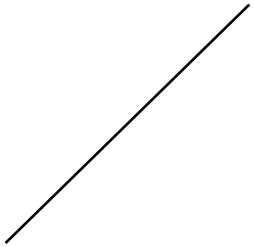
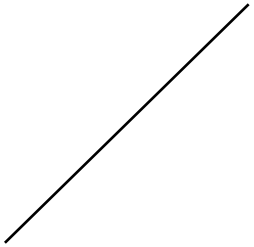
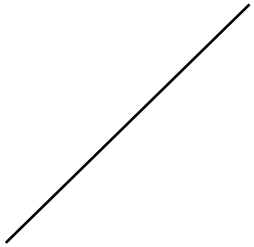
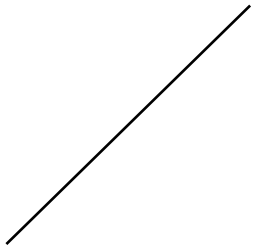
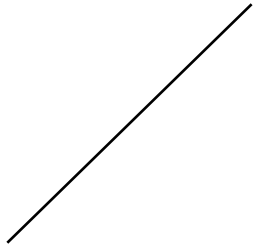
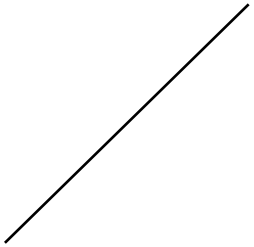
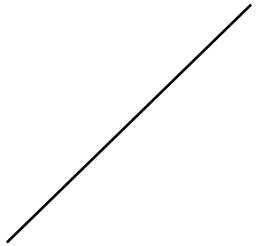
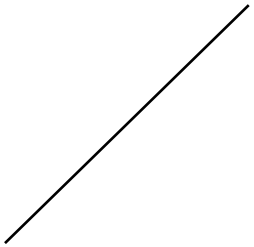
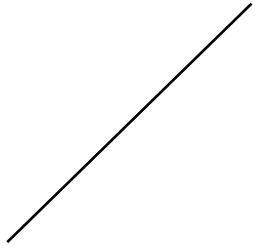
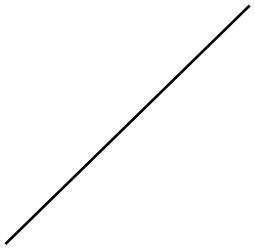
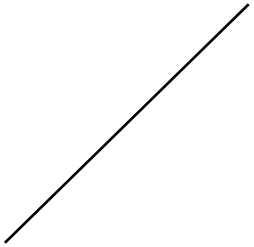
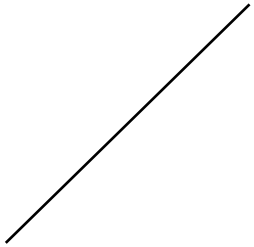
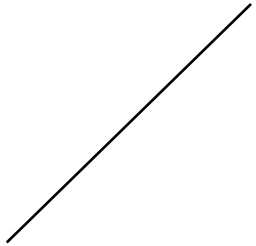
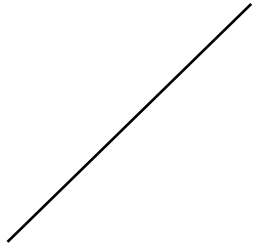
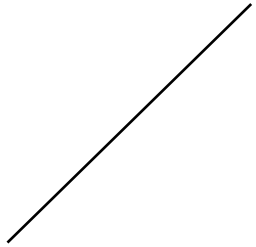
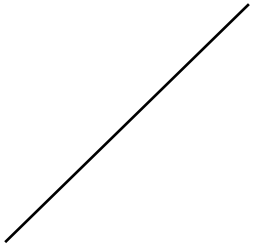
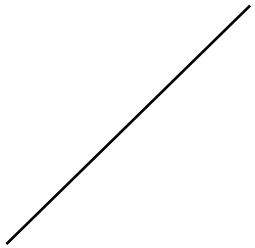
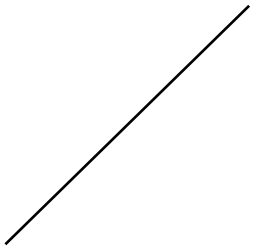
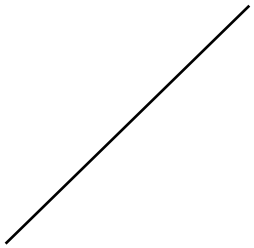
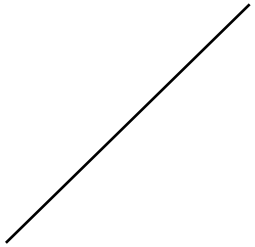
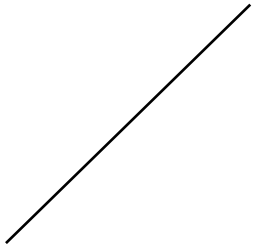
9月2026	火	水	木	金	土	日
	1	2	3	4	5	6
		10:00 × 13:00 × 15:45 ×	10:00 × 13:00 ×	10:00 × 13:00 ×	10:00 ×	10:00 × 13:00 ×
7	8	9	10	11	12	13
		10:00 × 13:00 × 15:45 ×	10:00 ×	10:00 × 13:00 ×	10:00 × 13:00 × 15:45 ×	10:00 × 13:00 ×
14	15	16	17	18	19	20
10:00 × 13:00 × 15:45 ×		10:00 × 13:00 × 15:45 ×	10:00 × 13:00 ×	10:00 × 13:00 ×	10:00 × 13:00 × 15:45 ×	
21	22	23	24	25	26	27
