



## MONDAY, 20.02.2023

10.00 am	Skiguiding with our guides
11.30 am	<b>Cross-country skiing with Anna in Tux</b>
05.00 pm from 06.30	Sound bath at the Energieraum <b>"Shaken, not stirred" - treat yourself to a Martini Cocktail at the James Bond Bar</b>
from 06.30 @night	<b>STOCK Eveningmenu</b> <b>STOCK Casino Royale</b>

## TUESDAY, 21.02.2023

10.00 am	Skiguiding with our guides
11.00 am	Energywalk
from 06.30	<b>Start the evening with a tequila shot in the fireside lounge</b>
from 06.30 @night	<b>Viva la STOCK Kitchenparty</b> <b>DJ Albin</b>

## WEDNESDAY, 22.02.2023

10.00 am	Skiguiding with our guides
11.00 am	<b>Snowshoehiking</b>
04.00 pm	Powercircle at the Gym
from 06.00	<b>Champagne &amp; Secco Bar with music by Switchsound at the hotel bar</b>
from 06.30	<b>Large Ash Wednesday fish hors d'oeuvres buffet</b>
@night	<b>Switchsound</b>

## THURSDAY, 23.02.2023

10.00 am	Skiguiding with our guides
11.00 - 02.00 pm	<b>Family sauna day in the wellness area</b>
02.00 pm	Footreflexcircle at the Gym
from 06.30	<b>Enjoyment menu &amp; photo wall for a souvenir photo</b>
@night	<b>Father &amp; Sons</b>

## FRIDAY, 24.02.2023

08.00 am	Aqua Fit at the indoorpool
10.00 am	Skiguiding with our guides
11.00 am	<b>Snowshoehiking</b>
04.00 pm	Cross Athletics at the Power Box
05.00 pm from 06.30	<b>Yoga &amp; meditation with Tiffany</b> <b>Kaiserschmarrn &amp; Pancakes Buffet</b>
@night	<b>Take Two</b>

## SATURDAY, 25.02.2023

11.00 am	<b>Energywalk</b>
04.00 pm	TRX Hybrid at the Power Box
05.00 pm	Sixpack workout at the Power Box
from 06.30	<b>Chocolate fountain, waffles &amp; candy floss</b>
@night	<b>DJ C-Rock</b>

## SUNDAY, 26.02.2023

08.00 am	Aqua Fit at the indoorpool
09.00 am	<b>Good morning music with Emmi at the harp</b>
10.00 am	Backfit at the Power Box
11.00 am	<b>Spinning at the Power Box</b>
from 06.30	<b>Sushi &amp; Sashimi</b>

### VIVA LA STOCK- 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, 20.02.2023 *with Anna & Helene*

- 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 - 05.45 pm **Sound Bath at the Energieraum with Helene**

### TUESDAY, 21.02.2023 *with Ana, 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 Fasciatraining 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 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 - 05.00 pm **Yoga & Meditation with Tiffany im Energieraum (min. 3 persons)**

### WEDNESDAY, 22.02.2023 *with Jean*

- 08.00 am Aqua Fit at the indoorpool
- 09.00 - 09.45 am Fitnesscare at the Gym
- 10.00 - 10.30 am Stretch & Relax at the Power Box
- 11.00 - 01.30 pm **Snowshoe hike (min. 3 Persons)**
- 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 Power Box
- 05.00 - 05.30 pm Physioball training at the Power Box

### THURSDAY, 23.02.2023 *with Jean*

- 08.00 - 09.45 am Dynostics metabolic analysis a € 45.00 - make an appointment in the Gym or at the reception desk
- 10.00 - 10.30 am Core & Stability at the Power Box
- 11.00 - 11.45 am Powercircle at the Gym
- 02.00 - 02.30 pm Footreflexcircle at the Gym
- 03.00 - 03.45 pm Fitnesscare at the Gym
- 04.00 - 04.45 pm Belly, legs, bottom at the Power Box
- 05.15 - 05.45 pm Fasciatraining at the Power Box

### FRIDAY, 24.02.2023 *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 - 02.00 pm **Snowshoe hike (min. 3 Persons)**
- 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, 25.02.2023 *with Jean*

- 08.00 - 08.30 am Fasciatraining 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 **Energyhike (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, 26.02.2023 *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 Backfit at the Power Box
- 11.00 - 11.45 am Spinning at the Power Box (min. 3 persons)

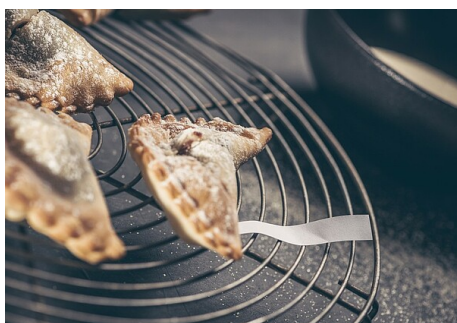
*Please register for the individual units via the STOCK app or directly at the reception!*

