



**MONDAY, 13.03.2023**

09.00 am	Aqua Fit at the indoorpool
10.00 am	<b>Skiguiding with Hans Enn &amp; Kurt</b>
11.30 am	Cross country Skiing with Anna at tux
04.00 pm	Full Body Workout at the Power Box
from 06.30 @night	<b>STOCK Spring Menu</b> <b>Johannes Kammerlander</b>

**TUESDAY, 14.03.2023**

10.00 am	<b>Skiguiding mit Hans Enn &amp; Kurt</b>
11.00 am	Energywalk
04.00 pm	Tabata at the Power Box
from 06.30 @night	<b>culinary highlights</b> <b>DJ Daniel M.</b>

**WEDNESDAY, 15.03.2023**

10.00 am	<b>Skiguiding mit Hans Enn &amp; Kurt</b>
11.30 am	Crosscountry skiing with Anna
04.00 pm	Powercircle at the Gym
06.00 pm	<b>Apero &amp; Music by Lisa Mauracher at the Hotelbar</b>
from 06.30 @night	<b>Stock Eveningmenu</b> <b>Lisa Mauracher</b>

**THURSDAY, 16.03.2023**

10.00 am	<b>Skiguiding with Hans Enn &amp; Kurt</b>
11.00 am	Snowshoehiking
11.00 - 02.00 pm	<b>Family sauna day in the wellness area</b>
04.00 pm	Spinning at the Power Box
from 06.30 @night	<b>Enjoyment menu &amp; photo wall for a souvenir photo</b> <b>STOCK Casino Royale</b>

**FRIDAY, 17.03.2023**

09.00 am	Aqua Fit at the indoorpool
10.00 am	<b>Skiguiding with Hans Enn &amp; Kurt</b>
02.00 pm	Footreflexcircle at the Gym
05.00 pm	<b>Sound Bath Singing Bowl Therapy with Helene in the Energy Room</b>
from 06.30 @night	<b>Kaiserschmarrn &amp; Pastry Buffet</b> <b>Take Two</b>

**SATURDAY, 18.03.2023**

08.00 am	Good Morning Stretch at the Power Box
11.00 am	<b>Energywalk</b>
04.00 pm	TRX Hybrid at the Power Box
from 06.30 @night	<b>Sushi &amp; Sashimi</b> <b>Acoustic Band</b>

**SUNDAY, 19.03.2023**

09.00 am	<b>Good morning music from Emmi at the harp</b>
10.00 am	Backfit at the Power Box
11.00 am	Belly, legs, bottom at the Power Box
from 06.30	<b>Eveningmenu with truffle</b>

**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 Daniel M. and the STOCK team are looking forward to this special evening with you!

#goodvibes #partyfeeling #foodlover

## SPORT PROGRAM

### MONDAY, 13.03.2023 *with Hans Enn & Anna*

- 07.45 - 08.15 am **Abdomen, legs, buttocks at the Power Box with Hans Enn**
- 09.00 - 09.30 am Aqua Fit at the indoorpool
- 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 Full Body Workout at the Power Box
- 04.30 - 05.00 pm **Ski fit with Hans Enn at Ideenraum**

### TUESDAY, 14.03.2023 *with Hans Enn, Anna, Jean & Tiffany*

- 07.45 - 08.15 am **Abdomen, legs, buttocks at the Power Box with Hans Enn**
- 09.00 - 09.30 am Backfit at the Power Box
- 10.00 - 10.30 am Theraband Training at the Power Box
- 11.00 - 12.30 pm **Energylhike (at least 3Pax)**
- 02.00 - 02.30 pm Balance Training at the Power Box
- 03.00 - 03.45 pm Fitnesscare at the Gym
- 04.00 - 04.30 pm Tabata at the Power Box
- 04.30 - 05.00 pm **Ski fit with Hans Enn at Ideenraum**
- 05.00 - 06.00 pm **Yoga & Meditation with Tiffany im Energieraum (min. 3 persons)**

### WEDNESDAY, 15.03.2023 *with Hans Enn & Anna*

- 07.45 - 08.15 am **Abdomen, legs, buttocks at the Power Box with Hans Enn**
- 09.00 - 09.30 am Aqua Fit at the indoorpool
- 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**
- 02.00 - 02.30 pm Backfit at the Power Box
- 03.00 - 03.45 pm Fitnesscare at the Gym
- 04.00 - 04.45 pm Powercircle at the Gym
- 04.30 - 05.00 pm **Ski fit with Hans Enn at Ideenraum**

### THURSDAY, 16.03.2023 *with Hans Enn & Anna*

- 07.45 - 08.15 am Abdomen, legs, buttocks at the Power Box with Hans Enn
- 08.00 - 09.45 am Dynostics Metabolic Analysis a € 45,00
- 10.00 - 10.30 am Core & Stability at the Power Box
- 11.00 - 02.00 pm **Snowshoe hike (min. 3 Persons)**
- 03.00 - 03.45 pm Fitnesscare at the Gym
- 04.00 - 04.45 pm Spinning at the Power Box (min. 3 persons)
- 04.30 - 05.00 pm **Ski fit with Hans Enn at Ideenraum**

### FRIDAY, 17.03.2023 *with Hans Enn, Jean & Helene*

- 07.45 - 08.15 am **Abdomen, legs, buttocks at the Power Box with Hans Enn**
- 09.00 - 09.30 am Aqua Fit at the indoorpool
- 10.00 - 10.30 am Fasciatraining at the Power Box
- 11.00 - 11.45 am Backfit 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 Cross Athletics at the Power Box
- 05.00 - 05.45 pm **Sound Bath Singing Bowl Therapy with Helene at the Energyroom**

