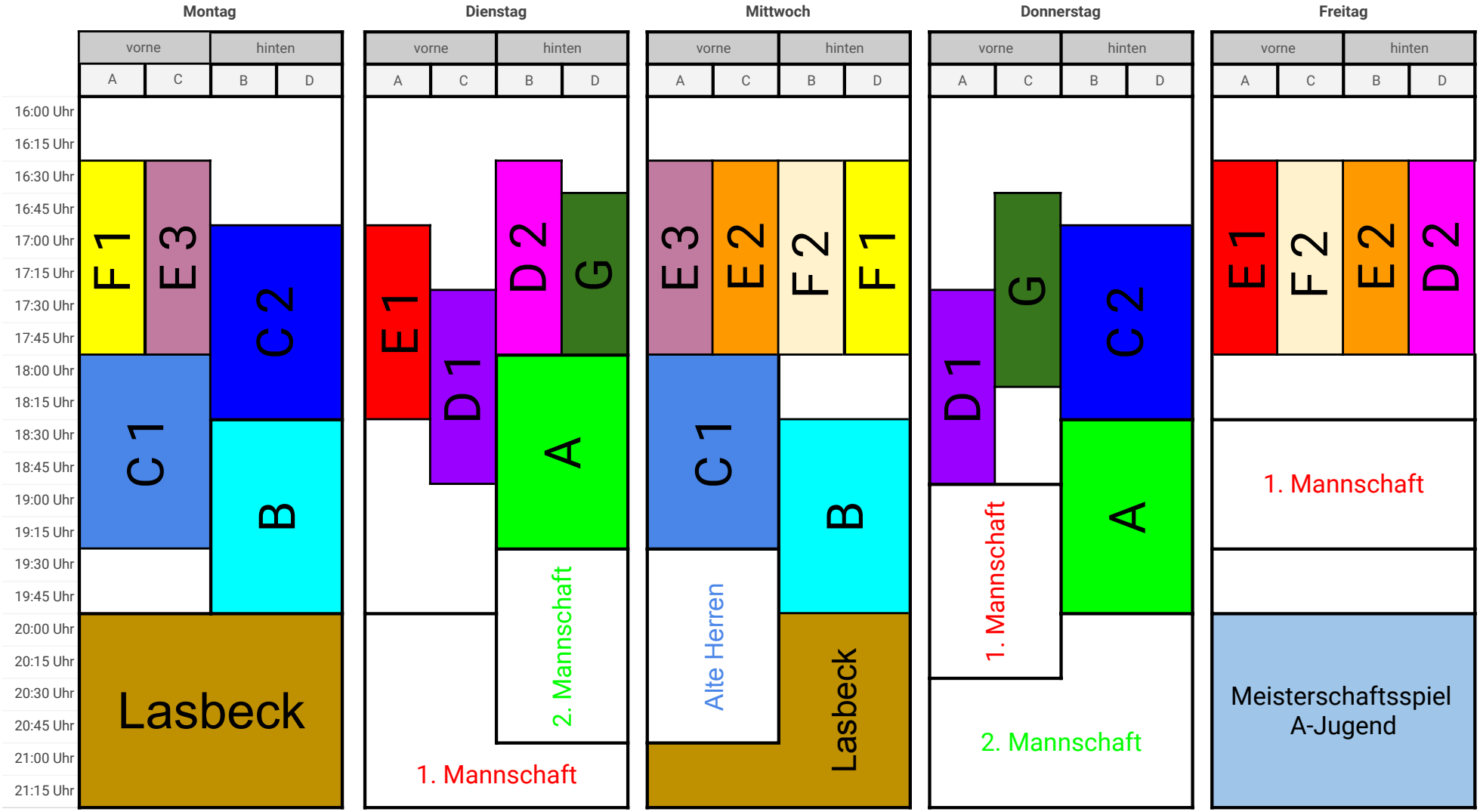Trainingszeiten / Belegungsplan