

# LEVERS et COUCHERS SOLEIL - LUNE GRASSE 2025

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JANVIER					
Dates	Soleil		Lune		
	L	C	L	C	
M 1	08:04	17:07	09:40	18:36	
J 2	08:04	17:08	10:13	19:53	
V 3	08:04	17:09	10:40	21:10	
S 4	08:04	17:10	11:03	22:25	
D 5	08:04	17:11	11:24	23:40	
L 6	08:03	17:12	11:44		
M 7	08:03	17:13	12:05	00:55	
M 8	08:03	17:14	12:29	02:12	
J 9	08:03	17:15	12:59	03:31	
V 10	08:03	17:16	13:37	04:50	
S 11	08:02	17:18	14:26	06:06	
D 12	08:02	17:19	15:26	07:13	
L 13	08:01	17:20	16:36	08:07	
M 14	08:01	17:21	17:49	08:48	
M 15	08:00	17:22	19:02	09:21	
J 16	08:00	17:23	20:19	09:45	
V 17	07:59	17:25	21:12	10:06	
S 18	07:59	17:26	22:22	10:23	
D 19	07:58	17:27	23:25	10:40	
L 20	07:57	17:28		10:57	
M 21	07:57	17:30	00:27	11:15	
M 22	07:56	17:31	01:32	11:35	
J 23	07:55	17:32	02:37	11:59	
V 24	07:54	17:34	03:44	12:30	
S 25	07:53	17:35	04:50	13:09	
D 26	07:52	17:36	05:53	14:00	
L 27	07:52	17:38	06:49	15:03	
M 28	07:51	17:39	07:35	16:15	
M 29	07:50	17:40	08:12	17:33	
J 30	07:49	17:42	08:41	18:52	
V 31	07:48	17:43	09:06	20:10	
● Premier Quartier le 07					
○ Pleine Lune le 13					
● Dernier Quartier le 21					
● Nouvelle Lune le 29					

FÉVRIER					
Dates	Soleil		Lune		
	L	C	L	C	
S 1	07:46	17:44	09:28	21:28	
D 2	07:45	17:46	09:49	22:45	
L 3	07:44	17:47	10:10		
M 4	07:43	17:49	10:33	00:02	
M 5	07:42	17:50	11:01	01:21	
J 6	07:41	17:51	11:36	02:40	
V 7	07:39	17:53	12:20	03:56	
S 8	07:38	17:54	13:15	05:04	
D 9	07:37	17:55	14:20	06:01	
L 10	07:35	17:57	15:32	06:46	
M 11	07:34	17:58	16:44	07:21	
M 12	07:33	17:59	17:55	07:48	
J 13	07:31	18:01	19:03	08:09	
V 14	07:30	18:02	20:08	08:28	
S 15	07:28	18:03	21:12	08:45	
D 16	07:27	18:05	22:14	09:01	
L 17	07:25	18:06	23:18	09:19	
M 18	07:24	18:07		09:38	
M 19	07:22	18:09	00:22	10:00	
J 20	07:21	18:10	01:29	10:27	
V 21	07:19	18:11	02:34	11:02	
S 22	07:18	18:13	03:39	11:47	
D 23	07:16	18:14	04:36	12:43	
L 24	07:15	18:15	05:27	13:50	
M 25	07:13	18:17	06:07	15:06	
M 26	07:11	18:18	06:39	16:24	
J 27	07:10	18:19	07:07	17:45	
V 28	07:08	18:21	07:30	19:05	
● Premier Quartier le 05					
○ Pleine Lune le 12					
● Dernier Quartier le 20					
● Nouvelle Lune le 28					

