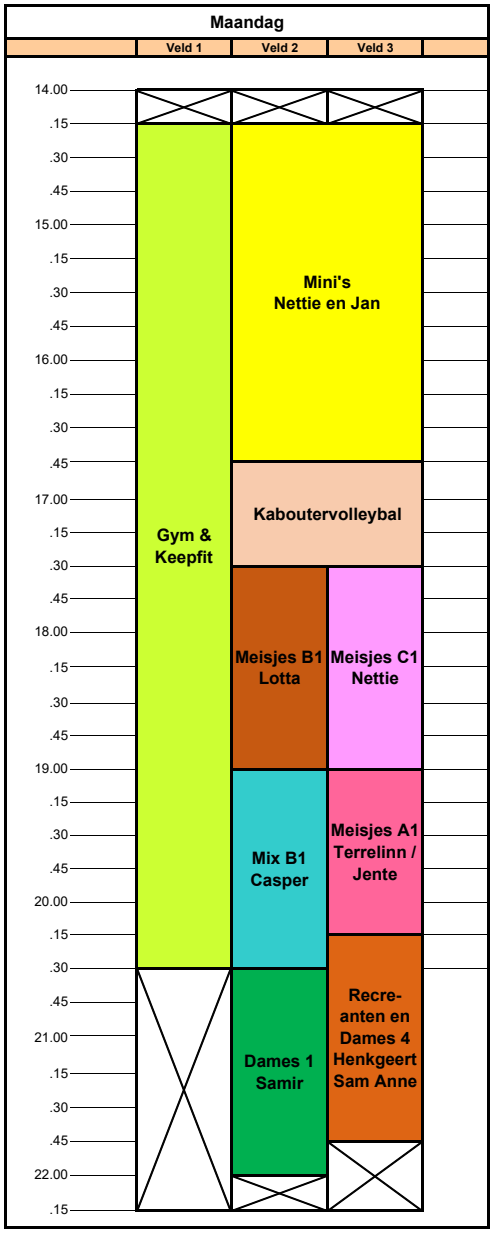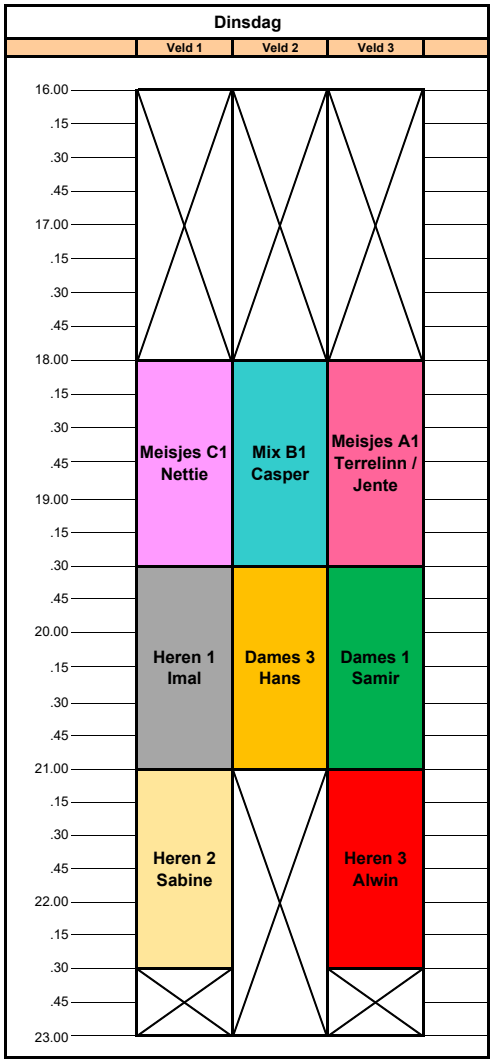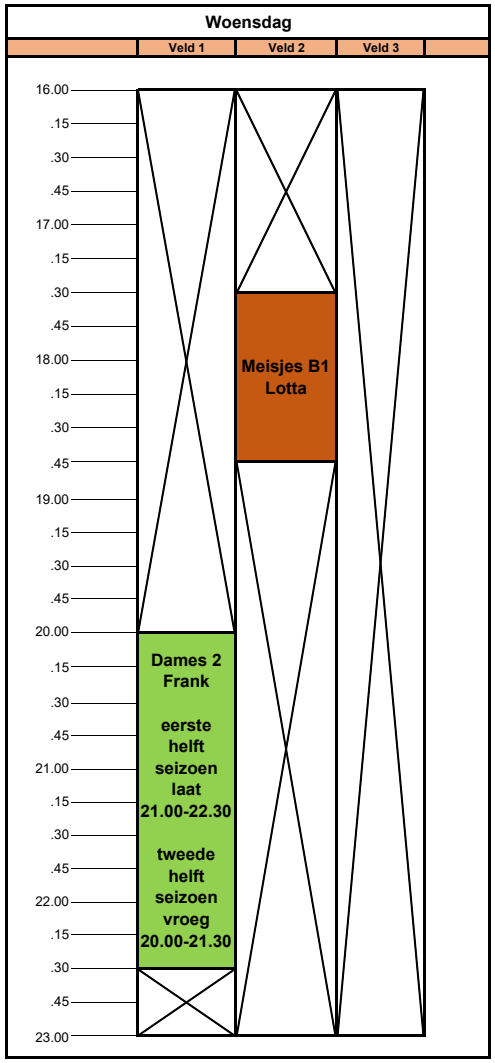Trainingsschema seizoen 2019/2020