



MONDAY, 19.12.2022

| | |
|-------------------|------------------------------------|
| 10.00 am | Skiguiding with our Guides |
| 11.00 am | Energywalk |
| 04.00 pm | Full Body Workout at the Power Box |
| 05.00 pm | Core & Stability at the Power Box |
| from 06.30 | STOCK Eveningmenu |
| @night | Soe Tolloy Duo |

TUESDAY, 20.12.2022

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|-----------------|---|
| 10.00 am | Skiguiding with Kurt & Martin |
| 11.00 am | Nordic Walking |
| 02.00 pm | Stretch & Relax at the Power Box |
| 05.00 pm | Yoga & Meditation with Tiffany |
| 06.30 pm | KITCHENPARTY in STOCK's Kocherei with many culinary highlights |
| @night | DJ Daniel M. |

WEDNESDAY, 21.12.2022

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|-------------------|---|
| 08.00 am | Fasciatraining at the Power Box |
| 10.00 am | Skiguiding with the Guides |
| 11.00 am | Cross Country skiing with Anna |
| 06.00 pm | Apero & Sounds from Lisa Mauracher |
| from 06.30 | Mediterranean appetizer buffet |
| @night | Lisa Mauracher |

THURSDAY, 22.12.2022

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|-------------------------|---------------------------------------|
| 10.00 am | Skiguiding with Martin & Kurt |
| 11.00 am | Belly, legs, bottom at the Power Box |
| 11.00 - 02.00 pm | Family Spa at the Wellnessarea |
| from 06.30 | Sushi & Sashimi |
| @night | STOCK Casino Royale |

FRIDAY, 23.12.2022

| | |
|-------------------|---|
| 10.00 am | Skiguiding with the Guides |
| 11.00 am | Nordic Walking |
| 05.00 pm | Yoga & Meditation with Tiffany |
| from 06.30 | Kaiserschmarrn & pastry buffet |
| @night | Take Two |

SATURDAY, 24.12.2022

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|-------------------|--|
| 03.45 pm | Torchlight hike with Josef Stock - Meeting Point in front of the Hotel |
| from 04.30 | Mulled wine, punch & christmas delicacies on our panorama terrace |
| 05.00 pm | Contemplative Christmas moments with musical accompaniment as in the mood for the Christmas Eve |
| from 06.45 | Champagne reception with pianist Matej & Christmas photo booth in the fireside lounge |
| from 07.00 | Christmas Menu |
| 10.30 pm | Christmas mass in the parish church Finkenberg |

SUNDAY, 25.12.2022

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|-------------------|--|
| 09.00 am | Happy Morningmusic with Andreas at the Zither |
| from 06.30 | Evening menu with wok starter |

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!

Dress code: casual. casual

SPORT PROGRAM

MONDAY, 19.12.2022 *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** Full Body Workout at the Power Box
- 05.00 - 05.30 pm** Core & Stability at the Power Box

TUESDAY, 20.12.2022 *with Anna, Tiffany & 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** 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 & Meditation in the Idea Room (min. 3 persons)

WEDNESDAY, 21.12.2022 *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 Power Box
- 05.00 - 05.30 pm** Backfit at the Power Box

THURSDAY, 22.12.2022 *with Anna*

- 08.00 - 09.45 am** Dynostics metabolic analysis a 45€ 15 min per analysis - make an appointment with our fitness team or at the reception desk
- 10.00 - 10.30 am** Core & Stability at the Power Box
- 11.00 - 11.45 am** Belly, legs, bottom at the Power Box
- 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
- 05.00 - 05.30 pm** Fasciatraining at the Power Box

FRIDAY, 23.12.2022 *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** 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 at the Power Box
- 05.00 - 06.30 pm** Yoga & Meditation in the Idea Room (min. 3 persons)

SATURDAY, 24.12.2022 *with Jean*

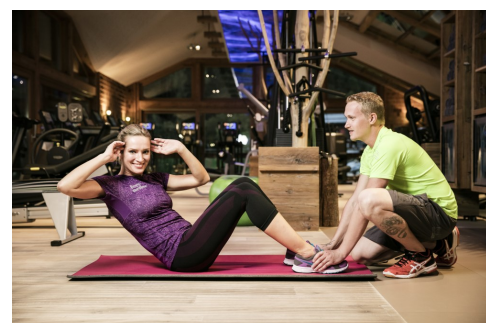
- 08.00 - 08.30 am** Aqua Fit at the indoorpool
- 09.00 - 09.45 am** Fitnesscare at the Gym
- 10.00 - 10.30 am** Theraband Training at the Power Box
- 11.00 - 12.30 pm** Power walk to Astegg
- 02.00 - 02.45 pm** Powercircle at the Gym

SUNDAY, 25.12.2022 *with Jean*

- 08.00 - 08.45 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 - 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!

