



**MONDAY, 14.03.2022**

07.45 am	<b>Belly, Legs Buttocks with Hans Enn</b>
10.00 am	Skiguiding with our Ski guides & Hans Enn
05.00 pm	<b>Ski Fit with Hans Enn</b>
from 06.30	<b>Eveningmenu with truffle</b>
@night	<b>Offtang</b>

**TUESDAY, 15.03.2022**

07.45 am	<b>Belly, Legs Buttocks with Hans Enn</b>
08.30 am	Skitour with Guide Stefan
10.00 am	Skiguiding with our Ski guides & Hans Enn
04.00 pm	Yoga with Tiffany
05.00 pm	<b>Ski Fit with Hans Enn</b>
from 06.30	<b>Chocolate Fountain &amp; Cotton Candy</b>
@night	<b>DJ C-Rock</b>

**WEDNESDAY, 16.03.2022**

07.45 am	<b>Belly, Legs Buttocks with Hans Enn</b>
10.00 am	Skiguiding with our Ski guides & Hans Enn
05.00 pm	<b>Ski Fit with Hans Enn</b>
06.30 pm	<b>Stocks springmenu</b>
@night	<b>It's Casino Night</b>

**THURSDAY, 17.03.2022**

07.45 am	<b>Belly, Legs Buttocks with Hans Enn</b>
10.00 am	Skiguiding with our Ski guides & Hans Enn
05.00 pm	<b>Ski Fit with Hans Enn</b>
from 06.30	<b>STOCK Enjoymentevening with photowall</b>
@night	<b>Brennholz</b>

**FRIDAY, 18.03.2022**

07.45 am	<b>Belly, legs, buttocks with Hans Enn</b>
10.00 am	Skiguiding with our guides
10.30 am	Powercircle at the Gym
04.00 pm	Spinning at the Gym
from 06.30	<b>Sushi &amp; Sashimi</b>
@night	<b>Take Two</b>

**SATURDAY, 19.03.2022**

08.00 am	Aqua Fit at the indoorpool
10.00 am	Skiguiding with our Skiguidees
10.30 am	Snowshoe hike (min. 3 Persons)
04.00 pm	Yoga with Tiffany
from 06.30	<b>Eveningmenu with Kaiserschmarrn</b>
@night	<b>Father &amp; Sons</b>

**SUNDAY, 20.03.2022**

08.00 am	Fasciatraining (Energieraum)
09.00 am	<b>Good morning music with Emmi at the harp</b>
10.30 am	<b>Belly, legs, bottom at the Power Box</b>
12.00 pm	Stretch & Relax at the Energieraum
02.00 pm	Balance training at the Gym
from 06.30	<b>Stocks Eveningmenu</b>



**Ski & Sportweek with Hans Enn**

Feel like a champion: at the exclusive ski experience with Hans Enn. You are welcome to register for the

## SPORT PROGRAM

### MONDAY, 14.03.2022 *with Maximilian & Hans Enn*

- 07.45 - 08.30 am** **Belly, Legs Buttocks with Hans Enn in the Energy Room**
- 09.00 - 09.30 am** Backfit at the Energieraum
- 10.30 - 12.30 pm** Winter hike (min. 3 persons)
- 02.00 - 02.30 pm** Fasciatraining (Energieraum)
- 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** **Ski Fit mit Hans Enn in der Power Box**
- 06.00 - 06.30 pm** Sixpack workout at the Energieraum

### TUESDAY, 15.03.2022 *with Maximilian, Tiffany & Hans Enn*

- 07.45 - 08.30 am** **Belly, Legs Buttocks with Hans Enn in the Energieraum**
- 09.00 - 09.30 am** Aqua Fit at the indoorpool
- 10.30 - 11.15 am** **BOX FIT at the Power Box**
- 12.00 - 12.30 pm** **Physioball training at the Power Box**
- 02.00 - 02.30 pm** Balance training at the Gym
- 03.00 - 03.30 pm** **Tabata at the Power Box**
- 04.00 - 05.30 pm** **Yoga & Meditation with Tiffany im Energieraum (min. 3 persons)**
- 05.00 - 05.30 pm** **Ski Fit with Hans Enn at the Power Box**
- 06.00 - 06.30 pm** Footreflexcircle at the Gym

### WEDNESDAY, 16.03.2022 *with Anna, Maximilian & Hans Enn*

- 07.45 - 08.30 am** **Belly, Legs Buttocks with Hans Enn in the Energieraum**
- 09.00 - 09.30 am** Core and stability at the Energieraum
- 10.30 - 12.30 pm** Winter hike (min. 3 persons)
- 02.00 - 02.30 pm** Stretch & Relax at the Energieraum
- 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** **Ski Fit with Hans Enn at the Power Box**
- 06.00 - 06.30 pm** Backfit at the Energieraum

### THURSDAY, 17.03.2022 *with Anna & Hans Enn*

- 07.45 - 08.30 am** **Belly, Legs Buttocks with Hans Enn in the Energieraum**
- 09.00 - 09.30 am** Aqua Fit at the indoorpool
- 10.30 - 01.30 pm** Snowshoe hike (min. 3 Persons)
- 02.00 - 02.30 pm** Core & stability at the gym
- 03.00 pm** Fitnesscare at the Gym
- 04.00 - 04.45 pm** **Power Pump at the Power Box**
- 05.00 - 05.30 pm** **Ski Fit with Hans Enn at the Power Box**
- 06.00 - 06.30 pm** **Sixpack workout at the Power Box**