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

## CULINARY & ENTERTAINMENT

<b>MONDAY, 20.02.2023</b>	<b>Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment</b>	Currywurst & Fries Martini & Americano STOCK Eveningmenu STOCK Casino Royale
<b>TUESDAY, 21.02.2023</b>	<b>Lunchbuffet Aperitif Eveningculinary Live-Entertainment</b>	Tyrolean Gröstl & Zillertal doughnuts Tequila Shot Viva la STOCK Kitchenparty DJ Albin
<b>WEDNESDAY, 22.02.2023</b>	<b>Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment</b>	Caesar salad Champagne Barons de Rothschild Large Ash Wednesday fish hors d'oeuvres buffet Switchsound
<b>THURSDAY, 23.02.2023</b>	<b>Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment</b>	Chop suey with veal Charlie Chaplin Enjoymentdinner with beef Father & Sons
<b>FRIDAY, 24.02.2023</b>	<b>Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment</b>	Jacket potato with smoked salmon & herb sour cream Grand Rose Kaiserschmarrn & Pancakes Buffet Take Two
<b>SATURDAY, 25.02.2023</b>	<b>Lunchbuffet Tip for aperitif Eveningculinary Live-Entertainment</b>	Beef & Veggie Burger Paolo Chocolate fountain, waffles & candy floss DJ C-Rock
<b>SUNDAY, 26.02.2023</b>	<b>Happy Morning Lunchbuffet Tip for aperitif Eveningculinary</b>	Emmi at the harp Styrian fried chicken La vie en Rose Sushi & Sashimi

<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, 20.02.2023** with Mateusz & Jean

<b>03.00 pm</b>	<b>BLOCKHUTSAUNA</b>	<b>Aufguss</b>
<b>04.00 pm</b>	INFUSION SAUNA	A historical excursion to the Zillertal (infusion without supervision)
<b>04.30 pm</b>	INFUSION SAUNA	<b>Honey and zirbe infusion</b>
<b>05.30 pm</b>	INFUSION SAUNA	<b>Arinika oil infusion</b>
<b>06.30 pm</b>	INFUSION SAUNA	James Bond (infusion without supervision)

**TUESDAY, 21.02.2023** with Mateusz & Jean

<b>03.00 pm</b>	<b>BLOCKHUTSAUNA</b>	<b>Aufguss</b>
<b>04.00 pm</b>	INFUSION SAUNA	Best of Hans Zimmer (Infusion without supervision)
<b>04.30 pm</b>	INFUSION SAUNA	<b>Lavender infusion</b>
<b>05.30 pm</b>	INFUSION SAUNA	<b>Herbal balsam infusion</b>
<b>06.30 pm</b>	INFUSION SAUNA	Woodstock (infusion without supervision)

**WEDNESDAY, 22.02.2023** with Markus & Tamara

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

**THURSDAY, 23.02.2023** with Markus & Tamara

<b>03.00 pm</b>	<b>BLOCKHUTSAUNA</b>	<b>Aufguss</b>
<b>04.00 pm</b>	INFUSION SAUNA	Greatest Hits (infusion without supervision)
<b>04.30 pm</b>	INFUSION SAUNA	<b>Stone oil tonic infusion</b>
<b>05.30 pm</b>	INFUSION SAUNA	Olive oil infusion
<b>06.30 pm</b>	INFUSION SAUNA	Lion King (Infusion without supervision)

**FRIDAY, 24.02.2023** with Markus & Tamara

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

**SATURDAY, 25.02.2023** with Markus & Tamara

<b>03.00 pm</b>	<b>BLOCKHUTSAUNA</b>	<b>Aufguss</b>
<b>04.00 pm</b>	INFUSION SAUNA	90s Party (infusion without supervision)
<b>04.30 pm</b>	INFUSION SAUNA	<b>Coconut oil infusion</b>
<b>05.30 pm</b>	INFUSION SAUNA	<b>Swiss stone pine infusion</b>
<b>06.30 pm</b>	INFUSION SAUNA	Ice magic - Hansi Hinterseer (infusion without supervision)

**SUNDAY, 26.02.2023** with Markus & Tamara

<b>03.00 pm</b>	<b>BLOCKHUTSAUNA</b>	<b>Aufguss</b>
<b>04.00 pm</b>	INFUSION SAUNA	Nature infusion (infusion without supervision)
<b>04.30 pm</b>	INFUSION SAUNA	
<b>05.30 pm</b>	INFUSION SAUNA	<b>Wheat beer infusion</b>
<b>06.30 pm</b>	INFUSION SAUNA	Ibiza Vibes (infusion without supervision)

## GENERAL INFORMATION

feel  
stock!

### 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.