



Menu



FOR GYM-GOERS



33 Gym Membership

\$15 per week

24/7 Gym Access

Court Access

Our basic gym membership gives you 24/7 access to our brand new facility with everything you need to achieve your goals. Our facility has modern equipment, a basketball court, and a team who is invested in you and your journey towards healthy living.

Note: Court Access is subject to availability - there will be up to 13 hours per week where court access will be limited (Weekdays from 4-6.30pm)

Family Membership

Working out together is better!

33 Family Membership 1

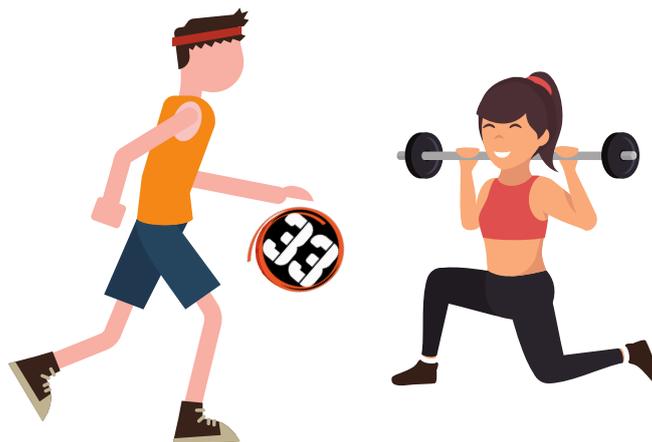
- 2 Family Members | 2 Memberships
- Combined Price of **\$25 per week**

This membership is only applicable for members of the same family / those who share a household.

33 Family Membership 2

- 3 Family Members | 3 Memberships
- Combined price of **\$33 per week**

This membership is only applicable for members of the same family / those who share a household.



33 Guided Training Program

\$50 per week

or

\$80 per week including PT session

24/7 Gym Access

Court Access

Your own training program

Guided training sessions

Trainer Supported Journey

Our Guided Training program is a great way to get integrated into the weight room and work towards more specific goals. It runs in a group workout setting with 1 coach to up to 6 people following a long term focused program that will help you achieve your goals and build good habits and routine that enhances your life.

Ages 13+

See Guided Training Pamphlet for more details..

FREE TRIAL CLASS!

Guided Training Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30-7:30am Group A	6:30-7:30am Group B	6:30-7:30am Group A	6:30-7:30am Group B	6:30-7:30am Group A	
	6:30-7:30am Basketball Group		7-8am High School		
			8-9am High School		9-10am Group B
9-10am Basketball Group	9-10am Basketball Group	9-10am Basketball Group	9-10am Basketball Group	9-10am Basketball Group	9-10am High School Group
4-5pm High School Group	4-5pm High School Group		4-5pm High School Group	4-5pm High School Group	
5:30-6:30pm Group A	5:30-6:30pm Group B	5:30-6:30pm Group A	5:30-6:30pm Group B	5:30-6:30pm Group A	

Casual Rate \$20

Get a Training Program

\$60 4 week Program

\$110 8 week Program

\$150 12 week Program

A custom individualised program to give some direction to your training. Talk to our professional trainers about what you would like to achieve and they can create you your own program and put you on the right track to achieve your goals.

**This is for people already independently comfortable with the gym, and are looking to get some specified adjustments to their training in pursuit of their individual goals. For those looking for guided support for their training please view our Training Membership.*

\$100 Program + PT Combo

Our starter pack to get you going that includes a 4 week program and a PT session to show you what you're doing.

Personal Training

For those who want focused guidance in the gym / specialised training to ensure your workouts are effective and tracking you towards your goals.

Enquire for pricing

We have a number of trainers at 33 Gym that work with our members - talk to us now if you are interested in getting set up with one of our PTs.

We have both in house and contractor PTs working at 33 Gym - see our trainers board to find out who they are!

FOR BALLERS



33 Gym Membership

\$15 per week

24/7 Gym Access

Court Access

Unlimited Basketball Runs

Our basic gym membership gives you 24/7 access to our brand new facility with everything you need to achieve your goals. Our facility has modern equipment, basketball court, and a team who is invested in you and your journey towards healthy living.

