

# FIT'NG Conference (Panama City)

## 2026 Program-at-a-Glance

Program is subject to change

Time	Sunday	Monday
	10-Jul	11-Jul
8:30AM	Welcome & FIT'NG Society Updates	
8:45 AM		
9:00 AM		
9:15 AM	Oral Session 1 8:45am - 10:00am	
9:30 AM		
9:45 AM		
10:00 AM	Coffee Break 10:00am - 10:30am	
10:15 AM		
10:30 AM		
10:45 AM		
11:00 AM	Symposium Session 10:30am - 12:00pm	
11:15 AM		
11:30 AM		
11:45 AM		
12:00 PM	Lunch Break Offsite 12:00pm - 1:30pm	
12:15 PM		
12:30 PM		
12:45 PM		
1:00 PM		
1:15 PM		
1:30 PM	Keynote Presentation 1:30pm - 2:30pm	
1:45 PM		
2:00 PM		
2:15 PM	Flash Talks 2:30pm - 2:45pm	
2:30 PM		
2:45 PM		
3:00 PM		
3:15 PM	Poster Session #1 and coffee break 2:45pm - 4:30pm	
3:30 PM		
3:45 PM		
4:00 PM		
4:15 PM		
4:30 PM	Oral Session 2 4:30pm- 5:45pm	
4:45 PM		
5:00 PM		
5:15 PM		
5:30 PM		
5:45 PM		
6:00 PM	President's Reception 6:00pm -7:00pm	
6:15 PM		
6:30 PM		
6:45 PM		
7:00 PM		
7:15 PM		
7:30 PM		
7:45 PM		
8:00 PM	Trainee Committee Social Event 8pm	
8:15 PM		
8:30 PM		
8:45 PM		
9:00 PM		