

Day of the Week	Date	Time	Notes		
Thursday	10/14	4:30PM-6PM	***Guided Family Ruck Hike w/ RYDE, see details on MSG Website		
Tuesday	10/19	4:30PM-5:45PM			
Tuesday	10/26	4:30PM-5:45PM			
Thursday	10/28	4:30PM-5:45PM			
Tuesday	11/2	4:30PM-5:45PM			
Tuesday	11/9	4:30PM-5:45PM			
Thursday	11/11	4:30PM-5:45PM			