### SATURDAY, 18.03.2023 *with Jean*

- 08.00 - 08.30 am Good Morning Stretch 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 - 12.00 pm **Energylhike (at least 3Pax)**
- 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, 19.03.2023 *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 Backfit at the Power Box
- 11.00 - 11.45 am Belly, legs, bottom 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

<b>MONDAY, 13.03.2023</b>	<b>Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment</b>	Chili con Carne & Totopos Sparkling Summit STOCK Spring Menu Johannes Kammerlander
<b>TUESDAY, 14.03.2023</b>	<b>Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment</b>	Vitello al latte Ingo STOCKS Kitchenparty DJ Daniel M.
<b>WEDNESDAY, 15.03.2023</b>	<b>Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment</b>	Szeged goulash Elderberry Cobbler Stock Eveningmenu Lisa Mauracher
<b>THURSDAY, 16.03.2023</b>	<b>Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment</b>	Salmon in a salt crust Champagne barons de rothschild Enjoymentmenu with beef STOCK Casino Royale
<b>FRIDAY, 17.03.2023</b>	<b>Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment</b>	Curry sausage with fries Adriatique Kaiserschmarrn & Pastry Buffet Take Two
<b>SATURDAY, 18.03.2023</b>	<b>Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment</b>	Styrian fried chicken Grant'n Mule Sushi & Sashimi Acoustic Band
<b>SUNDAY, 19.03.2023</b>	<b>Happy Morning Lunchbuffet Tip for aperitif Eveningculinary</b>	Emmi at the harp Beef tenderloin tips Wine'n Berries Eveningmenu with truffle

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



feel  
relaxed!

## INFUSIONS & PEELINGS

**MONDAY, 13.03.2023** with Mateusz & Jean

<b>03.00 pm</b>	<b>BLOCKHUTSAUNA</b>	<b>Aufguss</b>
<b>04.00 pm</b>	INFUSION SAUNA	Apré Ski 2023 (infusion without supervision)
<b>04.30 pm</b>	INFUSION SAUNA	Lavender infusion
<b>05.30 pm</b>	INFUSION SAUNA	Arinika oil infusion
<b>06.30 pm</b>	INFUSION SAUNA	James Bond (infusion without supervision)

**TUESDAY, 14.03.2023** with Mateusz & Jean

<b>03.00 pm</b>	<b>BLOCKHUTSAUNA</b>	<b>Aufguss</b>
<b>04.00 pm</b>	INFUSION SAUNA	Volks Rock & Roll (infusion without supervision)
<b>04.30 pm</b>	INFUSION SAUNA	Coconut oil infusion
<b>05.30 pm</b>	INFUSION SAUNA	Chocolate - cream infusion
<b>06.30 pm</b>	INFUSION SAUNA	Best of Hans Zimmer (Infusion without supervision)

**WEDNESDAY, 15.03.2023** with Markus & Tamara

<b>03.00 pm</b>	<b>BLOCKHUTSAUNA</b>	<b>Aufguss</b>
<b>04.00 pm</b>	INFUSION SAUNA	90s Party (infusion without supervision)
<b>04.30 pm</b>	INFUSION SAUNA	Aloe vera cream infusion
<b>05.30 pm</b>	INFUSION SAUNA	Wheat beer infusion
<b>06.30 pm</b>	INFUSION SAUNA	I am from Austria (infusion without supervision)

**THURSDAY, 16.03.2023** with Markus & Tamara

<b>11.00 am</b>		<b>Family sauna day in the wellness area</b>
<b>03.00 pm</b>	<b>BLOCKHUTSAUNA</b>	<b>Aufguss</b>
<b>04.00 pm</b>	INFUSION SAUNA	Greatest Hits (infusion without supervision)
<b>04.30 pm</b>	INFUSION SAUNA	Vitamin infusion
<b>05.30 pm</b>	INFUSION SAUNA	Vino cream infusion
<b>06.30 pm</b>	INFUSION SAUNA	Spring dances (infusion without supervision)

**FRIDAY, 17.03.2023** with Markus & Mateusz

<b>04.00 pm</b>	INFUSION SAUNA	Pure Nature (Infusion without supervision)
<b>04.30 pm</b>	INFUSION SAUNA	Ice-honey infusion
<b>05.30 pm</b>	INFUSION SAUNA	Gin-Tonic infusion
<b>06.30 pm</b>	INFUSION SAUNA	Enya relaxation infusion (without supervision)

**SATURDAY, 18.03.2023** with Markus & Mateusz

<b>03.00 pm</b>	<b>BLOCKHUTSAUNA</b>	<b>Aufguss</b>
<b>04.00 pm</b>	INFUSION SAUNA	Lion King (Infusion without supervision)
<b>04.30 pm</b>	INFUSION SAUNA	Grapefruit Aufguss
<b>05.30 pm</b>	INFUSION SAUNA	Olive oil infusion
<b>06.30 pm</b>	INFUSION SAUNA	Woodstock (infusion without supervision)

**SUNDAY, 19.03.2023** with Mateusz & Jean

<b>04.00 pm</b>	INFUSION SAUNA	Best of Hans Zimmer (Infusion without supervision)
<b>04.30 pm</b>	INFUSION SAUNA	Glacier infusion
<b>05.30 pm</b>	INFUSION SAUNA	Herbal balsam infusion
<b>06.30 pm</b>	INFUSION SAUNA	A historical excursion to the Zillertal (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