

## MONDAY, 21.03.2022

08.00 am	Backfit at the Energieraum
10.00 am	Skiguiding with our Guides
02.00 pm	<b>Fasciatraining (Energieraum)</b>
04.00 pm	Full Body Workout at the Power Box
<b>from 06.30</b>	<b>Eveningmenu with truffle</b>
<b>@night</b>	<b>Acoustic Band</b>

## TUESDAY, 22.03.2022

08.00 am	Aqua Fit at the indoorpool
10.00 am	Skiguiding with Kurt
10.30 am	<b>Belly, legs, bottom at the Power Box</b>
03.00 pm	Tabata at the Power Box
04.00 pm	<b>Yoga with Tiffany</b>
<b>from 06.30</b>	<b>Chocolate Fountain &amp; Cotton Candy</b>
<b>@night</b>	<b>DJ Albin</b>

## WEDNESDAY, 23.03.2022

08.00 am	Core and stability at the Energieraum
10.00 am	Skiguiding with our Guides
02.00 pm	<b>Stretch &amp; Relax at the Energieraum</b>
04.00 pm	BOX FIT at the Power Box
<b>from 06.30</b>	<b>Stocks springmenu</b>
<b>@night</b>	<b>It's Casino Night</b>

## THURSDAY, 24.03.2022

10.00 am	SKiguiding with Kurt
12.00 pm	<b>Balance Training at the Power Box</b>
02.00 pm	Footreflexcircle at the Gym
04.00 pm	Power Pump at the Power Box
<b>from 06.30</b>	<b>Stocks Enjoymentevening with photowall</b>
<b>@night</b>	<b>Brennholz</b>

## FRIDAY, 25.03.2022

08.00 am	Backfit at the Energieraum
10.00 am	Skiguiding with the skiguides
02.00 pm	<b>Core and stability at the Energieraum</b>
04.00 pm	Cross Athletics at the Power Box
06.00 pm	Stretch & Relax at the Energieraum
<b>from 06.30</b>	<b>Sushi &amp; Sashimi</b>
<b>@night</b>	<b>Take Two</b>

## SATURDAY, 26.03.2022

08.00 am	<b>Yoga with Tiffany</b>
10.30 am	Physioball training at the Power Box
02.00 pm	Balance training at the Gym
04.00 pm	Full Body Workout at the Power Box
06.30 pm	<b>Eveningmenu with Kaiserschmarrn</b>
<b>@night</b>	<b>Norman Stolz</b>

## SUNDAY, 27.03.2022

08.00 am	Fasciatraining (Energieraum)
09.00 am	<b>Good morning music with Andreas at the Zither</b>
10.30 am	<b>Powercircle at the Gym</b>
02.00 pm	Balance training at the Gym
04.00 pm	Spinning at the Gym
<b>from 06.30</b>	<b>Stocks Eveningmenu</b>



## SPORT PROGRAM

### MONDAY, 21.03.2022 *with Anna*

<b>08.00 - 08.30 am</b>	Backfit at the Energieraum
<b>09.00 - 09.45 am</b>	Fitnesscare at the Gym
<b>10.30 - 11.30 am</b>	Springwalk (min. 3 Persons)
<b>12.00 - 12.30 pm</b>	Balance training at the Gym
<b>02.00 - 02.30 pm</b>	Fasciatraining (Energieraum)
<b>03.00 - 03.45 pm</b>	Fitnesscare at the Gym
<b>04.00 - 04.45 pm</b>	<b>Full Body Workout at the Power Box</b>
<b>06.00 - 06.30 pm</b>	Sixpack workout at the Energieraum

### TUESDAY, 22.03.2022 *with Anna & Tiffany*

<b>08.00 - 08.30 am</b>	Aqua Fit at the indoorpool
<b>09.00 - 09.45 am</b>	Fitnesscare at the Gym
<b>10.30 - 11.15 am</b>	<b>Belly, legs, bottom at the Power Box</b>
<b>12.00 - 12.30 pm</b>	<b>Physioball training at the Power Box</b>
<b>02.00 - 02.30 pm</b>	Fitnesscare at the Gym
<b>03.00 - 03.30 pm</b>	<b>Tabata at the Power Box</b>
<b>04.00 - 05.30 pm</b>	<b>Yoga &amp; Meditation with Tiffany im Energieraum (min. 3 persons)</b>
<b>06.00 - 06.30 pm</b>	Footreflexcircle at the Gym

