

2026 NPC Conference - Agenda

9am-9:45am										Welcome - Auditorium									
Times/ Rooms	Auditorium		Orchestra		Band		Chorus		Room 10.017		Room 8.130		Room 8.131		Room 8.132		Green Room		
10am-11:15am	1st timers: What to Know Before Your Show		Masters, Pros & Seasoned Athletes		 Stage Presence: Look Your Best		How to use AI for your workouts, brand, business & more		Living Healthy & Strong		Coaches & Judge's Seminar		 Spiritual Health - Abbe Hockaday		 YOGA		7:30AM. Breakfast for Presenters & staff		
11:30am-12:30pm	 Attracting Opportunities with Social Media		Nutrition - Meal Prepping with the Pros Panel		Compete NPC Natural		After the Stage - 8X Ms Olympia Lenda Murray		Mr. Olympia Brandon Curry: A Positive Perspective		The Mentally Strong Athlete		Hero Fit Panel						
12:30pm-1:00pm	Lunch															Lunch for presenters & staff			
1:00pm-3:00pm	Posing with the Pros + Q & A Bikini		Posing with the Pros + Q & A Figure		Posing with the Pros + Q & A MBB & CP		 Fit After 50		Posing with the Pros + Q & A Wellness		Posing with the Pros + Q & A MP		Posing with the Pros + Q & A Fit Model		Posing with the Pros + Q & A WBB & WP		Posing with the Pros + Q & A Fitness <i>Meet in the Lobby to go to tumbling room</i>		
2:30 PM	Want to learn about becoming a part of NPC show staff? Meet in the Auditorium.																		