MARS					
Dates	Soleil		Lune		
	L	C	L	C	
S 1	07:06	18:22	07:51	20:24	
D 2	07:05	18:23	08:13	21:45	
L 3	07:03	18:24	08:36	23:06	
M 4	07:01	18:26	09:03		
M 5	07:00	18:27	09:36	00:27	
J 6	06:58	18:28	10:17	01:47	
V 7	06:56	18:29	11:10	02:58	
S 8	06:54	18:31	12:12	03:59	
D 9	06:53	18:32	13:21	04:46	
L 10	06:51	18:33	14:32	05:23	
M 11	06:49	18:34	15:43	05:52	
M 12	06:47	18:36	16:51	06:14	
J 13	06:46	18:37	17:57	06:33	
V 14	06:44	18:38	19:00	06:51	
S 15	06:42	18:39	20:03	07:07	
D 16	06:40	18:41	21:07	07:24	
L 17	06:38	18:42	22:11	07:42	
M 18	06:37	18:43	23:16	08:03	
M 19	06:35	18:44		08:28	
J 20	06:33	18:45	00:22	08:59	
V 21	06:31	18:47	01:26	09:39	
S 22	06:29	18:48	02:26	10:29	
D 23	06:28	18:49	03:18	11:31	
L 24	06:26	18:50	04:01	12:40	
M 25	06:24	18:52	04:36	13:56	
M 26	06:22	18:53	05:05	15:15	
J 27	06:20	18:54	05:30	16:34	
V 28	06:19	18:55	05:52	17:54	
S 29	06:17	18:56	06:13	19:16	
D 30	07:15	19:58	07:36	21:39	
L 31	07:13	19:59	08:02	23:04	
● Premier Quartier le 06					
○ Pleine Lune le 14					
● Dernier Quartier le 22					
● Nouvelle Lune le 29					

AVRIL					
Dates	Soleil		Lune		
	L	C	L	C	
M 1	07:11	20:00	08:33		
M 2	07:10	20:01	09:12	00:27	
J 3	07:08	20:02	10:02	01:46	
V 4	07:06	20:04	11:03	02:52	
S 5	07:04	20:05	12:12	03:45	
D 6	07:02	20:06	13:24	04:25	
L 7	07:01	20:07	14:34	04:56	
M 8	06:59	20:08	15:43	05:21	
M 9	06:57	20:09	16:48	05:41	
J 10	06:55	20:11	17:52	05:58	
V 11	06:54	20:12	18:55	06:14	
S 12	06:52	20:13	19:57	06:31	
D 13	06:50	20:14	21:01	06:48	
L 14	06:49	20:15	22:06	07:08	
M 15	06:47	20:17	23:12	07:32	
M 16	06:45	20:18		08:01	
J 17	06:44	20:19	00:17	08:37	
V 18	06:42	20:20	01:18	09:24	
S 19	06:40	20:21	02:12	10:20	
D 20	06:39	20:23	02:57	11:25	
L 21	06:37	20:24	03:35	12:36	
M 22	06:36	20:25	04:05	13:52	
M 23	06:34	20:26	04:30	15:08	
J 24	06:32	20:27	04:52	16:25	
V 25	06:31	20:29	05:14	17:45	
S 26	06:29	20:30	05:36	19:06	
D 27	06:28	20:31	05:59	20:30	
L 28	06:26	20:32	06:28	21:57	
M 29	06:25	20:33	07:04	23:21	
M 30	06:24	20:35	07:50		
● Premier Quartier le 05					
○ Pleine Lune le 13					
● Dernier Quartier le 21					
● Nouvelle Lune le 27					

