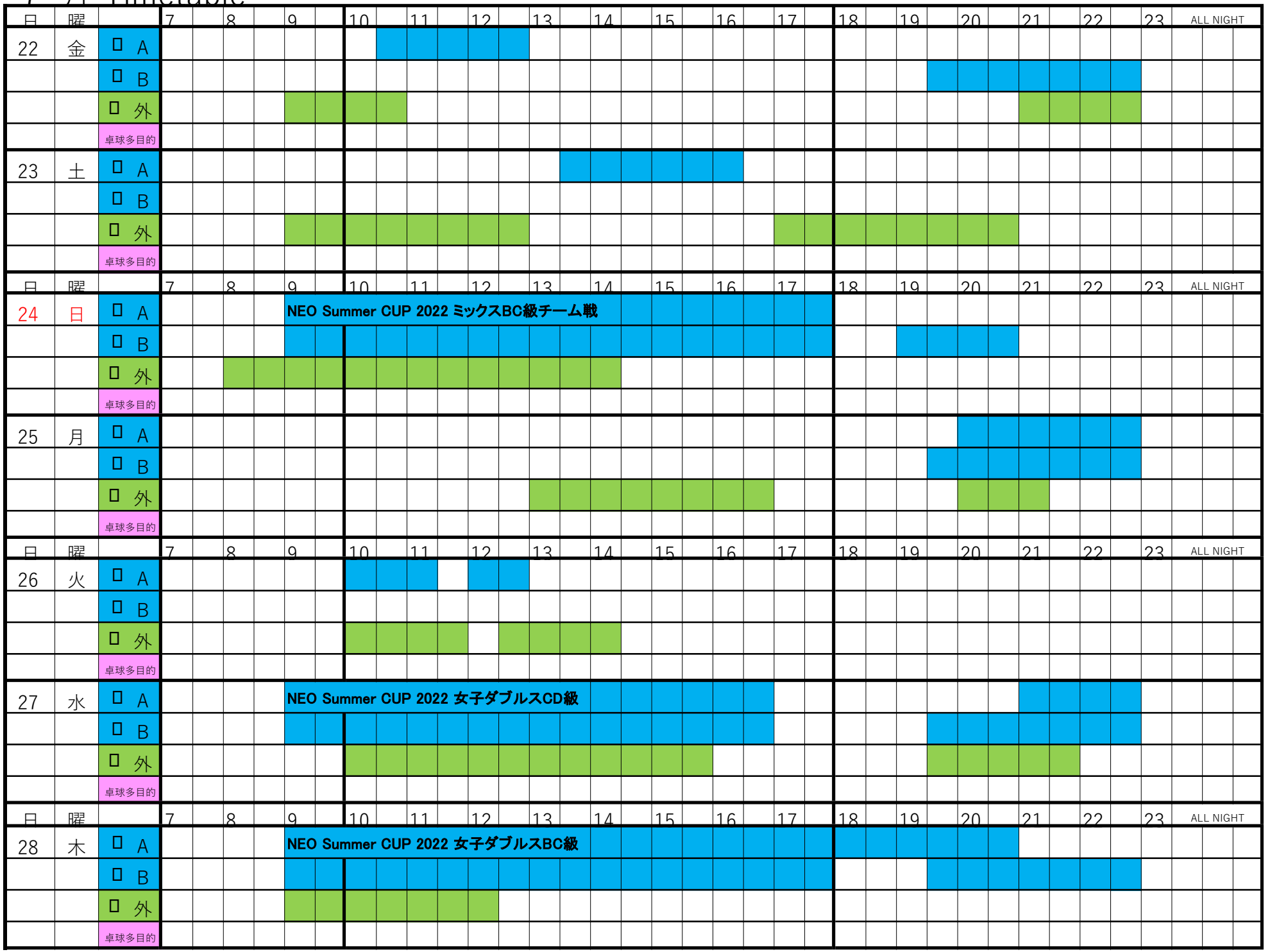7　月 Timetable