

| Staffel | Datum | Zeit | Heim | Gast | Bewirtung | Kuchen |
|----------|------------|-------|--------------------------------------|--|--------------------------------|---------------------|
| M-Pok-B | 07.09.2019 | 18:00 | HSG Cannstatt/Münster/Max-Eyth-See 2 | SG Weinstadt 2 | Frauen 2 | - |
| M-Pok-B | 07.09.2019 | 20:00 | HSG Cannstatt/Münster/Max-Eyth-See | HC Winnenden | | |
| M-BK | 14.09.2019 | 20:00 | HSG Cannstatt/Münster/Max-Eyth-See | EK Stuttgart | Männer 2 | - |
| wJB-BL | 28.09.2019 | 12:30 | HSG Cannstatt/Münster/Max-Eyth-See | SG Weinstadt | männl. B | 4 |
| M-KLC | 28.09.2019 | 14:00 | HSG Cannstatt/Münster/Max-Eyth-See 2 | HSG Oberer Neckar 3 | | |
| F-KLA | 28.09.2019 | 16:00 | HSG Cannstatt/Münster/Max-Eyth-See 2 | WSG Alfdorf/Lorch/Waldhausen 3 | | |
| F-LL-1 | 28.09.2019 | 18:00 | HSG Cannstatt/Münster/Max-Eyth-See | SG Weinstadt | | |
| M-BK | 28.09.2019 | 20:00 | HSG Cannstatt/Münster/Max-Eyth-See | SG Schorndorf 1846 2 | | |
| gJD-KLA | 29.09.2019 | 10:30 | HSG Cannstatt/Münster/Max-Eyth-See | TSV Alfdorf/Lorch | | |
| mJB-KLA | 29.09.2019 | 12:00 | HSG Cannstatt/Münster/Max-Eyth-See | HSG Oberer Neckar | weibl. B | 3 |
| wJC-KLA | 29.09.2019 | 13:30 | HSG Cannstatt/Münster/Max-Eyth-See | MTV Stuttgart | | |
| mJC-KLA | 29.09.2019 | 15:00 | HSG Cannstatt/Münster/Max-Eyth-See | TSV Alfdorf/Lorch 2 | | |
| wJD-KLA | 13.10.2019 | 10:40 | HSG Cannstatt/Münster/Max-Eyth-See | SV Fellbach | | |
| wJD-KLA | 13.10.2019 | 13:20 | HSG Cannstatt/Münster/Max-Eyth-See | HSG Oberer Neckar | Eltern wD | durch wD |
| wJB-BL | 13.10.2019 | 15:15 | HSG Cannstatt/Münster/Max-Eyth-See | WSG Alfdorf/Lorch/Waldhausen | | |
| mJB-KLA | 19.10.2019 | 11:30 | HSG Cannstatt/Münster/Max-Eyth-See | MTV Stuttgart | | |
| gJD-KLA | 19.10.2019 | 13:00 | HSG Cannstatt/Münster/Max-Eyth-See | MTV Stuttgart | männl. C | 4 |
| mJB-BK | 19.10.2019 | 14:30 | Team Stuttgart 2 | SV Hohenacker-Neustadt | | |
| F-KLA | 19.10.2019 | 16:00 | HSG Cannstatt/Münster/Max-Eyth-See 2 | SV Remshalden 2 | | |
| M-KLC | 19.10.2019 | 18:00 | HSG Cannstatt/Münster/Max-Eyth-See 2 | MTV Stuttgart 4 | | |
| M-BK | 19.10.2019 | 20:00 | HSG Cannstatt/Münster/Max-Eyth-See | MTV Stuttgart 2 | | |
| M-KLC | 27.10.2019 | 15:00 | HSG Cannstatt/Münster/Max-Eyth-See 2 | HSK Urbach-Plüderhausen 2 | | |
| F-LL-1 | 27.10.2019 | 17:00 | HSG Cannstatt/Münster/Max-Eyth-See | HC Oppenweiler/Backnang | | |
| F-KLA | 02.11.2019 | 16:00 | HSG Cannstatt/Münster/Max-Eyth-See 2 | SV Fellbach 2 | Männer 2 | 1 |
| F-LL-1 | 02.11.2019 | 18:00 | HSG Cannstatt/Münster/Max-Eyth-See | HSG Kochertürn/Stein | | |
| gJD-KLA | 16.11.2019 | 13:30 | HSG Cannstatt/Münster/Max-Eyth-See | HC Winnenden 2 | weibl. C | 3 |
| mJC-KLA | 16.11.2019 | 15:00 | HSG Cannstatt/Münster/Max-Eyth-See | SG Weinstadt 2 | | |
| mJB-KLA | 16.11.2019 | 16:30 | HSG Cannstatt/Münster/Max-Eyth-See | SV Remshalden 2 | | |
| F-KLA | 16.11.2019 | 18:00 | HSG Cannstatt/Münster/Max-Eyth-See 2 | HSK Urbach-Plüderhausen 2 | | |
