

LEVERS et COUCHERS SOLEIL - LUNE COMMERCY 2026

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

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

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

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

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

JUIN					
Dates	Soleil		Lune		
	L	C	L	C	
L 1	05:37	21:33	23:18	05:42	
M 2	05:36	21:34		06:33	
M 3	05:35	21:35	00:01	07:34	
J 4	05:35	21:36	00:35	08:41	
V 5	05:34	21:37	01:02	09:52	
S 6	05:34	21:38	01:23	11:04	
D 7	05:33	21:39	01:40	12:16	
L 8	05:33	21:40	01:55	13:30	
M 9	05:33	21:40	02:09	14:44	
M 10	05:32	21:41	02:24	16:03	
J 11	05:32	21:42	02:41	17:27	
V 12	05:32	21:42	03:03	18:54	
S 13	05:32	21:43	03:32	20:23	
D 14	05:32	21:43	04:12	21:45	
L 15	05:32	21:44	05:10	22:50	
M 16	05:32	21:44	06:24	23:38	
M 17	05:32	21:45	07:50		
J 18	05:32	21:45	09:18	00:11	
V 19	05:32	21:45	10:42	00:35	
S 20	05:32	21:46	12:02	00:54	
D 21	05:32	21:46	13:17	01:10	
L 22	05:32	21:46	14:28	01:24	
M 23	05:33	21:46	15:40	01:39	
M 24	05:33	21:46	16:50	01:54	
J 25	05:33	21:46	18:01	02:12	
V 26	05:34	21:46	19:11	02:34	
S 27	05:34	21:46	20:16	03:03	
D 28	05:35	21:46	21:13	03:40	
L 29	05:35	21:46	22:01	04:28	
M 30	05:36	21:46	22:37	05:27	
☉ DERNIER QUARTIER le 08					
● NOUVELLE LUNE le 15					
☾ PREMIER QUARTIER le 21					
○ PLEINE LUNE le 30					