

# Club 24 Cardio Cinema – March 2026

## Blockbusters • Classics • Non-Stop Motivation

Bigger titles. Bigger energy. Drop in anytime—these picks are built for cardio: huge set pieces, fast laughs, and stories you can follow even if you only watch 20 minutes.

Date	Movie
<b>Mon Mar 2</b>	Mission: Impossible - Ghost Protocol (2011) — Huge set pieces and nonstop momentum—perfect cardio fuel.
<b>Wed Mar 4</b>	How to Lose a Guy in 10 Days (2003) — Big laughs, fast banter, and super recognizable scenes.
<b>Fri Mar 6</b>	Knives Out (2019) — A-list mystery with constant reveals—easy to jump in and stay hooked.
<b>Mon Mar 9</b>	Operation Fortune: Ruse de Guerre (2023) — Spy caper energy—slick action beats and quick laughs.
<b>Wed Mar 11</b>	Sonic the Hedgehog 2 (2022) — Bright, upbeat, and action-packed—great for all ages.
<b>Fri Mar 13</b>	A Quiet Place Part II (2021) — Tension spikes + chase sequences that keep the pace high.
<b>Mon Mar 16</b>	Mission: Impossible – Rogue Nation (2015) — Big stunts, big stakes, nonstop movement—easy drop-in action.
<b>Wed Mar 18</b>	The Other Guys (2010) — Buddy-cop chaos with huge comedic set pieces.
<b>Fri Mar 20</b>	Bumblebee (2018) — Robots + heart + action—keeps moving scene-to-scene.
<b>Mon Mar 23</b>	The Wolf of Wall Street (2013) — High-energy scenes and rapid-fire momentum throughout.
<b>Wed Mar 25</b>	My Mother's Wedding (2025) — Feel-good comedy-drama with lively scenes and big moments.
<b>Fri Mar 27</b>	Roofman (2025) — True-story crime caper energy with big moments and easy drop-in scenes.
<b>Mon Mar 30</b>	Jack Reacher (2012) — Clean, punchy action with a simple plot—easy drop-in momentum.

Schedule drops every Monday, Wednesday, and Friday.