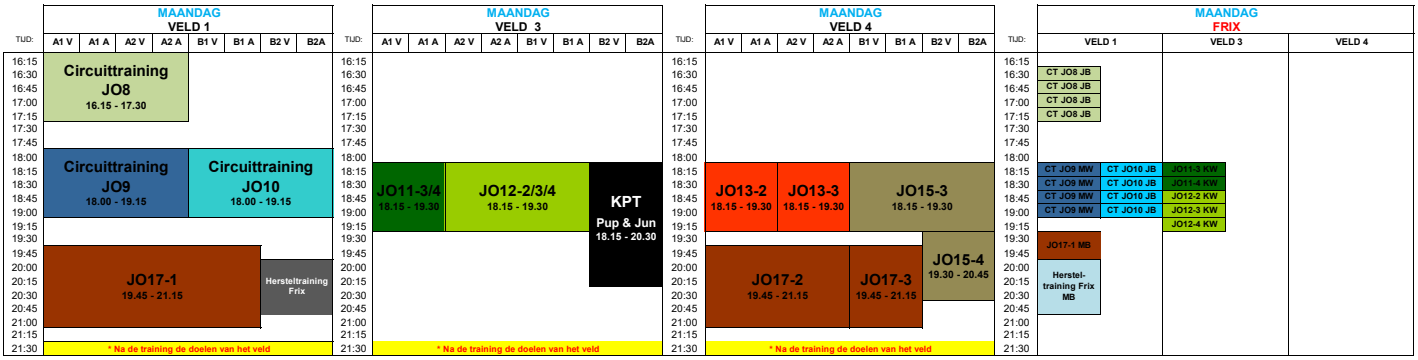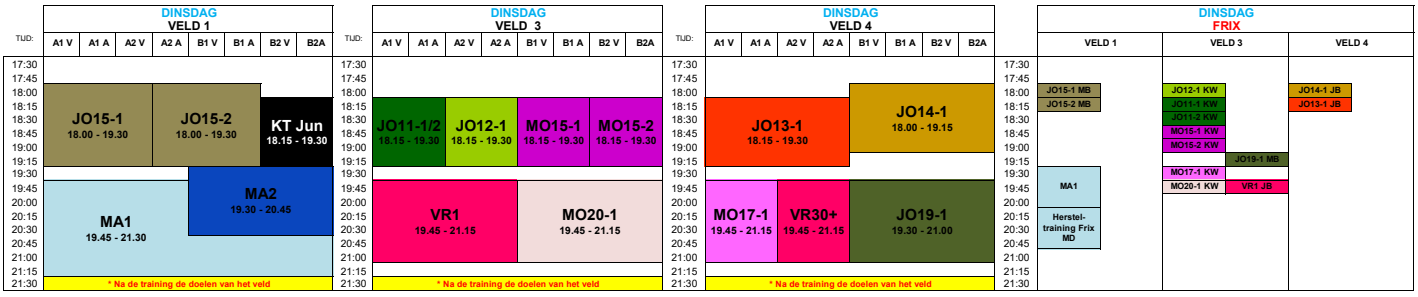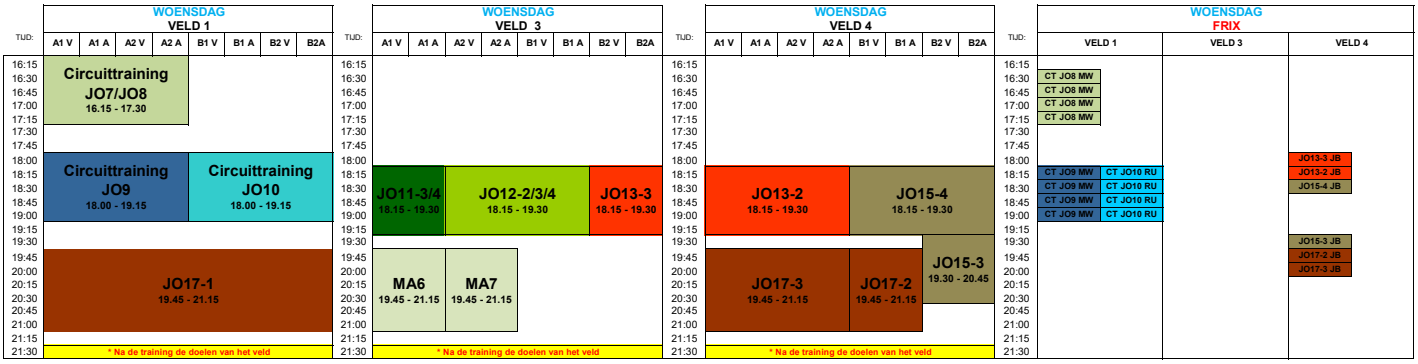