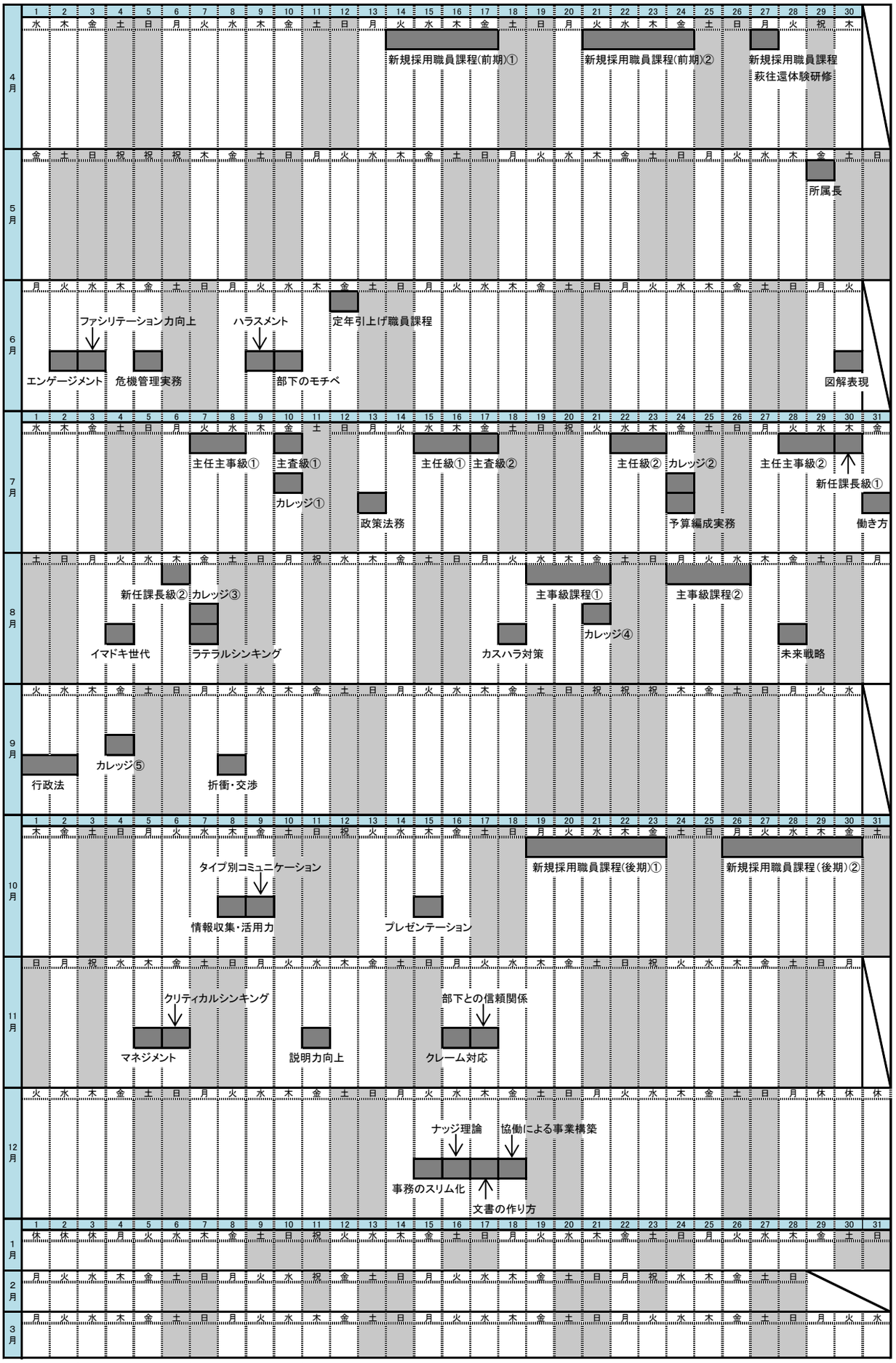
6　研修日程



＊　上段：一般研修　中段：総合研修　下段：パワーアップ研修