



DATES FOR 9 MOS. 2025/2026 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 **Monday before our Saturday Session**. These are the **least** 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.

Group Sessions	Modules & Practice Teaching Benchmarks	Hours
January 17	1 & 2: Before we meet, practice teach pose exposures for Modules 1 & 2 using the wording and cues given in your manual .	1
February 21	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 21	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 18	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 16	7 Posture Evaluation: Before we meet, practice teach postures in Module 7 as you study for the Posture Evaluation. Also, you can continue to teach all or parts of classes.	3
June 20	8 Posture Evaluation: Before we meet, practice teach postures in Module 8 as you study for the Posture Evaluation. Also, you can continue to teach all or parts of classes.	3



July 18	9 Posture Evaluation: Before we meet, practice teach postures in Module 9 as you study for the Posture Evaluation. Also, you can continue to teach all or parts of classes.	3
August 15	10 & 11: Before we meet, practice teach any of the classes using the routine sheets in the p-fit portal.	3
September 19	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 20, 2026, to complete your practicals.