Hi everyone. This is my first time posting on this forum. I actually found a solution to this issue and want to contribute.  
  
Here are the step-by-step process in removing all styles including the ones with invalid names:

JVC Modified Instructions

1. Save the workbook as a .xlsm file type  
 Then Rename the workbook from .xlsm to .zip

2. Open the workbook with WinZip and navigate to xl folder

3. Right click on styles.xml and extract it for editing  
 Open the extracted copy With Notepad

4. Hit Ctrl F to search for "<cellstyles"

5. Replace everything between "<cellstyles" and "/cellstyles>" with the

following XML code:

<cellStyles count="1">

<cellStyle name="Normal" xfId="0" builtinId="0" customBuiltin="1" />

</cellStyles>

6. Save the Notepad and exit Notepad.

7. Using WinZip Select and delete the old unmodified styles.xml file in the

workbook.zip. Then replace it with the new version saved in step 6.  
 Save the changes to the Zip file and close out WinZip.

8. Rename the workbook zip file back to .xlsm

You can now open the file in excel and the old styles will be removed.