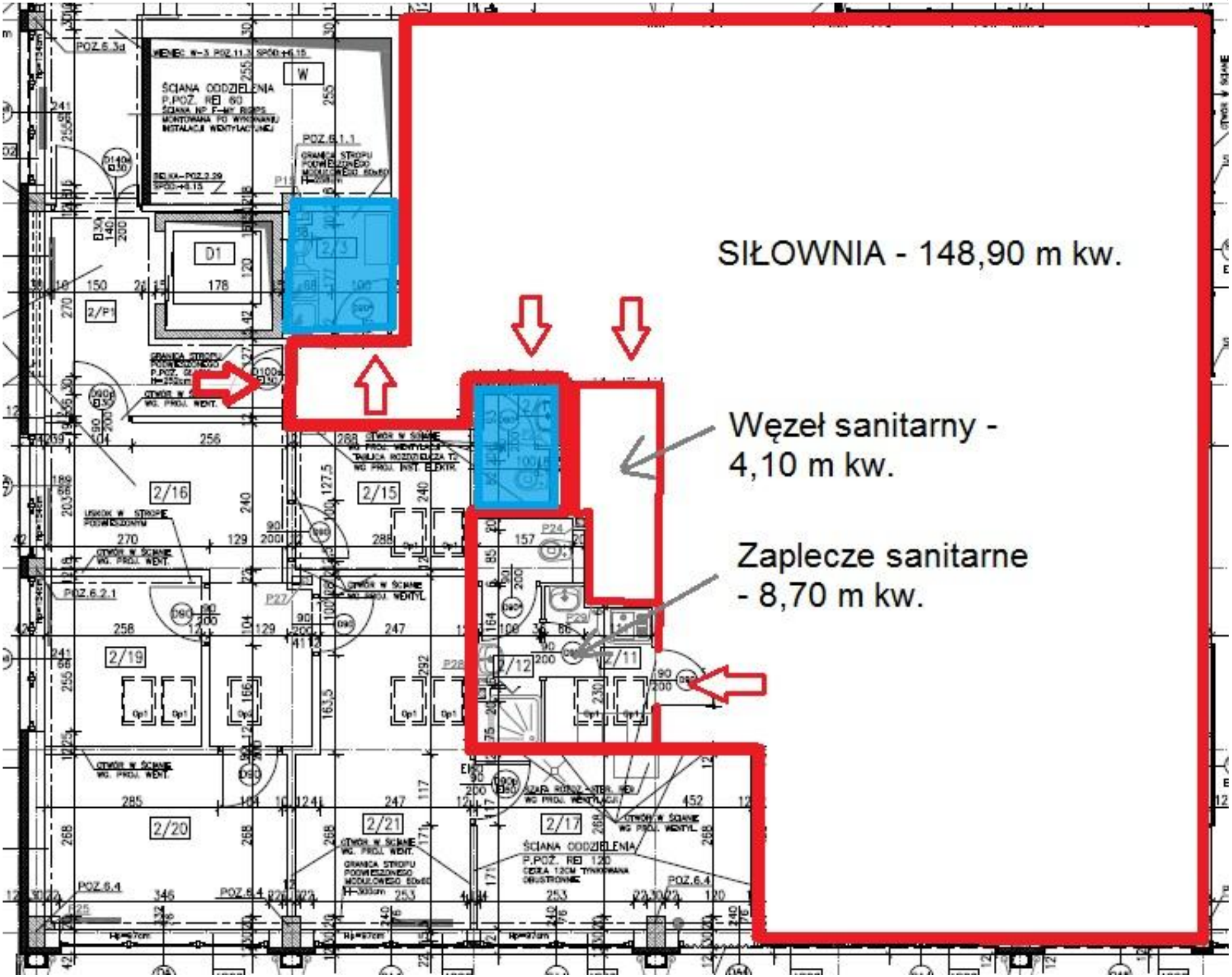Lokal 1 (siłownia)