

Sassy's guide to Toronto's Yoga Scene

A GUIDE FOR THE RIGHT YOGA CLASS FOR YOU



2025 GUIDE TO TORONTO'S BEST YOGA CLASSES

At Sassy Sweat, we help you choose the best yoga class in the GTA for you. Here is our latest guide to various Toronto yoga 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 to you, with a dash (or a little) sass too!

hot yoga

Power Yoga Canada



Sweat & Tonic - Yonge

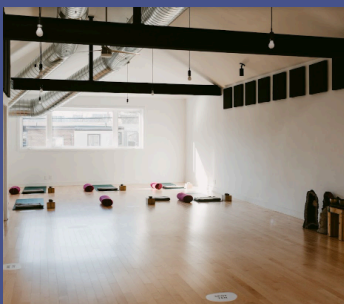


Be Hot Yoga



yoga

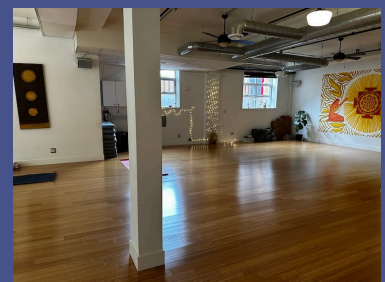
Downward Dog Yoga



The Yard



Mula Yoga



midtown yoga options

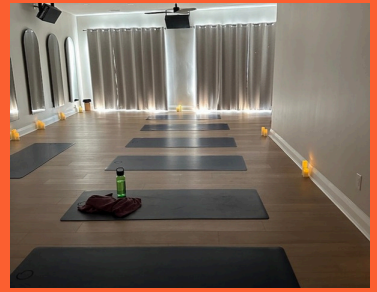
Vibe Ten Yoga



Blue Canoe - Lawrence



Oli Yoga & Pilates



Sassy's pick

I AM Yoga



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

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testing out classes around the world

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