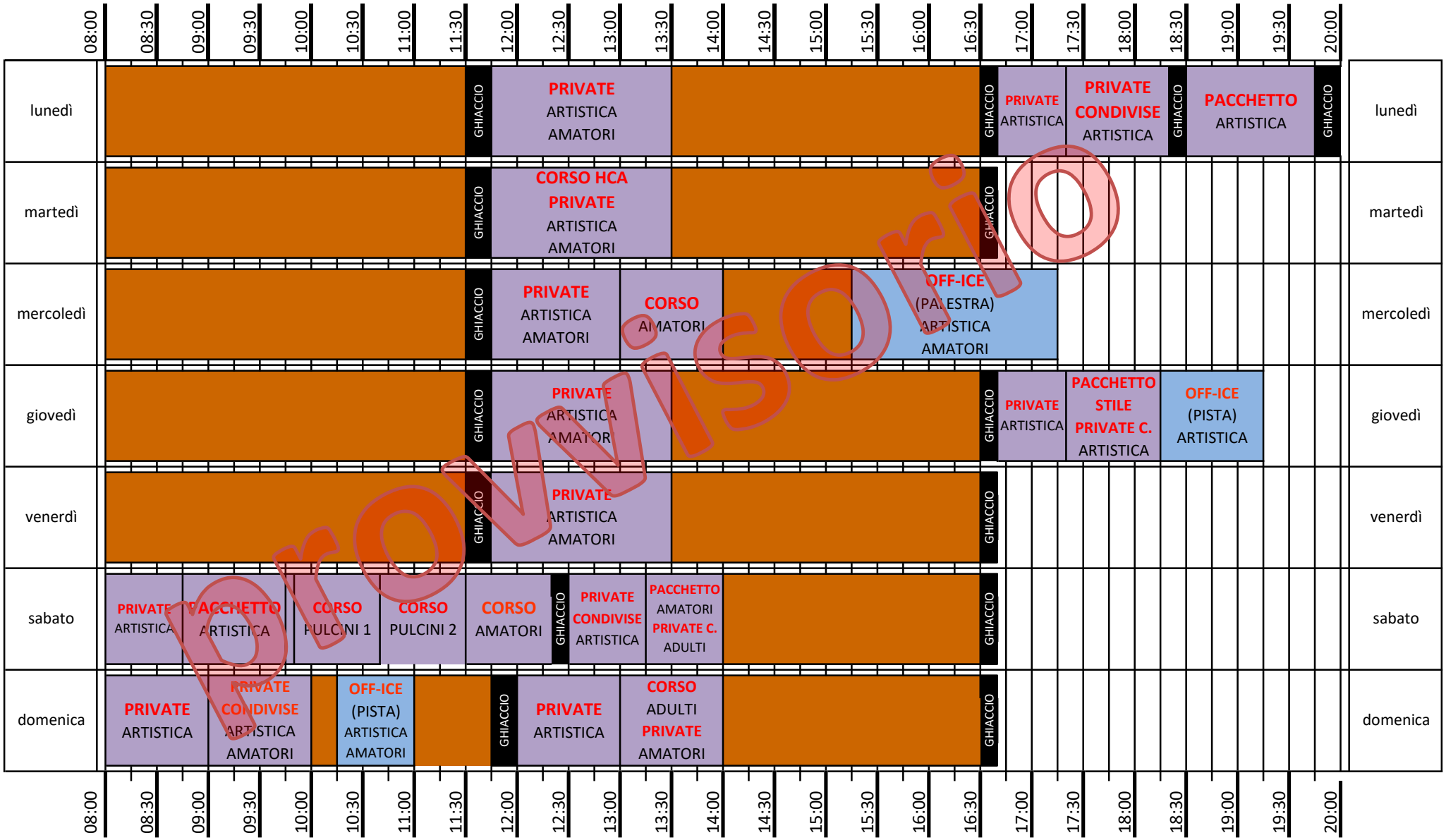PROGRAMMA BASE SETTIMANALE