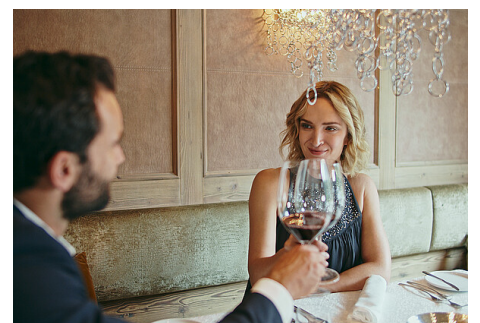
Personal training with Anna & Jean for even more success in sports! Make an appointment directly at the gym!



CULINARY & ENTERTAINMENT

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|----------------------------------|--|--|
| MONDAY, 19.12.2022 | Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment | Caeser salad Julez STOCK Eveningmenu Soe Tolloy Duo |
| TUESDAY, 20.12.2022 | Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment | Tyrolean Gröstl & Zillertal doughnuts Lillet Berry STOCK Kitchenpary DJ Daniel M. |
| WEDNESDAY, 21.12.2022 | Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment | Raclette Hugo Mediterranean appetizer buffet Lisa Mauracher |
| THURSDAY, 22.12.2022 | Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment | Mussels in white wine stock Negroni Sushi & Sashimi STOCK Casino Royale |
| FRIDAY, 23.12.2022 | Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment | Turkey wiener schnitzel Rosato Risa Kaiserschmarrn & pastry buffet Take Two |
| SATURDAY, 24.12.2022 | Lunchbuffet Aperitif Eveningculinary Live-Entertainment Afternoon | Sauerbraten Champagne Christmans Menu Pianist Matej Contemplative Christmas moments with with musical accompaniment as in the mood for the Christmas Eve |
| SUNDAY, 25.12.2022 | Happy Morning Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment | Andreas at the Zither Salmon in the salt crust El Presidente Evening menu with wok starter Father & Sons |

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|--------------------------------|------------------|
| 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, 19.12.2022 with Jean & Mateusz

| | | |
|----------|----------------|--|
| 03.00 pm | BLOCKHUTSAUNA | Aufguss |
| 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, 20.12.2022 with Jean & Mateusz

| | | |
|----------|----------------|--|
| 03.00 pm | BLOCKHUTSAUNA | Aufguss |
| 04.00 pm | INFUSION SAUNA | Volks Rock & Roll (infusion without supervision) |
| 04.30 pm | INFUSION SAUNA | Coconut oil infusion |
| 05.30 pm | INFUSION SAUNA | Chocolate - cream infusion |
| 06.30 pm | INFUSION SAUNA | A historical excursion to the Zillertal (infusion without supervision) |

WEDNESDAY, 21.12.2022 with Markus

| | | |
|----------|----------------|--|
| 03.00 pm | BLOCKHUTSAUNA | Aufguss |
| 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, 22.12.2022 with Markus

| | | |
|----------|----------------|--|
| 03.00 pm | BLOCKHUTSAUNA | Aufguss |
| 04.00 pm | INFUSION SAUNA | Greatest Hits (infusion without supervision) |
| 04.30 pm | INFUSION SAUNA | Vitamin infusion |
| 05.30 pm | INFUSION SAUNA | Baked Apple Infusion |
| 06.30 pm | INFUSION SAUNA | Ice magic - Hansi Hintersee (infusion without supervision) |

FRIDAY, 23.12.2022 with Markus & Mateusz

| | | |
|----------|----------------|--|
| 03.00 pm | BLOCKHUTSAUNA | Aufguss |
| 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, 24.12.2022 with Markus & Mateusz

| | | |
|----------|----------------|--|
| 02.00 pm | BLOCKHUTSAUNA | Aufguss |
| 03.00 pm | INFUSION SAUNA | Baked Apple Infusion |
| 04.30 pm | INFUSION SAUNA | Winter Wonderland (infusion without supervision) |
| 05.00 pm | INFUSION SAUNA | Honey and zirbe infusion |

SUNDAY, 25.12.2022 with Mateusz

| | | |
|----------|----------------|--|
| 04.00 pm | INFUSION SAUNA | Best of Hans Zimmer (Infusion without supervision) |
| 04.30 pm | INFUSION SAUNA | Enya relaxation infusion (without supervision) |
| 05.30 pm | INFUSION SAUNA | Lion King (Infusion without supervision) |
| 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!

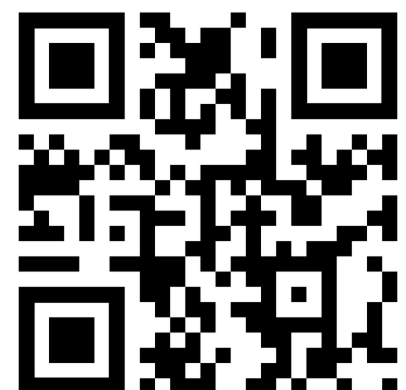
Family and textile sauna: Open daily from 14.00 - 19.00 for you!

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!