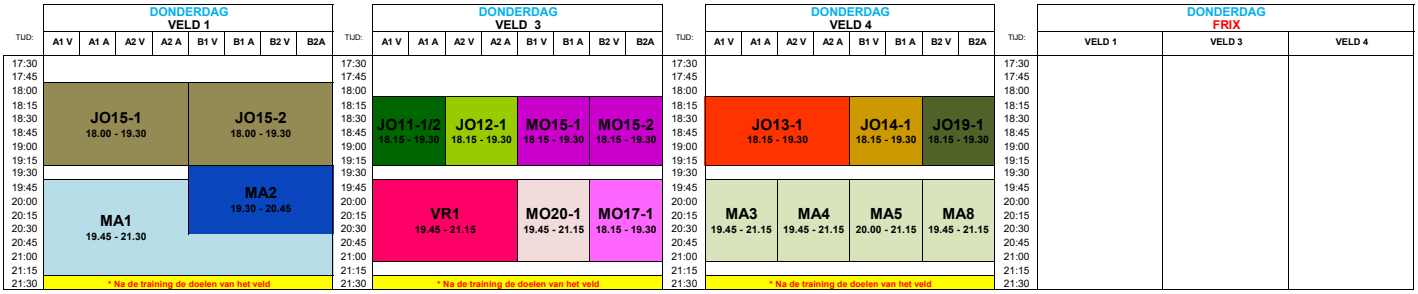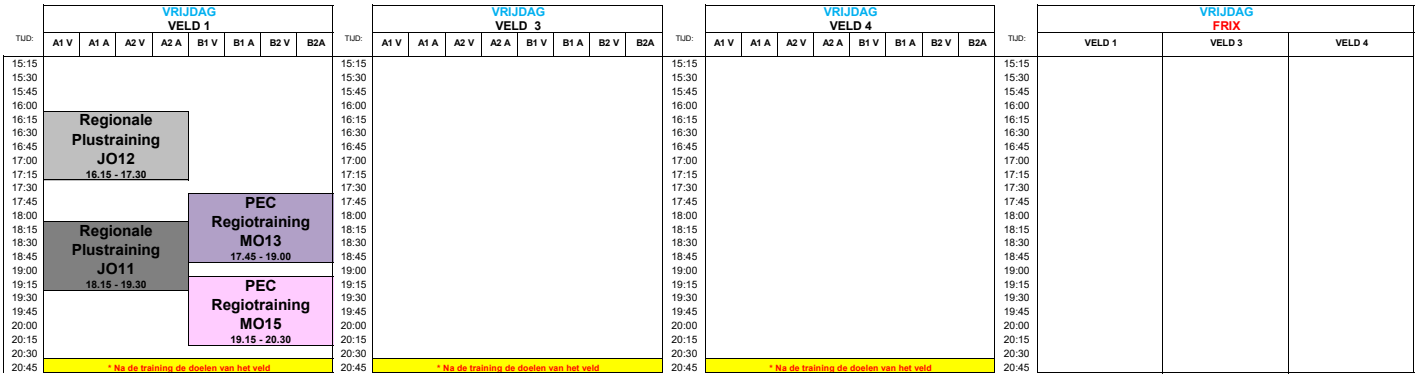TRAININGSSCHEMA: Laatste versie :28-1-2026 **SEIZOEN 2025/2026**