| M-BK | 16.11.2019 | 20:00 | HSG Cannstatt/Münster/Max-Eyth-See | SV Remshalden 3 | | |
| gJE4+1/2 | 17.11.2019 | 10:00 | HSG Cannstatt/Münster/Max-Eyth-See | TL: HSG Cannstatt/Münster/Max-Eyth-See | | |
| wJC-KLA | 17.11.2019 | 13:00 | HSG Cannstatt/Münster/Max-Eyth-See | TV Obertürkheim | Eltern E Jgd. | durch E Jgd. |
| | | | | | Frauen 2 ab 12:30 Uhr ! | |

| | | | | | | |
|---------|------------|-------|--------------------------------------|---------------------------------|-----------------|----------|
| wJB-BL | 17.11.2019 | 14:30 | HSG Cannstatt/Münster/Max-Eyth-See | HSC Schmiden/Oeffingen 2004 | | |
| mJC-KLA | 23.11.2019 | 16:15 | HSG Cannstatt/Münster/Max-Eyth-See | MTV Stuttgart | Männer 1 | 1 |
| F-LL-1 | 23.11.2019 | 18:00 | HSG Cannstatt/Münster/Max-Eyth-See | SC Korb | | |
| M-KLC | 23.11.2019 | 20:00 | HSG Cannstatt/Münster/Max-Eyth-See 2 | EK Stuttgart 2 | | |
| wJC-KLA | 07.12.2019 | 11:30 | HSG Cannstatt/Münster/Max-Eyth-See | HSV Stammheim/Zuffenhausen | männl. C | 4 |
| gJD-KLA | 07.12.2019 | 13:00 | HSG Cannstatt/Münster/Max-Eyth-See | SV Stuttgarter Kickers | | |
| mJB-BK | 07.12.2019 | 14:30 | Team Stuttgart 2 | SV Stuttgarter Kickers | | |
| F-KLA | 07.12.2019 | 16:00 | HSG Cannstatt/Münster/Max-Eyth-See 2 | SF Schwaikheim 4 | | |
| F-LL-1 | 07.12.2019 | 18:00 | HSG Cannstatt/Münster/Max-Eyth-See | SV Salamander Kornwestheim 1894 | | |
| M-BK | 07.12.2019 | 20:00 | HSG Cannstatt/Münster/Max-Eyth-See | HSG Winterbach/Weiler | | |
| gJD-KLA | 18.01.2020 | 15:15 | HSG Cannstatt/Münster/Max-Eyth-See | TSF Welzheim | | |
| mJB-KLA | 18.01.2020 | 16:45 | HSG Cannstatt/Münster/Max-Eyth-See | TSF Welzheim | Frauen 1 | 2 |
| mJC-KLA | 18.01.2020 | 18:15 | HSG Cannstatt/Münster/Max-Eyth-See | HSK Urbach-Plüderhausen | | |
| M-BK | 18.01.2020 | 20:00 | HSG Cannstatt/Münster/Max-Eyth-See | HSV Stammheim/Zuffenhausen | | |
| wJC-KLA | 25.01.2020 | 15:00 | HSG Cannstatt/Münster/Max-Eyth-See | SG Heumaden-Sillenbuch | | |
| wJB-BL | 25.01.2020 | 16:30 | HSG Cannstatt/Münster/Max-Eyth-See | SV Stuttgarter Kickers 2 | männl. B | 2 |
| F-KLA | 25.01.2020 | 18:00 | HSG Cannstatt/Münster/Max-Eyth-See 2 | HC Winnenden 2 | | |
| mJB-KLA | 01.02.2020 | 18:15 | HSG Cannstatt/Münster/Max-Eyth-See | KSG Gerlingen | | |
| F-LL-1 | 01.02.2020 | 20:00 | HSG Cannstatt/Münster/Max-Eyth-See | TSV Nordheim 2 | Männer 1 | - |
| mJC-KLA | 08.02.2020 | 11:30 | HSG Cannstatt/Münster/Max-Eyth-See | Hbi Weilimdorf/Feuerbach 2 | Frauen 2 | 4 |
| gJD-KLA | 08.02.2020 | 13:00 | HSG Cannstatt/Münster/Max-Eyth-See | TV Bittenfeld 1898 2 | | |
| wJC-KLA | 08.02.2020 | 14:30 | HSG Cannstatt/Münster/Max-Eyth-See | SG Schorndorf 1846 | | |
| M-KLC | 08.02.2020 | 16:00 | HSG Cannstatt/Münster/Max-Eyth-See 2 | HC Winnenden 4 | | |
| F-LL-1 | 08.02.2020 | 18:00 | HSG Cannstatt/Münster/Max-Eyth-See | Handballregion Bottwar SG | | |
| M-BK | 08.02.2020 | 20:00 | HSG Cannstatt/Münster/Max-Eyth-See | SV Stuttgarter Kickers | | |