### WEDNESDAY, 23.03.2022 *with Anna*

<b>08.00 - 08.30 am</b>	Core and stability at the Energieraum
<b>09.00 - 09.45 am</b>	Fitnesscare at the Gym
<b>10.30 - 12.30 pm</b>	Power walk to Astegg
<b>02.00 - 02.30 pm</b>	Stretch & Relax at the Energieraum
<b>03.00 - 03.45 pm</b>	Fitnesscare at the Gym
<b>04.00 - 04.45 pm</b>	<b>BOX FIT at the Power Box</b>
<b>06.00 - 06.30 pm</b>	Backfit at the Energieraum

### THURSDAY, 24.03.2022 *with Anna & Maximilian*

<b>08.00 - 08.30 am</b>	Aqua Fit at the indoorpool
<b>09.00 - 09.45 am</b>	Fitnesscare at the Gym
<b>10.30 - 11.15 am</b>	<b>Belly, legs, bottom at the Power Box</b>
<b>12.00 - 12.30 pm</b>	<b>Balance Training at the Power Box</b>
<b>02.00 - 02.30 pm</b>	Footreflexcircle at the Gym
<b>03.00 - 03.45 pm</b>	Fitnesscare at the Gym
<b>04.00 - 04.45 pm</b>	<b>Power Pump at the Power Box</b>
<b>06.00 - 06.30 pm</b>	<b>Sixpack workout at the Energieraum</b>

### FRIDAY, 25.03.2022 *with Maximilian*

<b>08.00 - 08.30 am</b>	Backfit at the Energieraum
<b>09.00 - 09.45 am</b>	Fitnesscare at the Gym
<b>10.30 - 12.30 pm</b>	Springwalk (min. 3 Persons)
<b>02.00 - 02.30 pm</b>	Core and stability at the Energieraum
<b>03.00 - 03.45 pm</b>	Fitnesscare at the Gym
<b>04.00 - 04.45 pm</b>	<b>Cross Athletics at the Power Box</b>
<b>06.00 - 06.30 pm</b>	Stretch & Relax at the Energieraum

### SATURDAY, 26.03.2022 *with Tiffany & Maximilian*

<b>08.00 - 09.30 am</b>	<b>Yoga &amp; Meditation with Tiffany im Energieraum (min. 3 persons)</b>
<b>09.00 - 09.45 am</b>	Fitnesscare at the Gym
<b>10.30 - 11.15 am</b>	<b>Physioball training at the Power Box</b>
<b>12.00 - 12.30 pm</b>	<b>Core &amp; Stability at the Power Box</b>
<b>02.00 - 02.30 pm</b>	Balance training at the Gym
<b>03.00 - 03.45 pm</b>	Fitnesscare at the Gym
<b>04.00 - 04.45 pm</b>	<b>Full Body Workout at the Power Box</b>

### SUNDAY, 27.03.2022 *with Anna*

<b>08.00 - 08.30 am</b>	Fasciatraining (Energieraum)
<b>09.00 - 09.45 am</b>	Fitnesscare at the Gym
<b>10.30 - 11.15 am</b>	Powercircle at the Gym
<b>12.00 - 12.30 pm</b>	Stretch & Relax at the Energieraum
<b>02.00 - 02.30 pm</b>	Balance training at the Gym
<b>03.00 - 03.45 pm</b>	Fitnesscare at the Gym
<b>04.00 - 04.45 pm</b>	Spinning at the Gym

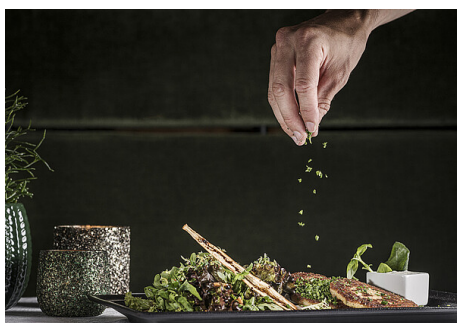
*Personal training with Anna & Maximilian for even more success in sports! Make an appointment directly at the gym! Please register for the individual units via the STOCK app or directly at the reception!*

*Our ski guides Martin & Kurt accompany experienced skiers from Monday to Friday to the various ski areas in the Zillertal! You can find out where they are going every day in our morning post. Via the STOCKApp or at the reception you can easily sign up for the free free ski equipment.*

