

| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|----------|---------------|---------------------|---------------------------------|---------|---------------------------------------|-------------------|
| 15. Jan | 16. Jan | 17. Jan | 18. Jan | 19. Jan | 20. Jan | 21. Jan |
| | Trainingstart | | Training | | | 10:30 Training |
| 22. Jan | 23. Jan | 24. Jan | 25. Jan | 26. Jan | 27. Jan | 28. Jan |
| Training | Training | | Training | | Fontna Finthen 14 Uhr Auswärts | |
| 29. Jan | 30. Jan | 31. Jan | 01. Feb | 02. Feb | 03. Feb | 04. Feb |
| Training | Training | | Flörsheim 19:30 in Biebrich | | Testspiel Lehnerz 14 Uhr Heimspiel | |
| 05. Feb | 06. Feb | 07. Feb | 08. Feb | 09. Feb | 10. Feb | 11. Feb |
| Training | | Türkischer SV 19:30 | Training | | Schlangenbad 14 Uhr in Biebrich | |
| 12. Feb | 13. Feb | 14. Feb | 15. Feb | 16. Feb | 17. Feb | 18. Feb |
| Training | Training | | SG Höchst 20 Uhr in Auswärts | | Training | |
| 19. Feb | 20. Feb | 21. Feb | 22. Feb | 23. Feb | 24. Feb | 25. Feb |
| Training | Training | | Training | | 1. Punktspiel | |