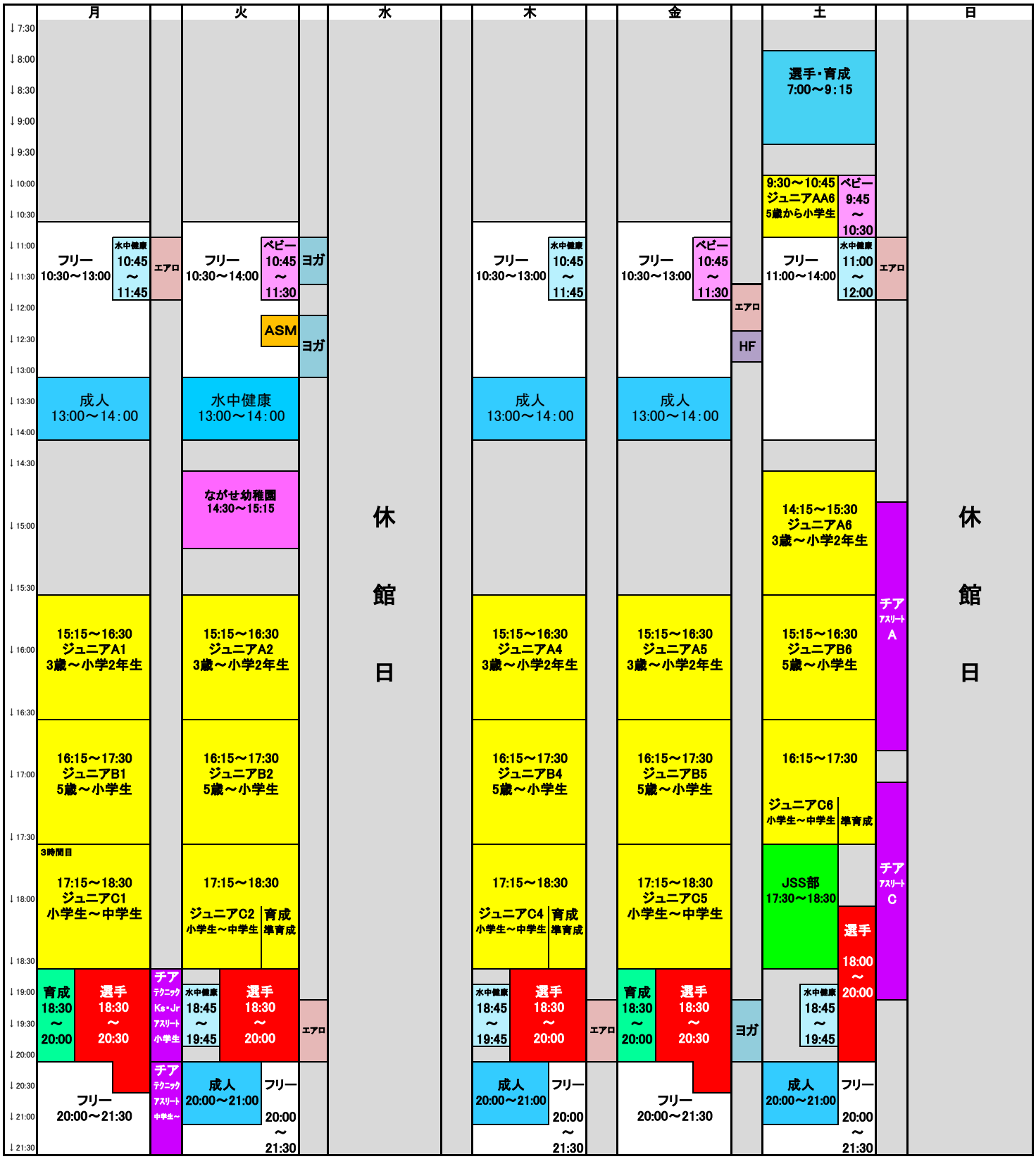JSS毛呂山　レッスンスケジュール