



## MONDAY, 09.01.2023

<b>08.00 am</b>	Backfit at the Power Box
<b>10.00 am</b>	Skiguiding with Kurt
<b>11.30 am</b>	<b>Cross Country Skiing with Anna</b>
<b>05.00 pm</b>	Core & Stability at the Power Box
<b>from 06.30</b>	<b>STOCK Wintermenu</b>
<b>@night</b>	<b>Johannes Kammerlander</b>

## TUESDAY, 10.01.2023

<b>10.00 am</b>	<b>Skiguiding with our guide</b>
<b>11.00 am</b>	<b>Energywalk</b>
<b>04.00 pm</b>	Spinning at the Power Box
<b>05.00 pm</b>	<b>Yoga &amp; Meditation</b>
<b>from 06.30</b>	<b>KITCHENPARTY in STOCK's Kocherei with many culinary highlights</b>
<b>@night</b>	<b>DJ Albin</b>

## WEDNESDAY, 11.01.2023

<b>08.00 am</b>	Fasciatraining at the Power Box
<b>10.00 am</b>	Skiguiding with Kurt & Hans Enn
<b>11.30 am</b>	<b>Cross County Skiing at tux</b>
<b>from 06.30</b>	<b>Wiener Schnitzel &amp; Tyrolean delicacy plate</b>
<b>@night</b>	<b>Tom Daubek</b>

## THURSDAY, 12.01.2023

<b>10.00 am</b>	Skiguiding with our Guides
<b>11.00 am</b>	<b>Snowshoe hiking</b>
<b>11.00 - 02.00 pm</b>	<b>Familyspa day</b>
<b>04.00 pm</b>	Spinning at the Power Box
<b>from 06.30</b>	<b>Pleasure menu &amp; photo wall for a souvenir photo</b>
<b>@night</b>	<b>STOCK Casino Royale</b>

## FRIDAY, 13.01.2023

<b>08.00 am</b>	Aqua Fit at the indoorpool
<b>10.00 am</b>	Sixpack workout at the Power Box
<b>10.00 am</b>	Skiguiding with Kurt
<b>05.00 pm</b>	<b>Yoga &amp; meditation</b>
<b>from 06.30</b>	<b>Kaiserschmarrn &amp; pastry buffet</b>
<b>@night</b>	<b>Take Two</b>

## SATURDAY, 14.01.2023

<b>10.00 am</b>	Theraband Training at the Power Box
<b>11.00 am</b>	<b>Snowshoe hiking</b>
<b>04.00 pm</b>	TRX Hybrid at the Power Box
<b>from 06.30</b>	<b>Sushi &amp; Sashimi</b>
<b>@night</b>	<b>Soe Tolloy Duo</b>

## SUNDAY, 15.01.2023

<b>09.00 am</b>	<b>Good morning music with Emmi at the harp</b>
<b>10.00 am</b>	Mobility Workout at the Power Box
<b>02.00 pm</b>	<b>Balance training at the Gym</b>
<b>05.00 pm</b>	Stretch & Relax at the Power Box
<b>from 06.30</b>	<b>STOCK Eveningmenu</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 Albin and the STOCK team are looking forward to this special evening with you!  
#goodvibes #partyfeeling #foodlovers

## SPORT PROGRAM

### MONDAY, 09.01.2023 *with Anna*

- 08.00 - 08.45 am** Backfit at the Power Box  
**11.30 am** 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, 10.01.2023 *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 - 06.00 pm** Yoga & Meditation with Tiffany im Energieraum (min. 3 persons)

### WEDNESDAY, 11.01.2023 *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  
**11.30 - 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** Backfit at the Power Box

### THURSDAY, 12.01.2023 *with Anna*

- 08.00 - 09.45 am** Dynostics metabolic analysis a € 45,00 / 15 min per analysis - appointment in the gym or at the reception desk  
**10.00 - 10.30 am** Cross Athletics 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, 13.01.2023 *with 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** 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 - 06.00 pm** Yoga & Meditation with Tiffany im Energieraum (min. 3 persons)

### SATURDAY, 14.01.2023 *with 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** 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, 15.01.2023 *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** Energyhike (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** 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