MAI					
Dates	Soleil		Lune		
	L	C	L	C	
J 1	06:22	20:36	08:48	00:35	
V 2	06:21	20:37	09:57	01:37	
S 3	06:19	20:38	11:10	02:23	
D 4	06:18	20:39	12:23	02:58	
L 5	06:17	20:40	13:34	03:25	
M 6	06:15	20:42	14:40	03:46	
M 7	06:14	20:43	15:45	04:04	
J 8	06:13	20:44	16:47	04:21	
V 9	06:12	20:45	17:50	04:37	
S 10	06:10	20:46	18:53	04:55	
D 11	06:09	20:47	19:57	05:14	
L 12	06:08	20:48	21:03	05:36	
M 13	06:07	20:49	22:08	06:03	
M 14	06:06	20:51	23:11	06:38	
J 15	06:05	20:52		07:21	
V 16	06:04	20:53	00:07	08:14	
S 17	06:03	20:54	00:55	09:17	
D 18	06:02	20:55	01:35	10:26	
L 19	06:01	20:56	02:06	11:38	
M 20	06:00	20:57	02:32	12:51	
M 21	05:59	20:58	02:55	14:05	
J 22	05:58	20:59	03:16	15:21	
V 23	05:57	21:00	03:37	16:38	
S 24	05:56	21:01	03:59	17:59	
D 25	05:56	21:02	04:24	19:24	
L 26	05:55	21:03	04:56	20:49	
M 27	05:54	21:04	05:37	22:10	
M 28	05:54	21:05	06:29	23:20	
J 29	05:53	21:06	07:36		
V 30	05:52	21:07	08:49	00:14	
S 31	05:52	21:07	10:05	00:55	
● Premier Quartier le 04					
○ Pleine Lune le 12					
● Dernier Quartier le 20					
● Nouvelle Lune le 27					

JUIN					
Dates	Soleil		Lune		
	L	C	L	C	
D 1	05:51	21:08	11:19	01:26	
L 2	05:51	21:09	12:28	01:50	
M 3	05:50	21:10	13:35	02:09	
M 4	05:50	21:11	14:38	02:27	
J 5	05:50	21:11	15:41	02:43	
V 6	05:49	21:12	16:44	03:00	
S 7	05:49	21:13	17:48	03:19	
D 8	05:49	21:13	18:53	03:40	
L 9	05:48	21:14	19:59	04:06	
M 10	05:48	21:14	21:03	04:38	
M 11	05:48	21:15	22:02	05:19	
J 12	05:48	21:16	22:53	06:09	
V 13	05:48	21:16	23:35	07:10	
S 14	05:48	21:16		08:18	
D 15	05:48	21:17	00:09	09:30	
L 16	05:48	21:17	00:36	10:42	
M 17	05:48	21:18	00:59	11:55	
M 18	05:48	21:18	01:20	13:08	
J 19	05:48	21:19	01:40	14:22	
V 20	05:48	21:19	02:01	15:39	
S 21	05:49	21:19	02:24	16:59	
D 22	05:49	21:19	02:52	18:22	
L 23	05:49	21:19	03:28	19:44	
M 24	05:49	21:19	04:14	20:58	
M 25	05:50	21:19	05:14	22:00	
J 26	05:50	21:19	06:24	22:47	
V 27	05:51	21:19	07:41	23:23	
S 28	05:51	21:19	08:58	23:50	
D 29	05:52	21:19	10:11		
L 30	05:52	21:19	11:20	00:12	
● Premier Quartier le 11					
○ Pleine Lune le 11					
● Dernier Quartier le 18					
● Nouvelle Lune le 25					

JUILLET					
Dates	Soleil		Lune		
	L	C	L	C	
M 1	05:53	21:19	12:26	00:30	
M 2	05:53	21:19	13:30	00:48	
J 3	05:54	21:19	14:33	01:05	
V 4	05:54	21:18	15:37	01:23	
S 5	05:55	21:18	16:41	01:43	
D 6	05:56	21:18	17:48	02:07	
L 7	05:56	21:17	18:52	02:36	
M 8	05:57	21:17	19:54	03:14	
M 9	05:58	21:16	20:48	04:02	
J 10	05:59	21:16	21:34	05:00	
V 11	05:59	21:15	22:10	06:06	
S 12	06:00	21:15	22:39	07:19	
D 13	06:01	21:14	23:04	08:32	
L 14	06:02	21:14	23:26	09:46	
M 15	06:03	21:13	23:46	10:59	
M 16	06:04	21:12		12:13	
J 17	06:05	21:12	00:06	13:28	