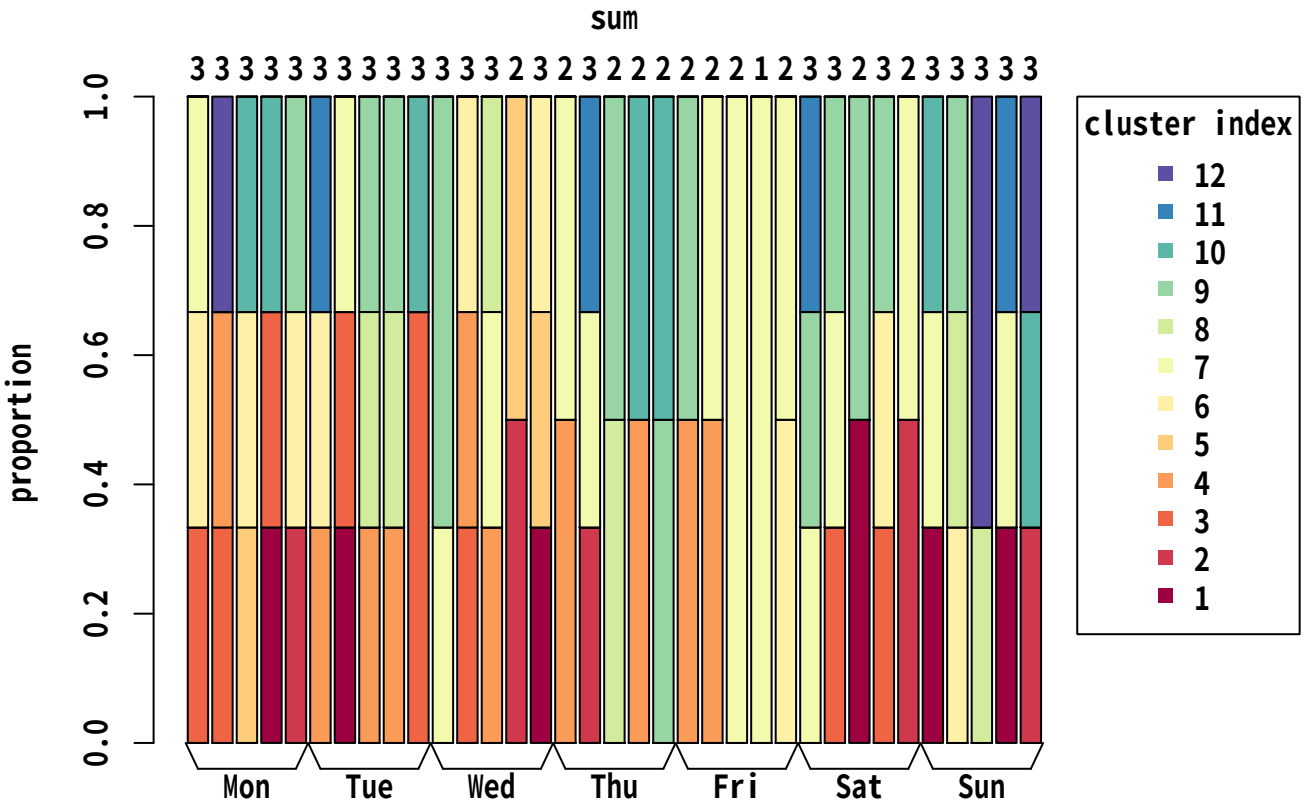

時間帯は左から順に 3:00-4:00,7:00-8:00,12:00-13:00,17:00-18:00,20:00-21:00

time zone and day of week