<b>MONDAY, 09.01.2023</b>	<b>Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment</b>	Baked potato, smoked salmon & bacon Grand Rose STOCK Wintermenu Johannes Kammerlander
<b>TUESDAY, 10.01.2023</b>	<b>Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment</b>	Chop Sue with beef Aperol Veneziano STOCKS Kitchenparty DJ Albin
<b>WEDNESDAY, 11.01.2023</b>	<b>Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment</b>	Spaghetti aglio & olio Julez Wiener Schnitzel & Tyrolean delicacy plate Tom Daubek
<b>THURSDAY, 12.01.2023</b>	<b>Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment</b>	Mussels in white wine broth Champagne baron de Rothschild Enjoymentdinner with beef STOCK Casino Royale
<b>FRIDAY, 13.01.2023</b>	<b>Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment</b>	Styrian root meat Negroni Kaiserschmarrn & pastry buffet Take Two
<b>SATURDAY, 14.01.2023</b>	<b>Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment</b>	Beef & Veggie Burger Havana Old Fashioned Sushi & Sashimi Soe Tolloy Duo
<b>SUNDAY, 15.01.2023</b>	<b>Happy Morning Lunchbuffet Tip for aperitif Eveningculinary</b>	Emmi at the harp Veal shanks fresh from the oven La vie en Rose STOCK 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, 09.01.2023** with Mateusz & Jean

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

**TUESDAY, 10.01.2023** with Mateusz & Jean

<b>03.00 pm</b>	<b>BLOCKHUTSAUNA</b>	<b>Aufguss</b>
<b>04.00 pm</b>	EVENTSAUNA	Best of Hans Zimmer (Infusion without supervision)
<b>04.30 pm</b>	EVENTSAUNA	<b>Lavender infusion</b>
<b>05.30 pm</b>	EVENTSAUNA	<b>Herbal balsam infusion</b>
<b>06.30 pm</b>	EVENTSAUNA	Ice magic - Hansi Hinterseer (infusion without supervision)

**WEDNESDAY, 11.01.2023** with Markus

<b>03.00 pm</b>	<b>BLOCKHUTSAUNA</b>	<b>Aufguss</b>
<b>04.00 pm</b>	EVENTSAUNA	Enya relaxation infusion (without supervision)
<b>04.30 pm</b>	EVENTSAUNA	<b>Chocolate - cream infusion</b>
<b>05.30 pm</b>	EVENTSAUNA	<b>Baked Apple Infusion</b>
<b>06.30 pm</b>	EVENTSAUNA	Heavy rock (infusion without supervision)

**THURSDAY, 12.01.2023** with Markus

<b>11.00 am</b>		Family Spaday
<b>03.00 pm</b>	<b>BLOCKHUTSAUNA</b>	<b>Aufguss</b>
<b>04.00 pm</b>	EVENTSAUNA	Greatest Hits (infusion without supervision)
<b>04.30 pm</b>	EVENTSAUNA	<b>Stone oil tonic infusion</b>
<b>05.30 pm</b>	EVENTSAUNA	<b>Olive oil infusion</b>
<b>06.30 pm</b>	EVENTSAUNA	Lion King (Infusion without supervision)

**FRIDAY, 13.01.2023** with Markus & Mateusz

<b>03.00 pm</b>	<b>BLOCKHUTSAUNA</b>	<b>Aufguss</b>
<b>04.00 pm</b>	EVENTSAUNA	I am from Austria (Infusion without supervision)
<b>04.30 pm</b>	EVENTSAUNA	<b>Grapefruit Aufguss</b>
<b>05.30 pm</b>	EVENTSAUNA	<b>Gin-Tonic infusion</b>
<b>06.30 pm</b>	EVENTSAUNA	Winter Wonderland (infusion without supervision)

**SATURDAY, 14.01.2023** with Markus & Mateusz

<b>03.00 pm</b>	<b>BLOCKHUTSAUNA</b>	<b>Aufguss</b>
<b>04.00 pm</b>	EVENTSAUNA	Greatest Hits (infusion without supervision)
<b>04.30 pm</b>	EVENTSAUNA	<b>Coconut oil infusion</b>
<b>05.30 pm</b>	EVENTSAUNA	<b>Swiss stone pine infusion</b>
<b>06.30 pm</b>	EVENTSAUNA	Ice magic - Hansi Hinterseer (infusion without supervision)

**SUNDAY, 15.01.2023** with Mateusz

<b>04.00 pm</b>	EVENTSAUNA	Woodstock (infusion without supervision)
<b>04.30 pm</b>	EVENTSAUNA	I am from Austria (Infusion without supervision)
<b>05.30 pm</b>	EVENTSAUNA	Lion King (Infusion without supervision)
<b>06.30 pm</b>	EVENTSAUNA	Apré Ski 2023 (infusion without supervision)



feel  
stock!

## 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!

