



MONDAY, 06.03.2023

08.00 am	Aqua Fit at the indoorpool
10.00 am	Skiguiding with the Guides
11.30 am	Crosscountry skiing with Anna at Tux
05.00 pm	Fasciatraining at the Power Box
from 06.30	STOCK Eveningmenu
@night	Acoustic Band

TUESDAY, 07.03.2023

10.00 am	Skiguiding with our Guides
11.00 am	Engerywalk
04.00 pm	Tabata at the Power Box
05.00 pm	Yoga with Tiffany
from 06.30	KITCHENPARTY at STOCK's with many culinary culinary highlights
@night	DJ Albin

WEDNESDAY, 08.03.2023

10.00 am	Skiguiding with our guides
11.30 am	Crosscountry skiing with Anna
02.15 pm	Family tobogganing with Chris
05.00 pm	Physioball training at the Power Box
from 06.30	Pasta starters
@night	Tom Daubek & Vanessa

THURSDAY, 09.03.2023

08.00 am	Dynostics Metabolic Analysis in the Gym
10.00 am	Skiguiding with the guides
11.00 am	Snowshoe hike
11.00 - 02.00 pm	Family sauna day in the wellness area
05.00 pm	Singing Bowl Therapy Sound Bath with Helene
from 06.30	Enjoyment menu & photo wall for a souvenir photo
@night	STOCK Casino Royale

FRIDAY, 10.03.2023

08.00 am	Aqua Fit at the indoorpool
10.00 am	Skiguiding with our guides
04.00 pm	Cross Athletics at the Power Box
05.00 pm	Yoga with Tiffany
from 06.30	Kaiserschmarrn & Pastry Buffet
@night	Take Two

SATURDAY, 11.03.2023

08.00 am	Good Morning Stretch at the Power Box
11.00 am	Energywalk
02.00 pm	Powercircle at the Gym
from 06.30	Sushi & Sashimi
@night	Soe Tolloy Duo

SUNDAY, 12.03.2023

08.00 am	Aqua Fit at the indoorpool
09.00 am	Good morning music from Andreas at the Zither
10.00 am	Backfit at the Power Box
11.00 am	Belly, legs, bottom 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, 06.03.2023 *with Anna*

- 08.00 - 08.30 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
- 05.00 - 05.30 pm Fasciatraining at the Power Box

TUESDAY, 07.03.2023 *with Anna, 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 Theraband Training at the Power Box
- 11.00 - 12.30 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 - 04.30 pm Tabata at the Power Box
- 05.00 - 06.00 pm **Yoga & Meditation with Tiffany im Energieraum (min. 3 persons)**

WEDNESDAY, 08.03.2023 *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**
- 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
- 05.00 - 05.30 pm Physioball training at the Power Box

THURSDAY, 09.03.2023 *with Anna & Helene*

- 08.00 - 09.45 am Dynostics Metabolic Analysis a € 45,00 - appointments in the Gym or Reception
- 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)
- 05.00 - 05.45 pm **Sound Bath Singing Bowl Therapy with Helene at the Energyroom**

FRIDAY, 10.03.2023 *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 Fasciatraining at the Power Box
- 11.00 - 11.45 am Power Pump 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 - 06.00 pm **Yoga & Meditation with Tiffany im Energieraum (min. 3 persons)**

SATURDAY, 11.03.2023 *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) Meeting point in front of the hotel**
- 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, 12.03.2023 *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!

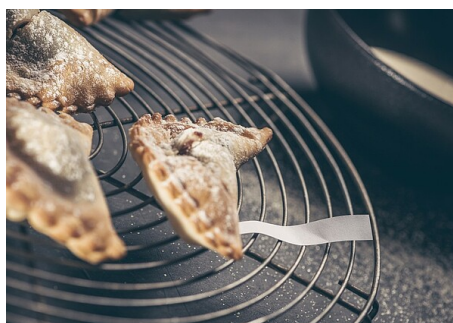
Personal training with Anna & Jean for even more success in sports! Make an appointment directly at the gym!



CULINARY & ENTERTAINMENT

MONDAY, 06.03.2023	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Nachos & Quesadillas Julez STOCK Eveningmenu Acoustic Band
TUESDAY, 07.03.2023	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Spicy Vegetable Mie Noodles Lillet Berry STOCKS Kitchenparty DJ Albin
WEDNESDAY, 08.03.2023	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Caesar salad Negroni Pasta starters Tom Daubek & Vanessa
THURSDAY, 09.03.2023	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Spaghetti Vongole Champagne Barons de Rothschild Enjoymenu with beef STOCK Casino Royale
FRIDAY, 10.03.2023	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Styrian root meat Mount 69' Kaiserschmarrn & Pastry Buffet Take Two
SATURDAY, 11.03.2023	Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment	Turkey-Wienerschnitzel Aperol Spritzer Sushi & Sashimi Soe Tolloy Duo
SUNDAY, 12.03.2023	Happy Morning Lunchbuffet Tip for aperitif Eveningculinary	Andreas at the zither Braised veal Rosato Risa 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, 06.03.2023 with Markus & Jean

03.00 pm	BLOCKHUTSAUNA	Aufguss
04.00 pm	INFUSION SAUNA	James Bond (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	A historical excursion to the Zillertal (infusion without supervision)

TUESDAY, 07.03.2023 with Mateusz & Jean

03.00 pm	BLOCKHUTSAUNA	Aufguss
04.00 pm	INFUSION SAUNA	90s Party (infusion without supervision)
04.30 pm	INFUSION SAUNA	Lavender infusion
05.30 pm	INFUSION SAUNA	Herbal balsam infusion
06.30 pm	INFUSION SAUNA	Woodstock (infusion without supervision)

WEDNESDAY, 08.03.2023 with Mateusz & Tamara

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	Ice-honey infusion
06.30 pm	INFUSION SAUNA	Heavy rock (infusion without supervision)

THURSDAY, 09.03.2023 with Markus & Tamara

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, 10.03.2023 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	Spring dances (infusion without supervision)

SATURDAY, 11.03.2023 with Markus & Mateusz

03.00 pm	BLOCKHUTSAUNA	Aufguss
04.00 pm	INFUSION SAUNA	Best of Hans Zimmer (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	Nature infusion (infusion without supervision)

SUNDAY, 12.03.2023 with Mateusz & Jean

04.00 pm	INFUSION SAUNA	Woodstock (infusion without supervision)
04.30 pm	INFUSION SAUNA	
05.30 pm	INFUSION SAUNA	Wheat beer infusion
06.30 pm	INFUSION SAUNA	Greatest Hits (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.