

LEVERS et COUCHERS SOLEIL - LUNE GRENOBLE 2025

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

JUILLET					
Dates	Soleil		Lune		
	L	C	L	C	
M 1	05:52	21:30	12:30	00:36	
M 2	05:52	21:29	13:36	00:52	
J 3	05:53	21:29	14:40	01:08	
V 4	05:53	21:29	15:45	01:25	
S 5	05:54	21:28	16:51	01:44	
D 6	05:55	21:28	17:59	02:07	
L 7	05:56	21:28	19:05	02:35	
M 8	05:56	21:27	20:06	03:12	
M 9	05:57	21:27	21:01	03:59	
J 10	05:58	21:26	21:46	04:57	
V 11	05:59	21:26	22:21	06:05	
S 12	06:00	21:25	22:49	07:18	
D 13	06:01	21:24	23:12	08:33	
L 14	06:01	21:24	23:32	09:49	
M 15	06:02	21:23	23:51	11:03	
M 16	06:03	21:22		12:18	
J 17	06:04	21:21	00:09	13:35	
V 18	06:05	21:21	00:30	14:54	
S 19	06:06	21:20	00:54	16:15	
D 20	06:07	21:19	01:24	17:37	
L 21	06				