### FRIDAY, 18.03.2022 *with Anna & Hans Enn*

- 07.45 - 08.30 am** **Belly, Legs Buttocks with Hans Enn in the Energieraum**
- 09.00 - 09.30 am** Backfit at the Energieraum
- 10.30 - 11.15 am** Powercircle at the Gym
- 12.00 - 12.30 pm** **Balance Training 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** Spinning at the Gym
- 06.00 - 06.30 pm** Stretch & Relax at the Energieraum

### SATURDAY, 19.03.2022 *with Anna & Tiffany*

- 08.00 - 08.30 am** Aqua Fit at the indoorpool
- 09.00 - 09.45 am** Fitnesscare at the Gym
- 10.30 - 01.30 pm** Snowshoe hike (min. 3 Persons)
- 02.00 - 02.30 pm** Fitnesscare at the Gym
- 03.00 - 03.45 pm** **Full Body Workout at the Power Box**
- 04.00 - 05.30 pm** **Yoga & Meditation with Tiffany im Energieraum (min. 3 persons)**

### SUNDAY, 20.03.2022 *with Anna*

- 08.00 - 08.30 am** Fasciatraining (Energieraum)
- 09.00 - 09.45 am** Fitnesscare at the Gym
- 10.30 - 11.15 am** **Belly, legs, bottom at the Power Box**
- 12.00 - 12.30 pm** Stretch & Relax at the Energieraum
- 02.00 - 02.30 pm** Balance training at the Gym
- 03.00 - 03.45 pm** Fitnesscare at the Gym
- 04.00 - 04.45 pm** **Balance Training at the Power Box**

*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.*

*Ski tours for beginners & the curious with mountain guide Stefan every Tuesday at 08.30 am. Registration until Monday 01.00 pm via the STOCK app or at the reception. All further information is available at the info desk!*

## CULINARY & ENTERTAINMENT

<b>MONDAY, 14.03.2022</b>	<b>Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment</b>	Caeser salad Blood & Sand Eveningmenu with truffle Offtang
<b>TUESDAY, 15.03.2022</b>	<b>Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment</b>	Stock Beef & Veggie Burger with fries Berglady Chocolate Fountain & Cotton Candy DJ C-Rock
<b>WEDNESDAY, 16.03.2022</b>	<b>Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment</b>	Raclette Cuzco Stocks springmenu It's Casino Night
<b>THURSDAY, 17.03.2022</b>	<b>Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment</b>	Tyrolean Gröstl & Zillertal doughnuts Champagner Baron de Rothschild Enjoymentmenu with beef Brennholz
<b>FRIDAY, 18.03.2022</b>	<b>Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment</b>	Jacket potato with smoked salmon, bacon, herb sour cream Negroni Sblagiato Sushi & Sashimi Take Two
<b>SATURDAY, 19.03.2022</b>	<b>Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment</b>	Wraps & Quesadillas Charlie Chaplin Eveningmenu with Kaiserschmarrn Father & Sons
<b>SUNDAY, 20.03.2022</b>	<b>Happy Morning Lunchbuffet Tip for aperitif Eveningculinary</b>	Emmi at the harp Turkey-Wienerschnitzel Harvey Wallbanger Stocks eveningmenu

**We recommend that you wear a mouth-nose protector every time you go to the buffet!**

**#feelgoof #feelsafe #stockfeeling**

<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, 14.03.2022 with Julia-Sophie & Hauke

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

### TUESDAY, 15.03.2022 with Julia-Sophie & Hauke

04.00 pm	INFUSION SAUNA	Volks Rock & Roll (infusion without supervision)
04.30 pm	INFUSION SAUNA	Vitamin infusion
05.30 pm	INFUSION SAUNA	Vino cream infusion
06.30 pm	INFUSION SAUNA	Kuschelrock (infusion without)

### WEDNESDAY, 16.03.2022 with Maximilian & Markus

04.00 pm	INFUSION SAUNA	Enya relaxation infusion (without supervision)
04.30 pm	INFUSION SAUNA	Herbal balsam infusion
05.30 pm	INFUSION SAUNA	Olive oil infusion
06.30 pm	INFUSION SAUNA	Heavy rock (infusion without supervision)

### THURSDAY, 17.03.2022 with Maximilian & Markus

04.00 pm	INFUSION SAUNA	90s Party (infusion without supervision)
04.30 pm	INFUSION SAUNA	Baked Apple Infusion
05.30 pm	INFUSION SAUNA	Arinika oil infusion
06.30 pm	INFUSION SAUNA	I am from Austria (Infusion without supervision)

### FRIDAY, 18.03.2022 with Julia-Sophie & Markus

03.30 pm	LADIES SAUNA	Happy Friday (Ladies only)
04.00 pm	INFUSION SAUNA	Winter Wonderland (infusion without supervision)
04.30 pm	INFUSION SAUNA	Glacier infusion
05.30 pm	INFUSION SAUNA	Gin-Tonic infusion
06.30 pm	INFUSION SAUNA	Apré Ski 2022 infusion without supervision

### SATURDAY, 19.03.2022 with Julia-Sophie & Markus

04.00 pm	INFUSION SAUNA	Enya relaxation infusion (without supervision)
04.30 pm	INFUSION SAUNA	Wheat beer infusion
05.30 pm	INFUSION SAUNA	Honey and zirbe infusion
06.30 pm	INFUSION SAUNA	Kuschelrock (infusion without)

### SUNDAY, 20.03.2022 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!