

# CYCLE 2025

	JANVIER	FEVRIER	MARS	AVRIL	MAI	JUIN	JUILLET	AOUT	SEPTEMBRE	OCTOBRE	NOVEMBRE	DECEMBRE													
1 M	CYCLE 1	1 S		1 S		1 M	CYCLE 2	1 J	CYCLE 3	1 D		1 M	CYCLE 1	1 S		1 L	CYCLE 1								
2 J		2 D		2 D		2 M		2 V		2 L	2 M	2 S			2 M	2 J		2 D		2 M					
3 V		CYCLE 3	3 L	CYCLE 1	3 J	CYCLE 2	3 S	CYCLE 3	3 D	CYCLE 3	3 V	CYCLE 1	3 L	CYCLE 3	3 M	CYCLE 1									
4 S	4 M		4 M		4 V		4 D		4 M		4 L		4 J		4 S		4 M	4 S	4 M	4 J	4 M	4 J			
5 D	CYCLE 2	5 M	CYCLE 3	5 M	CYCLE 1	5 S	CYCLE 2	5 L	CYCLE 3	5 J	CYCLE 1	5 S	CYCLE 2	5 V	CYCLE 3	5 M	CYCLE 1								
6 L		6 J		6 J		6 D		6 M		6 V		6 D		6 M		6 S		6 M	6 S	6 L	6 J	6 S	6 S	6 V	
7 M		7 V		7 V		7 L		7 M		7 L		7 M		7 D		7 M		7 D							
8 M	CYCLE 2	8 S		8 S		8 M	CYCLE 3	8 J	CYCLE 1	8 D		8 M	CYCLE 1	8 V	CYCLE 2	8 L	CYCLE 1	8 M	CYCLE 2	8 S		8 L	CYCLE 2		
9 J		9 D		9 D		9 M		9 V		9 L	9 M	9 S				9 M		9 J		9 D	9 M	9 J		9 D	9 M
10 V		10 L	CYCLE 1	10 L	CYCLE 2	10 J	CYCLE 3	10 S	CYCLE 1	10 M	CYCLE 2	10 J	CYCLE 3	10 D	CYCLE 1	10 M	CYCLE 1	10 V	CYCLE 2	10 L	CYCLE 1	10 M	CYCLE 2		
11 S	11 M	11 M		11 M		11 V		11 D		11 M		11 D		11 M		11 V		11 L		11 V		11 L		11 J	11 L
12 D	CYCLE 3	12 M	CYCLE 1	12 M	CYCLE 2	12 S	CYCLE 3	12 L	CYCLE 1	12 J	CYCLE 2	12 V	CYCLE 3	12 M	CYCLE 1	12 S	CYCLE 2	12 V	CYCLE 3	12 D	CYCLE 1	12 M	CYCLE 2		
13 L		13 J		13 J		13 D		13 M		13 V		13 D		13 M		13 S		13 D		13 M		13 S		13 S	13 L
14 M		14 V		14 V		14 L		14 M		14 L		14 M		14 J		14 D		14 M		14 D		14 V		14 D	
15 M	CYCLE 3	15 S		15 S		15 M	CYCLE 1	15 J	CYCLE 2	15 D		15 M	CYCLE 3	15 V	CYCLE 2	15 L	CYCLE 1	15 M	CYCLE 2	15 S	CYCLE 3	15 M	CYCLE 1	15 L	CYCLE 2
16 J		16 D	16 D	16 M	16 V	16 M		16 L		16 M	16 S	16 M		16 S		16 M		16 M		16 J		16 D		16 M	
17 V		17 L	CYCLE 2	17 L	CYCLE 3	17 J	CYCLE 1	17 S	CYCLE 2	17 M	CYCLE 3	17 J	CYCLE 1	17 D	CYCLE 2	17 M	CYCLE 1	17 V	CYCLE 2	17 L	CYCLE 3	17 M	CYCLE 1	17 L	CYCLE 2
18 S	18 M	18 M		18 V		18 D		18 M		18 V		18 D		18 M		18 V		18 L		18 J		18 V		18 L	
19 D	CYCLE 1	19 M	CYCLE 2	19 M	CYCLE 3	19 S	CYCLE 1	19 L	CYCLE 2	19 M	CYCLE 3	19 J	CYCLE 1	19 S	CYCLE 2	19 M	CYCLE 1	19 D	CYCLE 2	19 L	CYCLE 3	19 M	CYCLE 1	19 V	CYCLE 2
20 L		20 J		20 J		20 D		20 M		20 V		20 D		20 M		20 S		20 D		20 M		20 S		20 D	
21 M		21 V		21 V		21 L		21 M		21 L		21 M		21 J		21 D		21 M		21 D		21 V		21 D	
22 M	CYCLE 1	22 S		22 S		22 M	CYCLE 2	22 J	CYCLE 3	22 D		22 M	CYCLE 1	22 V	CYCLE 2	22 L	CYCLE 3	22 M	CYCLE 1	22 S	CYCLE 2	22 M	CYCLE 1	22 L	CYCLE 2
23 J		23 D	23 D	23 M	23 V	23 L		23 M		23 S	23 D	23 M		23 S		23 M		23 J		23 D		23 M		23 J	
24 V		24 L	CYCLE 3	24 L	CYCLE 1	24 J	CYCLE 2	24 S	CYCLE 3	24 M	CYCLE 1	24 J	CYCLE 2	24 D	CYCLE 3	24 M	CYCLE 1	24 V	CYCLE 2	24 L	CYCLE 3	24 M	CYCLE 1	24 L	CYCLE 2
25 S	25 M	25 M		25 V		25 D		25 M		25 S		25 D		25 M		25 V		25 L		25 M		25 S		25 J	
26 D	CYCLE 2	26 M	CYCLE 3	26 M	CYCLE 1	26 S	CYCLE 2	26 V	CYCLE 3	26 J	CYCLE 1	26 S	CYCLE 2	26 M	CYCLE 3	26 L	CYCLE 1	26 D	CYCLE 2	26 L	CYCLE 3	26 M	CYCLE 1	26 V	CYCLE 2
27 L		27 J		27 J		27 D		27 M		27 V		27 D		27 M		27 S		27 D		27 M		27 S		27 D	
28 M		28 V		28 V		28 L		28 M		28 L		28 M		28 J		28 D		28 M		28 D		28 V		28 D	
29 M	CYCLE 2			29 S		29 M	CYCLE 3	29 J	CYCLE 1	29 D		29 M	CYCLE 2	29 V	CYCLE 3	29 L	CYCLE 1	29 M	CYCLE 2	29 S	CYCLE 3	29 M	CYCLE 1	29 L	CYCLE 2
30 J		30 D		30 M	30 V	30 L		30 M		30 S	30 D	30 M		30 S		30 M		30 J		30 D		30 M		30 J	
31 V				31 L		31 S		31 S		31 S		31 J		31 D		31 D		31 V		31 D		31 V		31 M	