

LMR SCHEDULE (NOV 16 - NOV 22, 20)

Updated: 21/Nov/20 12:45 AM

Day	Time	Pool								Training Hours	
Tuesday	4:30-5:15 pm	Main	Lara Hamzavi	Ariel Morton	David Jozsa	Soha Keyhani	Lera Ryazanova	Amitis Iranmanesh	Olivia Zhao	0.75	
Tuesday	5:15-6:00 pm	Main	Jessica Liu	Hank Shen	Arsalan Keyhani	Aditya Chekuri	Ray Xue	Francesco Crielesi	Tilly Parker		
Wednesday	5:30-6:30 pm	Main & Deep	Gaia Lim	Tristen Stanimir	Audrey Lu	Sophia Wallace				1	
			Angela Ma	Ida Fazly	Rahaa Fazly	Lara Hamzavi					
Thursday	4:30-5:15 pm	Main	Ariel Morton	David Jozsa	Soha Keyhani	Lera Ryazanova	Amitis Iranmanesh	Olivia Zhao	Jessica Liu	0.75	
Thursday	5:15-6:00 pm	Main	Hank Shen	Arsalan Keyhani	Aditya Chekuri	Ray Xue	Francesco Crielesi	Tilly Parker	Gaia Lim		
Friday	4:30-5:30 pm	Main & Deep	Tristen Stanimir	Audrey Lu	Sophia Wallace	Angela Ma	Ida Fazly				1
			Rahaa Fazly	Lara Hamzavi	Ariel Morton	David Jozsa					
Friday	5:30-6:30 pm	Main & Deep	Soha Keyhani	Lera Ryazanova	Amitis Iranmanesh	Olivia Zhao	Jessica Liu				1
			Hank Shen	Arsalan Keyhani	Aditya Chekuri	Ray Xue					
Saturday	2:00-3:00 pm	Main	Francesco Crielesi	Tilly Parker	Gaia Lim	Tristen Stanimir	Audrey Lu	Sophia Wallace	Angela Ma	1	
Saturday	3:00-4:00 pm	Main	Ida Fazly	Rahaa Fazly	Lara Hamzavi	Ariel Morton	David Jozsa	Soha Keyhani	Lera Ryazanova		

LMR SCHEDULE (NOV 23 - NOV 29, 20)

Updated: 21/Nov/20 12:45 AM

Day	Time	Pool								Training Hours	
Monday	3:30-4:30 pm	Deep	Amitis Iranmanesh	Olivia Zhao	Jessica Liu	Hank Shen				1	
Monday	4:30-5:30 pm	Deep	Arsalan Keyhani	Aditya Chekuri	Ray Xue	Francesco Crielesi					
Tuesday	4:30-5:15 pm	Main	Tilly Parker	Gaia Lim	Tristen Stanimir	Audrey Lu	Sophia Wallace	Angela Ma	Ida Fazly	0.75	
Tuesday	5:15-6:00 pm	Main	Rahaa Fazly	Lara Hamzavi	Ariel Morton	David Jozsa	Soha Keyhani	Lera Ryazanova	Eric Niu		
Wednesday	5:30-6:30 pm	Main & Deep	Amitis Iranmanesh	Olivia Zhao	Jessica Liu	Hank Shen				1	
			Arsalan Keyhani	Aditya Chekuri	Ray Xue	Francesco Crielesi					
Thursday	4:30-5:15 pm	Main	Tilly Parker	Gaia Lim	Tristen Stanimir	Audrey Lu	Sophia Wallace	Angela Ma	Ida Fazly	0.75	
Thursday	5:15-6:00 pm	Main	Rahaa Fazly	Lara Hamzavi	Ariel Morton	David Jozsa	Soha Keyhani	Lera Ryazanova	Eric Niu		
Friday	4:30-5:30 pm	Main & Deep	Amitis Iranmanesh	Olivia Zhao	Jessica Liu	Hank Shen	Arsalan Keyhani				1
			Aditya Chekuri	Ray Xue	Francesco Crielesi	Tilly Parker					
Friday	5:30-6:30 pm	Main & Deep	Gaia Lim	Tristen Stanimir	Audrey Lu	Sophia Wallace	Angela Ma				1
			Ida Fazly	Rahaa Fazly	Lara Hamzavi	Ariel Morton					
Saturday	2:00-3:00 pm	Main	David Jozsa	Soha Keyhani	Lera Ryazanova	Eric Niu	Amitis Iranmanesh	Olivia Zhao	Jessica Liu	1	
Saturday	3:00-4:00 pm	Main	Hank Shen	Arsalan Keyhani	Aditya Chekuri	Ray Xue	Francesco Crielesi	Tilly Parker	Gaia Lim		