## CULINARY & ENTERTAINMENT

<b>MONDAY, 21.03.2022</b>	<b>Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment</b>	Blood & liver sausage with sauerkraut and potatoes Adriatique Eveningmenu with truffle Acoustic Band
<b>TUESDAY, 22.03.2022</b>	<b>Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment</b>	Kaiserschmarrn Tiki of pain Chocolate Fountain & Cotton Candy DJ Albin
<b>WEDNESDAY, 23.03.2022</b>	<b>Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment</b>	Raclette Cuzco Stock springmenu It's Casino Night
<b>THURSDAY, 24.03.2022</b>	<b>Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment</b>	Tex Mex Champagne Baron de Rothschild Enjoymentmenu with beef Brennholz
<b>FRIDAY, 25.03.2022</b>	<b>Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment</b>	Spaghetti Vongole Rosé Mojito Sushi & Sashimi Take Two
<b>SATURDAY, 26.03.2022</b>	<b>Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment</b>	Sauerbraten Golden Champagne Eveningmenu with Kaiserschmarrn Norman Stolz
<b>SUNDAY, 27.03.2022</b>	<b>Happy Morning Lunchbuffet Tip for aperitif Eveningculinary</b>	Andreas at the Zither Turkey breast curry La vie en rose Stocks Eveningmenu

<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, 21.03.2022 with Hauke & Julia-Sophie

03.30 pm	LADIES SAUNA	Monday relax infusion (Ladies only)
04.00 pm	INFUSION SAUNA	Spring dances (infusion without supervision)
04.30 pm	INFUSION SAUNA	Stone oil tonic infusion
05.30 pm	INFUSION SAUNA	
06.30 pm	INFUSION SAUNA	Ice magic - Hansi Hintersee (infusion without supervision)

### TUESDAY, 22.03.2022 with Hauke & Julia-Sophie

04.00 pm	INFUSION SAUNA	Volks Rock & Roll (infusion without supervision)
04.30 pm	INFUSION SAUNA	Vino cream infusion
05.30 pm	INFUSION SAUNA	Vitamin infusion
06.30 pm	INFUSION SAUNA	A historical excursion to the Zillertal (infusion without supervision)

### WEDNESDAY, 23.03.2022 with Markus & Maximilian

04.00 pm	INFUSION SAUNA	Apré Ski 2022 infusion without supervision
04.30 pm	INFUSION SAUNA	Gin-Tonic infusion
05.30 pm	INFUSION SAUNA	Olive oil infusion
06.30 pm	INFUSION SAUNA	Woodstock (infusion without supervision)

### THURSDAY, 24.03.2022 with Markus & Maximilian

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

### FRIDAY, 25.03.2022 with Julia-Sophie & Markus

03.30 pm	LADIES SAUNA	Happy Friday (Ladies only)
04.30 pm	INFUSION SAUNA	Enya relaxation infusion (without supervision)
04.30 pm	INFUSION SAUNA	Ice-honey infusion
05.30 pm	INFUSION SAUNA	Herbal balsam infusion
06.30 pm	INFUSION SAUNA	Greatest Hits (infusion without supervision)

### SATURDAY, 26.03.2022 with Markus & Julia-Sophie

04.00 pm	INFUSION SAUNA	Heavy rock (infusion without supervision)
04.30 pm	INFUSION SAUNA	Wheat beer infusion
05.30 pm	INFUSION SAUNA	Grapefruit Aufguss
06.30 pm	INFUSION SAUNA	Lion King (Infusion without supervision)

### SUNDAY, 27.03.2022 with Julia-Sophie & Hauke

04.00 pm	INFUSION SAUNA	Best of Hans Zimmer (Infusion without supervision)
04.30 pm	INFUSION SAUNA	Franzbrandwein infusion
05.30 pm	INFUSION SAUNA	Ice-honey infusion
06.30 pm	INFUSION SAUNA	Tyrol - Land of Loyalty (infusion without supervision)



## BEAUTY WORLD

feel  
stock!

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

**Sauna:** Open daily from 10:30 - 20:00 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!
- We ask for your understanding that children and young people under the age of 14 are not allowed in the sauna world and that our 25 m sports pool is for swimmers only.
- For our children and teenagers under 14 years we have the Aqua Fun Park with the tyre slide to let off steam.
- Filming and photography in the entire sauna area is prohibited!