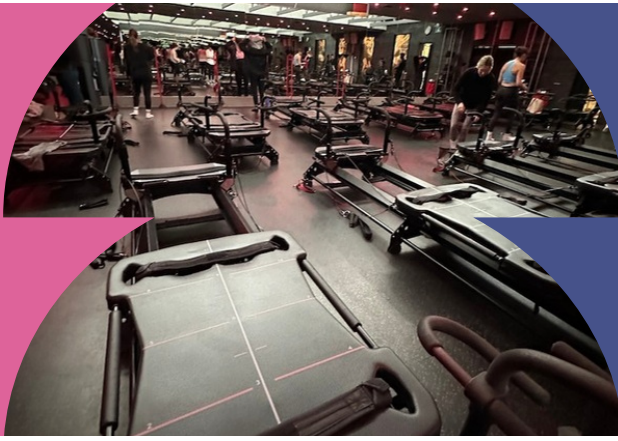




Sassy's guide to Toronto Pilates

A GUIDE FOR THE RIGHT PILATES CLASS FOR YOU



2025 GUIDE TO TORONTO'S BEST PILATES CLASSES

At Sassy Sweat we help you choose the best Pilates class in the GTA for you. Here is our latest guide of various Toronto Pilate's classes and their reviews so you can go in confident, organized and ready to burn those obliques. Not rated good or bad, we just give options for YOU to find the class suited for you - with a dash or a little sass too!

reformer classes

Nuala Pilates Summerhill



Rformed Pilates The Well



Merrithew Pilates Midtown



mat pilates classes

Reunion Yoga & Pilates - Dovercourt Village



Groove Pilates & Wellness - Midtown



Ultimate Athletics Summerhill



Sassy's Top Picks

Lagree Studio Spadina Village



Balance Fitness Yonge & St. Clair



SheBoss Pilates Yonge & Lawrence



[see all of Sassy Sweat's pilates reviews in the GTA](#)

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testing out classes around the world

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