workout at the Power Box
- 11.00 - 11.45 am** Powercircle at the Gym
- 02.00 - 03.30 pm** Energylhike (at least 3Pax) Meeting point in front of the hotel
- 04.00 - 04.45 pm** Cross Athletics at the Power Box
- 05.00 - 05.30 pm** Stretch & Relax at the Power Box

SATURDAY, 11.02.2023 *with Jean*

- 08.00 - 08.30 am** Fasciatraining at the Power Box
- 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** **Snowshoe hike (min. 3 Persons)**
- 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, 12.02.2023 *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** Mobility Workout at the Power Box
- 11.00 - 12.00 pm** **Energylhike (at least 3Pax) Meeting point in front of the hotel**
- 02.00 - 02.30 pm** Balance training 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** Backfit 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!



CULINARY & ENTERTAINMENT

MONDAY, 06.02.2023	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Baked Potatoe with smoked salmon Grantin Mule STOCK Wintermenu Norman Stolz
TUESDAY, 07.02.2023	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Chili con Carne Lillet Berry STOCK's Kitchenparty DJ Albin
WEDNESDAY, 08.02.2023	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Szegediner Gulasch Rosato Risa STOCK Eveningmenu Plankton
THURSDAY, 09.02.2023	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Paella Champagne Baron de Rothschild Enjoymentmenu with beef STOCK Casino Royale
FRIDAY, 10.02.2023	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Pepper pot Hugo Kaiserschmarrn & pastry buffet Take Two
SATURDAY, 11.02.2023	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Veal stilt Sparkling Apple Pie Sushi & Sashimi DJ C-Rock
SUNDAY, 12.02.2023	Happy Morning Lunchbuffet Tip for aperitif Eveningculinary	Andreas at the zither Viennese fried chicken Sparkling Apple Pie STOCK Eveningmenu

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, 06.02.2023 with Mateusz & Jean

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	Arinika oil infusion
06.30 pm	INFUSION SAUNA	90s Party (infusion without supervision)

TUESDAY, 07.02.2023 with Mateusz & Jean

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	James Bond (infusion without supervision)

WEDNESDAY, 08.02.2023 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	Heavy rock (infusion without supervision)

THURSDAY, 09.02.2023 with Markus

11.00 am		Familyspaday
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, 10.02.2023 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, 11.02.2023 with Markus & Mateusz

03.00 pm	BLOCKHUTSAUNA	Aufguss
04.00 pm	INFUSION SAUNA	Greatest Hits (infusion without supervision)
04.30 pm	INFUSION SAUNA	Coconut oil infusion
05.30 pm	INFUSION SAUNA	Swiss stone pine infusion
06.30 pm	INFUSION SAUNA	Ice magic - Hansi Hinterseer (infusion without supervision)

SUNDAY, 12.02.2023 with Mateusz

04.00 pm	INFUSION SAUNA	James Bond (infusion without supervision)
04.30 pm	INFUSION SAUNA	Best of Hans Zimmer (Infusion without supervision)
05.30 pm	INFUSION SAUNA	Lion King (Infusion without supervision)
06.30 pm	INFUSION SAUNA	Ibiza Vibes (infusion without supervision)

feel
stock!

GENERAL INFORMATION

OPENING HOURS

STOCK Diamond Spa: Daily from 09.00 - 19.00 hrs.

Sauna: Daily from 11.00 a.m. - 7.30 p.m.

Family and textile sauna: Daily from 14.00 - 19.00 hrs

Hairdresser Sandra: Is there for you on Tuesday, Wednesday, Friday and Saturday from 09.30 - 20.00

Family sauna day: Every Thursday from 11.00 - 14.00 in the wellness area.