



PEAK PILATES[®] Revised PPC Hours

Level / Modules	Description	Hours	Total Hours
PPC-I / Mod. 1-4 study guide assignments	4125 Minutes	68.75	
PPC-I / contact hours	16 H x 4 modules	64	
PPC-I / logged hours	PP-60/ T-35/ O-25	120	
PPC- I Total			252.75
PPC2/ Pre-requisite		100	
PPC2/1 study guide	M1: 1320 minutes M2: 1085 M3: 750 Total Minutes: 3,155	52.5 hours	
PPC2/1-2 contact hours	16 H x 2 modules	32	
PPC2/3 Assessment	8 H	8	
PPC2/logged hours	PP-20/T-20/ O-20	60	
PPC 2 Total			252 .25
Cumulative LI and LII			505
PPC3/ Study Guide	1175-MI- 1080-M2 955- M3 Total: 3210	53.5 hours	
PPC3/ contact hours		32	
PPC3/ Assessment		8	
PPC3/ logged hours	PP-20/T-20/ O-20	60	
PPC3 Total			153.5
Cumulative PPC Hours All Levels			658.5