

# LEVERS et COUCHERS SOLEIL - LUNE LYON 2025

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

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

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

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

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

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

| JUILLET |        |       |       |       |  |
|---------|--------|-------|-------|-------|--|
| Dates   | Soleil |       | Lune  |       |  |
|         | L      | C     | L     | C     |  |
| M 1     | 05:53  | 21:35 | 12:34 | 00:40 |  |
| M 2     | 05:53  | 21:35 | 13:40 | 00:56 |  |
| J 3     | 05:54  | 21:35 | 14:44 | 01:11 |  |
| V 4     | 05:55  | 21:35 | 15:50 | 01:28 |  |
| S 5     | 05:55  | 21:34 | 16:57 | 01:46 |  |
| D 6     | 05:56  | 21:34 | 18:05 | 02:08 |  |
| L 7     | 05:57  | 21:34 | 19:11 | 02:36 |  |
| M 8     | 05:58  | 21:33 | 20:13 | 03:12 |  |
| M 9     | 05:58  | 21:33 | 21:08 | 03:59 |  |
| J 10    | 05:59  | 21:32 | 21:52 | 04:57 |  |
| V 11    | 06:00  | 21:31 | 22:27 | 06:05 |  |
| S 12    | 06:01  | 21:31 | 23:54 | 07:20 |  |
| D 13    | 06:02  | 21:30 | 23:17 | 08:35 |  |
| L 14    | 06:03  | 21:29 | 23:37 | 09:51 |  |
| M 15    | 06:04  | 21:29 | 23:55 | 11:07 |  |
| M 16    | 06:05  | 21:28 |       | 12:22 |  |
| J 17    | 06:06  | 21:27 | 00:12 | 13:40 |  |
| V 18    | 06:07  | 21:26 | 00:32 | 14:59 |  |
| S 19    | 06:08  | 21:25 | 00:55 | 16:21 |  |
| D 20    | 06:09  | 21:24 | 01:25 | 17:44 |  |
| L 21    | 06:    |       |       |       |  |