Note: Court Access is subject to availability - there will be up to 13 hours per week where court access will be limited (Weekdays from 4-6.30pm)

Hoop33 Academy

(Ages 13+)

Prices From...

\$50 per week

\$85pw including 1PT

\$125pw including 2PTs

Gym & Court Access

Academy trainings

Strength and Conditioning

Film & Whiteboard sessions

Mentorship & Athlete Planning

Basketball Runs

Our Hoop33 Player Academy is designed as a Basketball Athlete support tool with a heavy focus on individual player development. It is created and delivered with the primary goal in mind of developing athletes in the longer term both on and off the court in a way that fits and supplements the demands and commitments of their School / Club / Professional teams.

See Academy Pamphlet for detailed scope.....

Junior Membership

\$15 per week

Court Access (supervised)

1 Thunder / Jnr Academy session pw

Additional sessions half price

Our junior membership is our training session plus flexi court usage combo for kids who love Basketball.

Note: Court Access is subject to availability - there will be up to 13 hours per week where court access will be limited (Weekdays from 4-6.30pm)

FOR FAMILIES:

Working out together is better! If you have ballers and gym-goers in your family, we have a membership for you...

33 Family Membership 1

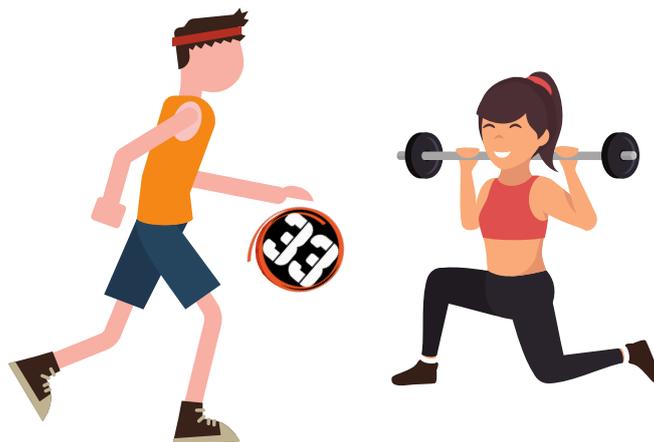
- 2 Family Members
- **\$25 per week** including either of the following:
- 2 Gym Memberships
- 1 Gym Membership and 1 Junior Membership

This membership is only applicable for members of the same family / those who share a household.

33 Family Membership 2

- 3 Family Members
- **\$33 per week** including either of the following:
- 3 Gym Memberships *or*
- 2 Gym Memberships and 1 Junior Membership *or*
- 1 Gym Membership and 2 Junior Memberships

This membership is only applicable for members of the same family / those who share a household.



Thunder Basketball

Price per session

Grade 1 - School Yr 3-4 - \$12

Grade 2 - School Yr 5-6 - \$12

Grade 3 - School Yr 7-9 - \$12

Grade 4 - School Yr 9-11 - \$15

Our kids basketball sessions take into account years of experience combined with the latest research on youth sport development, crafting a format for each grade that is the most effective method for learning and ensuring a healthy experience on the court.

The grades make up a longer term progression, that takes a kids' basketball from the introductory phase of enjoying the sport a couple times a week through to truly learning the game if the kids themselves really start to drive their passion for Basketball.

Sessions Range from 1-1.5 hours

Note: Thunder sessions are included as part of our Junior Membership

FREE TRIAL CLASS!

Thunder Basketball Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
4-5pm Grade 1 & 2	4-5:15pm Grade 3	4-5pm Grade 1 & 2	4-5:15pm Grade 3	4-5pm Grade 1 & 2
	5:15-6:45pm Grade 4	5-6:15pm Grade 3		5-6:30pm Grade 4*

- Grade 1: School Year 3 and 4 (age 8-10 years)
- Grade 2: School Year 5 and 6 (age 10-11 years)
- Grade 3: School Year 7, 8, 9 (age 11-13 years)
- Grade 4: School Year 8, 9, 10 (age 12-14 years)

Casual Rates:

- Grade 1, 2, 3: \$12 per session
- Grade 4: \$15 per session
- or included in *Junior Membership*

*G4 Friday not operating Term 3. Schedule subject to change.

