



DATES FOR P-FIT 9 MOS. 2024 ONLINE SESSIONS & PRACTICE TEACHING BENCHMARKS

The following are the dates for our online sessions and the practice teaching hours you should log before we meet. Please email your logs to pfit@pietrafitness.com on the **Thursday before our Saturday Session**. These are the **least** amount of hours you should log.

Doing more is always beneficial; you will see a huge difference in your confidence and skills as you log more hours.

Please note the mandatory session dates. If you would need to reschedule, the cost is \$75.00.

Sessions 2024	Modules & Practice Teaching Benchmarks	Hours
January 13	1 & 2: Before we meet, practice teach pose exposures for Modules 1 & 2 using the wording and cues given in your manual .	1
February 10	3 & 4: Before we meet, practice teach pose exposures for Modules 3 & 4 and breathing using the wording and cues given in your manual.	1
March 16	5: Before we meet, practice teach pose exposures for Module 5 using the wording and cues given in your manual. Also, practice teach first half of Gentle St. Peter using the study aid in the portal. Start with just parts of the class and work up to more.	2
April 20	6: Before we meet, practice teach second half of Gentle St. Peter using the study aid in the portal. Start with parts of the class and work up to more.	2
May 18 (Mandatory)	7 Posture Conference: Before we meet, practice teach postures in Module 7 as you study for the Posture Conference. Also, you can continue to teach all or parts of classes.	3



June 15 (Mandatory)	8 Posture Conference: Before we meet, practice teach postures in Module 8 as you study for the Posture Conference. Also, you can continue to teach all or parts of classes.	3
July 27 (Mandatory)	9 Posture Conference: Before we meet, practice teach postures in Module 9 as you study for the Posture Conference. Also, you can continue to teach all or parts of classes.	3
August 17	10 & 11: Before we meet, practice teach any of the classes using the routine sheets in the p-fit portal.	3
September 14 (Mandatory)	12 & Exam: Before we meet, practice teach any of the classes using the routine sheets in the p-fit portal.	2
TOTAL HOURS		20

You will have until November 15, 2024, to complete your practicals.