

# FIT'NG Conference (Panama City)

## 2026 Program-at-a-Glance

Program is subject to change

Time	Friday		Saturday	
	10-Jul		11-Jul	
8:30AM	Welcome & FIT'NG Society Updates		Symposium Session 8:30am - 10:00am	
8:45 AM	Oral Session 1 8:45am - 10:00am			
9:00 AM				
9:15 AM				
9:30 AM				
9:45 AM				
10:00 AM			Coffee Break 10:00am - 10:30am	
10:15 AM	Symposium Session 10:30am - 12:00pm		Poster Session #2 and coffee break 10:15am - 12:00pm	
10:30 AM				
10:45 AM				
11:00 AM				
11:15 AM				
11:30 AM				
11:45 AM	Lunch Break Offsite 12:00pm - 1:30pm		Lunch Break Offsite 12:00pm - 1:30pm	
12:00 PM				
12:15 PM				
12:30 PM				
12:45 PM				
1:00 PM				
1:15 PM	Keynote Presentation 1:30pm - 2:30pm		Oral Session 3 1:30pm - 2:45pm	
1:30 PM				
1:45 PM				
2:00 PM				
2:15 PM				
2:30 PM				
2:45 PM	Poster Session #1 and coffee break 2:45pm - 4:30pm		Think Tank: Elephants in the Room 2:45pm - 4:15pm	
3:00 PM				
3:15 PM				
3:30 PM				
3:45 PM				
4:00 PM				
4:15 PM	Oral Session 2 4:30pm- 5:45pm		Coffee Break 4:15pm-4:45pm	
4:30 PM				
4:45 PM			Oral Session 4 4:45pm - 6:00pm	
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	Trainee Committee Social Event 8pm			
6:30 PM				
6:45 PM				
7:00 PM				
7:15 PM				
7:30 PM				
7:45 PM				
8:00 PM				
8:15 PM				
8:30 PM				
8:45 PM				
9:00 PM				

