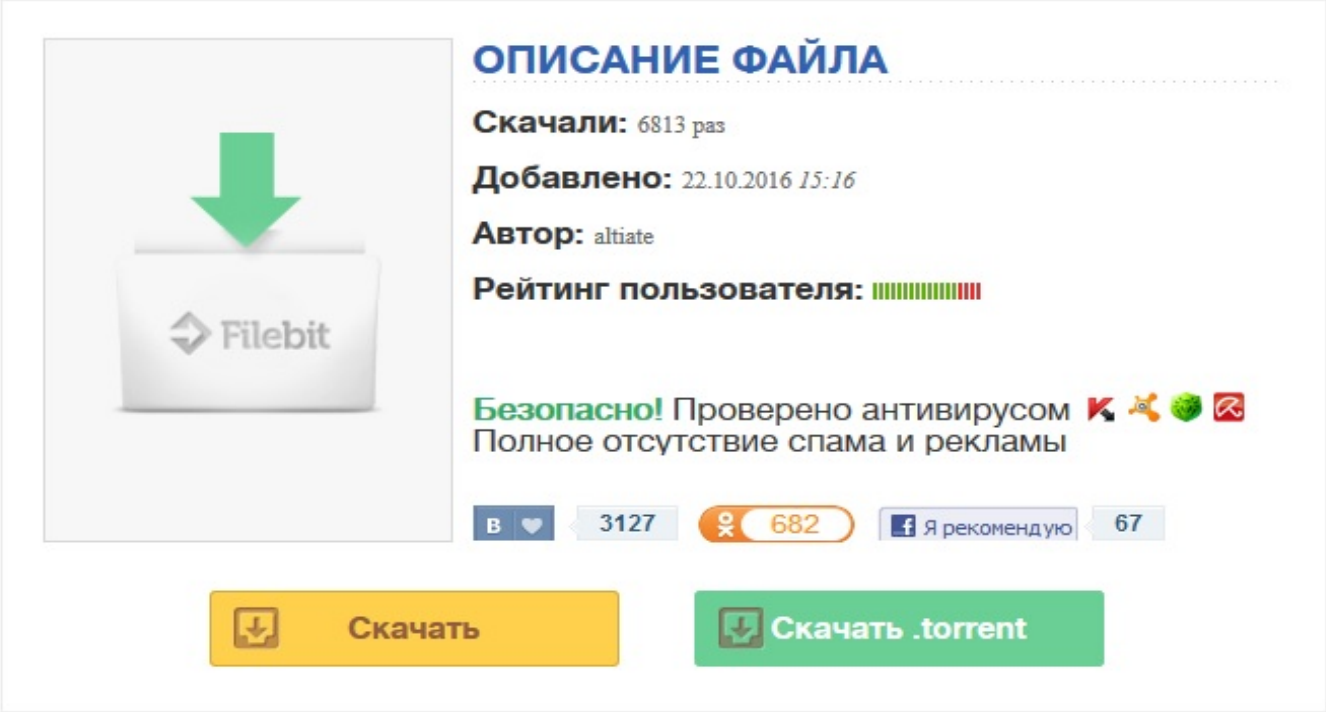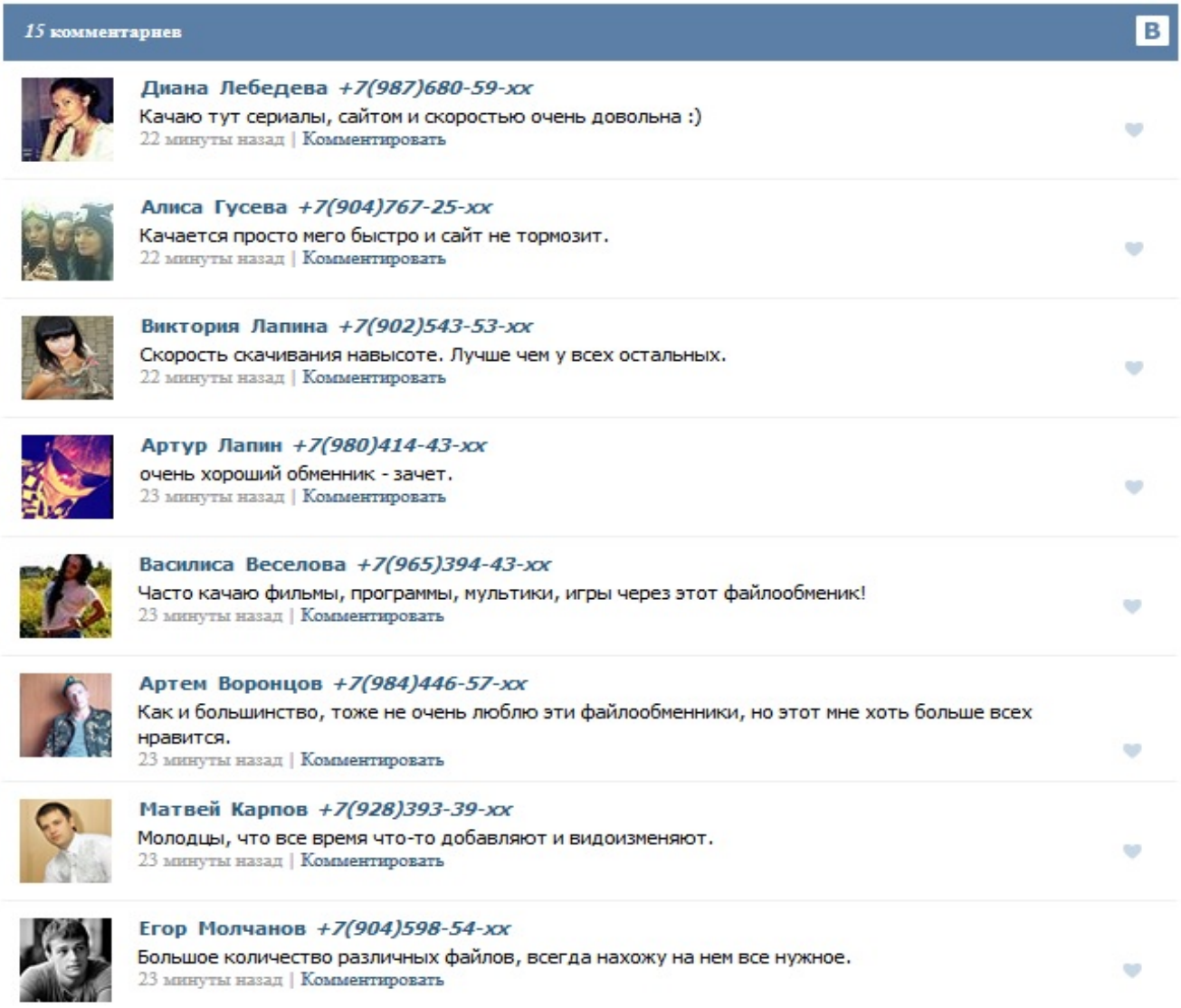бланк расписание уроков распечатать бесплатно