



What's on your doorstep at Styx...

THROUGHOUT THE WEEK

GUERNSEY ACADEMY OF THEATRICAL EDUCATION

Daily multi-discipline classes from Pre-School to Adult. Led by West End professionals and Qualified teachers. Contact: enquiries@gatestudios.gg

MONDAYS

VB Fitness HIIT Class

18.45

Book in: vicbaileyfitness@gmail.com

Aerial Yoga with Lottie Evans

Sessions from 18.30

Book in: lev8aerialyoga@gmail.com

Guernsey Concert Brass

20.00

Enquiries to : colin.solway@cwgsy.net

Guernsey Square Dancers

19.00-21.00

Enquiries to : doreenlaine@outlook.com

TUESDAYS

VB Fitness Circuits

09.00

Book in: vicbaileyfitness@gmail.com

Singing for Health

10.30-12.00

Bailiwick Social Prescribing Class - payable by donation

Email: contactbsp@healthimprovement.gg

NEW Guernsey Shuffleboard

19.00-21.00 Selected dates

Contact Colin Mechem 07781 107 374

cmechem@outlook.com

St. Saviour's WI

2nd Tues each month

Contact Sharon Williams : sawilliams@cwgsy.net

TRX Suspension Training

18.15

Contact Dave Walley 07781 106251

Spectrum Camera Club

Selected dates each month

Contact Chris Tostevin-Hall : phototoasty@me.com

WEDNESDAYS

Power Yoga / Qi Gong 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 Anne McLean: anne@artforguernsey.com

Bailiwick Social Prescribing Class - by donation

Wildcats Primary Girls Football

15.30-16.30

FREE! Supported and run by the GFA

Contact Joelle 07781 441680

9th St. Peter's Scout Group

Beavers: 17.30-18.45

Cubs: 18.30-20.00

Scouts : 19.30-21.00

Contact pslanglois@cwgsy.net

TRX Suspension Training

06.45 & 18.45

Contact Dave Walley: 07781 106251

Sewing with Zee Lanoe

18.45-20.45

Book: zee@cwgsy.net

NEW from March

Various weekly PT SESSIONS

with Hannah Lesbirel, Athletic Approach

Acorn Room Studio

Individuals, small groups, youths & sports coaching

Contact: info.athleticapproach@gmail.com

The Centre also has two **private Treatment Rooms**, offering multiple weekly and flexible appointments:

Massage with Sam le Compte

Book in: www.samlecompte.com

Chiro & Cranio with Clare Pettitt

Book in: clare@chiroandcranio.com

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

Contact us at office@styxcentre.gg
pop in, or call on 267319

Community Classes at Styx
We aim to support affordable and accessible activities
that help to improve health, wellness and social connection.
Payable on a voluntary donation basis of £5 where possible.

THURSDAYS

VB Fitness

09.00 : 18.45

pre book: vicbaileyfitness@gmail.com

Qi Gong / Tai Chi led by Rick Fletcher

10.15-11.15

Bailiwick Social Prescribing class - payable by donation

Email: ContactBSP@healthimprovement.gg

Guernsey Specials Gymnastics Club

15.30-18.15

Contact Michelle: 07781 406364

NEW Guernsey Dodgeball

20.00-21.00

Contact Ellie: dodge.guernsey@gmail.com

Isle Health - GO-60 Exercise Class

18.30

Contact: samantha@islehealth.co.uk

TRX Suspension Training

18.15

Book with Dave Walley: 07781 106251

Aerial Yoga with Lottie Evans

19.45

Book in: lev8aerialyoga@gmail.com

Sewing with Zee Lanoe

18.45- 20.45

Book: zee@cwgsy.net

SUNDAY MARKETS with **Faybelline Events** 13.00-16.00 .

3rd March - Spring market

6th October - Autumn market

3rd November - Winter market

1st December - Christmas market

BASKETBALL & FOOTBALL

Did you know that the Centre has Basketball &
Football facilities available for Private Hire

BADMINTON also available soon!

INFLATABLES & PARTY HIRE

Our Sports Hall can also accommodate the largest
type of Bouncy Castle in stock!

Contact us for our **weekend Party Hire** details

FRIDAYS

TRX Suspension Training

06.45

Book with Dave Walley 07781 106251

Dragonflies - Parent and Baby/Toddler Group

9.30-11.30

Community Class - FREE / by donation

Supported by the Sarah Groves Foundation

Health Visitors Baby Clinic

Drop In 10.00-11.00 Every 2nd Friday of the month.

Community Service - no charge

Aerial Yoga with Lottie Evans

9.30 : 10.30

Book in: lev8aerialyoga@gmail.com

Kids Futsall

17.45

Contact Chris Archer: 07839 244820

Guernsey Skateparks

Supported by the Youth Commission

Under 16's

19.00-21.00

Contact Ginny: virginialep75@gmail.com

SATURDAYS

VB Fitness

09.00

pre book: vicbaileyfitness@gmail.com

NEW Guernsey Shuffleboard

10.00 & 11.00 Selected dates

Contact Colin Mechem 07781 107 374

cmechem@outlook.com

SUNDAYS

Squirrels for 4-6 year olds

9th St. Peter's Scout Group

ontact pslanglois@cwgsy.net

Aerial Yoga with Lottie Evans

09.00 : 10.00 : 11.00

Book in: lev8aerialyoga@gmail.com