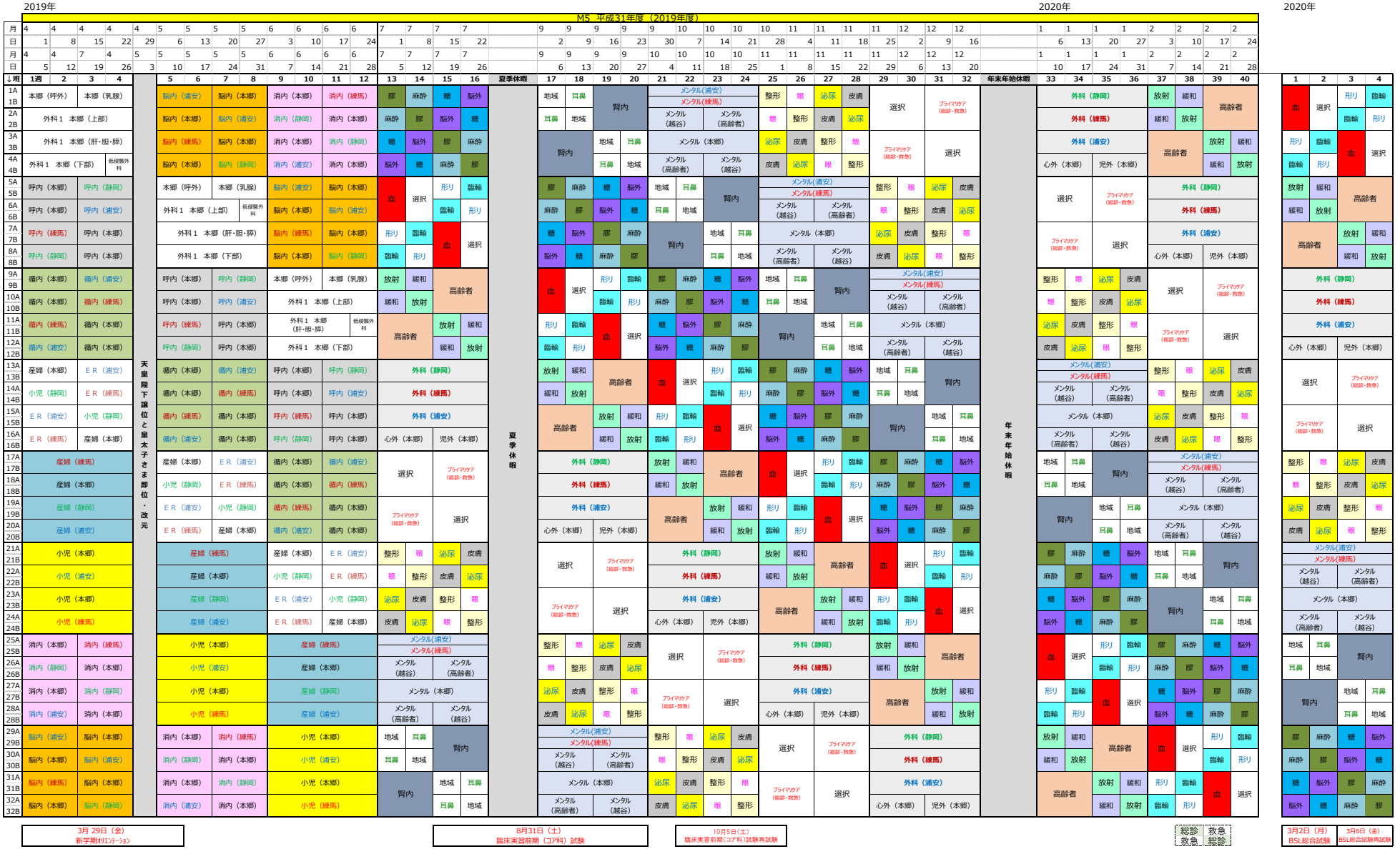2019年度M5カリキュラム表