Private Coaching

Every now and then it is necessary to get some specialised coaching with particular movements and skills that could get you some extra gains and more effective direction throughout the course of your development.

If you are looking for that extra coaching attention - book now!

Prices

(Per Session Per Person)

	Individual	Pair	Small Group 3-4 people
Junior Coach	\$35	\$25	\$20
Academy Coach	\$60	\$35	\$25
Senior Coach	\$80	\$45	\$30

Please enquire for more information and availability

Basketball Runs

Free on Membership or \$5 for Open Runs

\$10 for Competitive BYO5 Runs

We run regular weekly open runs for everyone - get in touch with us and join our Facebook chat groups to get the latest updates on when and where the runs are happening.

Log in to your profile online

To login to your member profile go to hoop33.co.nz/login and enter your email and password that you signed up with.

MEMBERSHIP LOGIN

Member Portal

Email

Password

[Member Log In](#)

[Forgot Password?](#)

[Sign Up](#) [Enquiry](#)

Once you are logged in you will see your account profile....

Welcome,
Parent Parent [Account](#) [Logout](#)

[Booking](#) [Purchase](#) [Pay Outstanding Balance](#)

Membership Details

33 Free Membership 

23/03/2021 - Open Ended
Next Payment Date: 07/04/2021

Your Activity

0 Total Visits 0 Total Bookings 0 Total Classes

Linked Members List 

Member Name	Member ID	
Child Child	#5297	Login as Child

[Add New Linked Member](#)

Make bookings for sessions or with coaches

[Booking](#) [Purchase](#)

- Private Training
- Gym and Hoops Sessions
- Group Training Schedule

Purchase upgrades to your membership or buy our products and merchandise



Purchase ▾ Pay Outstanding

- Buy Products
- Buy a new Membership
- Make Deposit

Edit your account info and update billing information



Account ▾ Logout

- Edit Profile
- Uploaded Files
- Update Billing Info
- View Account History
- Edit Emergency Contacts



Login as your child or family member (if applicable) and make bookings on their behalf



Welcome,
Parent Parent

Account ▾ Logout

Booking ▾ Purchase ▾ Pay Outstanding Balance

Membership Details

33 Free Membership

23/03/2021 - Open Ended
Next Payment Date: 07/04/2021



Your Activity

0
Total Visits

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Total Bookings

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Total Classes

Linked Members List

Member Name	Member ID
Child Child	#5297

Login as Child

Add New Linked Member

Our Story

There are many forms of inspiration in life, motivating you, pushing you towards being the best version of yourself. Growing up as a Basketball players, we always found inspiration in many different numbers - 23 for Michael Jordan and Lebron James, 8/24 for Kobe Bryant, 30 for Stephen Curry. It was never about the number itself, but what that number stood for. People who had risen to the top, through struggle, through grit, through resilience. These numbers were beacons of inspiration for us all to aspire to, to chase meaning and purpose in our own lives

The number 33, to us, stands for Dedication. It stands for Family. It is a means for Joy, and a place in which we can Strive to be the best version of ourselves.

It started rooted in Basketball. Basketball is a vessel to many things in life. It teaches us how to compete, how to win and lose. It teaches us how to strive to improve, chasing mastery doing something we love, how to overcome the micro and macro challenges that arise. It teaches us how to cooperate, to work with others and contribute to a collective that comes together to achieve the same goal. It is through Basketball, that not only do we play the game we love, but we learn the foundational tools that push us forward throughout our lives.

However, these lessons are not limited to Basketball. In fact they are taught through all challenging ventures in life. Challenges in health and fitness, in business, in relationships. It is these challenges that 33, as a community, as a facility, as a program, wants to inspire people to undertake.

We brought together a team of people, all with a passion for helping others achieve their goals. People with heart, drive and expertise in key areas. This team of people is consistently working towards one collective goal - creating a family community and a home for everyone who is striving towards bettering themselves everyday.

In any journey of self-betterment, the first place to start is building physical health and expanding relationships and that is where your journey with us starts....