| wJB-BL | 15.02.2020 | 12:30 | HSG Cannstatt/Münster/Max-Eyth-See | SV Hohenacker-Neustadt | | |
| M-KLC | 15.02.2020 | 14:00 | HSG Cannstatt/Münster/Max-Eyth-See 2 | SV Heselach | | |
| F-KLA | 15.02.2020 | 16:00 | HSG Cannstatt/Münster/Max-Eyth-See 2 | HC Schmiden/Oeffingen 3 | | |
| F-LL-1 | 15.02.2020 | 18:00 | HSG Cannstatt/Münster/Max-Eyth-See | SV Leonberg/Eltingen | | |
| M-BK | 15.02.2020 | 20:00 | HSG Cannstatt/Münster/Max-Eyth-See | Hbi Weilimdorf/Feuerbach 2 | | |
| gJD-KLA | 16.02.2020 | 10:00 | HSG Cannstatt/Münster/Max-Eyth-See | KSG Gerlingen | | |
| mJB-KLA | 16.02.2020 | 11:30 | HSG Cannstatt/Münster/Max-Eyth-See | SF Schwaikheim 2 | Frauen 1 | 4 |
| mJB-BL | 16.02.2020 | 13:00 | Team Stuttgart | HSC Schmiden/Oeffingen 2004 | | |

| | | | | | | | |
|----------|------------|-------|--------------------------------------|--|-------------------------------|----------|----------------------|
| mJC-KLA | 16.02.2020 | 14:30 | HSG Cannstatt/Münster/Max-Eyth-See | SV Hohenacker-Neustadt | | | |
| mJB-BK | 16.02.2020 | 16:00 | Team Stuttgart 2 | Hbi Weilimdorf/Feuerbach | | | |
| wJB-BL | 14.03.2020 | 11:30 | HSG Cannstatt/Münster/Max-Eyth-See | SV Fellbach | weibl. C | 4 | |
| mJB-KLA | 14.03.2020 | 13:00 | HSG Cannstatt/Münster/Max-Eyth-See | TV Stetten | | | |
| mJB-BK | 14.03.2020 | 14:30 | Team Stuttgart 2 | SC Korb | | | |
| F-KLA | 14.03.2020 | 16:00 | HSG Cannstatt/Münster/Max-Eyth-See 2 | HSG Gablenberg-Gaisburg | | | |
| F-LL-1 | 14.03.2020 | 18:00 | HSG Cannstatt/Münster/Max-Eyth-See | HSG Hohenlohe | | | |
| M-BK | 14.03.2020 | 20:00 | HSG Cannstatt/Münster/Max-Eyth-See | HSG Gablenberg-Gaisburg | | | |
| Minis | 15.03.2020 | 10:30 | HSG Cannstatt/Münster/Max-Eyth-See | Minispielfest | | | Eltern Minis |
| gJD-KLA | 28.03.2020 | 13:00 | HSG Cannstatt/Münster/Max-Eyth-See | VfL Waiblingen Handball | weibl. B | 4 | |
| mJC-KLA | 28.03.2020 | 14:30 | HSG Cannstatt/Münster/Max-Eyth-See | SV Fellbach 2 | | | |
| M-KLC | 28.03.2020 | 16:00 | HSG Cannstatt/Münster/Max-Eyth-See 2 | TV Obertürkheim 2 | | | |
| F-LL-1 | 28.03.2020 | 18:00 | HSG Cannstatt/Münster/Max-Eyth-See | HSG Strohgäu 2 | | | |
| M-BK | 28.03.2020 | 20:00 | HSG Cannstatt/Münster/Max-Eyth-See | TSV Schmidlen 1902 3 | | | |
| wJE4+1/4 | 29.03.2020 | 10:00 | HSG Cannstatt/Münster/Max-Eyth-See | TL: HSG Cannstatt/Münster/Max-Eyth-See | | | Eltern E Jgd. |
| wJC-KLA | 29.03.2020 | 13:00 | HSG Cannstatt/Münster/Max-Eyth-See | HC Winnenden 2 | Männer 2 ab 12:30 Uhr! | | |
| wJB-BL | 29.03.2020 | 14:30 | HSG Cannstatt/Münster/Max-Eyth-See | HC Winnenden | | | |
| F-KLA | 29.03.2020 | 16:00 | HSG Cannstatt/Münster/Max-Eyth-See 2 | SG Welzheim-Kaisersbach | | | |
| M-KLC | 26.04.2020 | 13:00 | HSG Cannstatt/Münster/Max-Eyth-See 2 | VfL Waiblingen Handball 4 | Frauen 2 | 3 | |
| F-LL-1 | 26.04.2020 | 15:00 | HSG Cannstatt/Münster/Max-Eyth-See | HSG Lauffen-Neipperg | | | |
| M-BK | 26.04.2020 | 17:00 | HSG Cannstatt/Münster/Max-Eyth-See | TSF Welzheim | | | |