Writing to the UserClasses table

Here's how you write to the UserClasses table. You write to it indirectly. You add the class object to the user object. And then save the changes to the database.

// Open your EF database  
var database = new Entities();

var sessionUser = (User) Session["User"];

// Get the user object from the database  
var user = database.Users.First(t => t.UserId == sessionUser.UserId);

// Get the class object from the database  
// var newClass = database.Classes.First(t => t.ClassId == model.ClassId);  
Class newClass = null;  
foreach (var t in database.Classes)  
{  
    if (t.ClassId == model.ClassId)  
    {  
        newClass = t;  
        break;  
    }  
}

// Add the class to the user object  
user.Classes.Add(newClass);

// Save the changes to the database

database.SaveChanges();