		10:00 × 13:00 × 15:45 ×	10:00 × 13:00 × 15:45 ×	10:00 × 13:00 ×	10:00 ×	10:00 × 13:00 × 15:45 ×
28	29	30				
10:00 × 13:00 ×		10:00 × 13:00 × 15:45 ×				

10月2026	火	水	木	金	土	日
			1	2	3	4
					10:00 × 13:00 × 15:45 ×	10:00 × 13:00 × 15:45 ×
5	6	7	8	9	10	11
					10:00 × 13:00 × 15:45 ×	10:00 × 13:00 ×
12	13	14	15	16	17	18
				10:00 × 13:00 ×	10:00 × 13:00 × 15:45 ×	10:00 × 13:00 ×
19	20	21	22	23	24	25
	10:00 × 13:00 × 15:45 ×	10:00 × 13:00 × 15:45 ×	10:00 × 13:00 × 15:45 ×	10:00 ○ 13:00 × 15:45 ○		10:00 × 13:00 ×
26	27	28	29	30	31	
10:00 × 13:00 × 15:45 ×	10:00 × 13:00 × 15:45 ×	10:00 × 13:00 ○ 15:45 ○	10:00 ○ 13:00 ○ 15:45 ○	10:00 × 13:00 ○ 15:45 ×	10:00 × 13:00 ×	

11月2026	火	水	木	金	土	日
11月30日						1
10:00 ○ 13:00 ○ 15:45 ○						
2	3	4	5	6	7	8
			10:00 ○ 13:00 ○ 15:45 ○	10:00 ○ 13:00 ○ 15:45 ○	10:00 ○ 13:00 × 15:45 ×	10:00 × 13:00 ○ 15:45 ○
9	10	11	12	13	14	15
10:00 ○ 13:00 ○ 15:45 ○			10:00 ○ 13:00 ○	10:00 ○	10:00 ○ 13:00 × 15:45 ○	10:00 ○ 13:00 ○ 15:45 ○
16	17	18	19	20	21	22
		10:00 ○ 13:00 ○ 15:45 ○	10:00 ○ 13:00 ○ 15:45 ○	10:00 ○ 13:00 ○ 15:45 ○		10:00 ○ 13:00 ○ 15:45 ○
23	24	25	26	27	28	29
		13:00 ○ 15:45 ○	10:00 ○ 13:00 ○ 15:45 ○	10:00 ○ 13:00 ○ 15:45 ○	10:00 ○ 13:00 ○ 15:45 ○	10:00 × 13:00 ×