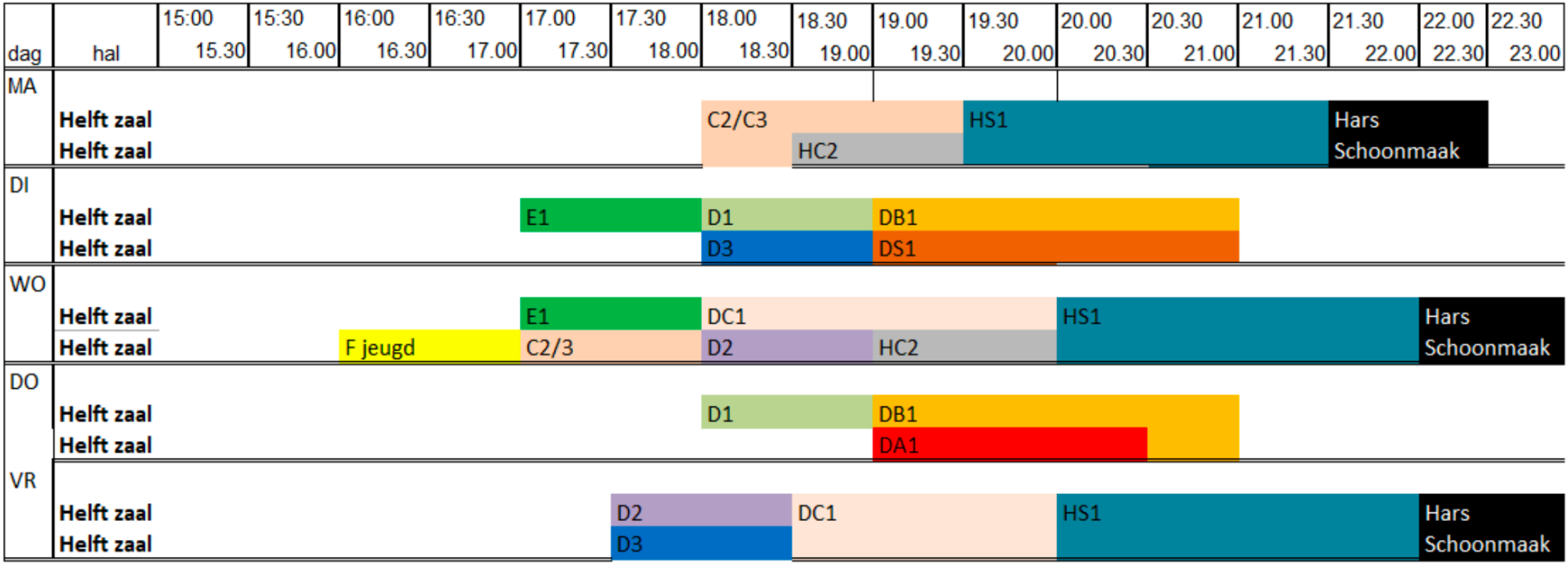Trainingsrooster per 5 juni 2021