



What's on your doorstep at Styx this Winter...

MONDAYS

In Shape - Arts for Impact

Pre-booking required for this 8 week course. 10am-12.00
Contact helenbmafi@gmail.com

TRX Suspension Training

with Dave Walley Fitness
0645 : 09.15
07781 106251

Aerial Yoga

with Hannah Eastmond
17.30 : 18.30 : 19.30
Book in: beastmond79@hotmail.com

VB Fitness

HIIT Class with Vic Sylvester-Bailey
18.45
Book in: vicbaileyfitness@gmail.com

TUESDAYS

VB Fitness

with Vic Sylvester-Bailey
09.00 : 19.00
Book in: vicbaileyfitness@gmail.com

Singing for Health

10.30-12.00
Just turn up and sing!
Styx Community Class - payable by donation

TRX Suspension Training

with Dave Walley Fitness
18.00
07781 106251

Spectrum Camera Club

New members welcome
rachell@cwgsy.net

Aerial Yoga

with Hannah Eastmond
19.30
Book in: beastmond79@hotmail.com

WEDNESDAYS

5 Elements Power Yoga

with Caroline Wickham
9.30-10.30.
Suitable for all levels
Contact: poweryoga@cwgsy.net

In Shape - Arts for Impact

Adult drop-in sessions 10am-12.00
Contact helenbmafi@gmail.com
Styx Community Class - payable by donation

Emma's Kitchen

Cookery Classes and Workshops
Parent & Toddler Session
10.00-11.00
Book: emmasktchn@gmail.com

TRX Suspension Training

with Dave Walley Fitness
0645 : 13.00 : 18.00 : 18.45
07781 106251

Age Concern social group

14.00-16.00
Contact June Martel 254425

Wildcats Primary Girls Football

15.30-17.00
FREE! Supported and run by the GFA
Contact Joelle 07781 441680

9th St. Peter's Scout Group

Beavers: 17.15-18.30
Cubs: 18.30-20.00
Scouts : 19.30-21.00
Contact pslanglois@outlook.com

Sewing with Zee Lanoe

18.45-20.45
Book: zee@cwgsy.net

Styx Centre is a Registered Charity
Follow us on Facebook and Instagram
Visit our Website: styxcentre.gg

Contact us at styxcentre@cwgsy.net
pop in, or call on 267319

*Styx Community Classes:-

We aim to provide affordable and accessible wellbeing classes based on a voluntary donation basis of £5 where possible.

THURSDAYS

VB Fitness

with **Vic Sylvester-Bailey**

09.00 : 18.45

pre book: vicbaileyfitness@gmail.com

Cyber Styx Community IT help desk

10.15-11.15 Bring your device and pop in!

Styx Community Class - voluntary donation

Qi Gong / Tai Chi

10.15-11.15

Weekly Drop in.

Styx Community Class - payable by donation

YOGA with Maureen de Jong

11.30-12.30

Book in: 07781 414653

Guernsey Specials Gymnastics Club

15.30-18.15

Contact Michelle: 07781 406364

TRX Suspension Training

18.00 : 18.45

07781 106251

Sewing with Zee Lanoe

18.45- 20.45

Book: zee@cwgsy.net

Aerial Yoga

with Hannah Eastmond

19.30

Book in: beastmond79@hotmail.com

FRIDAYS

Homestart

Interactive & supported Parent and Baby/Toddler Group 9.30-11.30

Contact Caroline on 720382

TRX Suspension Training

0645 : 13.00

Book with Dave Walley 07781 106251

Qi Gong / Tai Chi with Rick Fletcher **13.30**

Monthly Advanced class. Pre-book.

Kids Futsall with Chris Archer

17.30

07839 244820

SATURDAYS

YOGA with Leonie Corfield

08.15-9.30

Book in: leonie.corfield@googlemail.com

VB FITNESS

09.00

pre book: vicbaileyfitness@gmail.com

BRAZILIAN SOCCOR SCHOOL

10.15

& SOCATOTS Pre-school football

09.00-11.30

Book: guernseyoffice@socatots.co.uk

FITBLAST

10.00

Book with Ross: 07781 402412

TRX SUSPENSION TRAINING

11.30-12.30

07781 106251

SUNDAYS

Kids Futsall with Chris Archer

8.30-9.30

07839 244820

Aerial Yoga

with Hannah Eastmond

08.00 & 09.00

Book in: beastmond79@hotmail.com

INDOOR MARKETS & CAFE

**A wide variety of quality products
and local food stallholders.**

Sunday 7th February

Sunday 8th March 1 - 4 pm