Due to an incompatibility between some libraries used by Rstudio and X2Go (https://github.com/rstudio/rstudio/issues/3382) , Rstudio cannot be executed via X2Go unless you enforce software rendering.
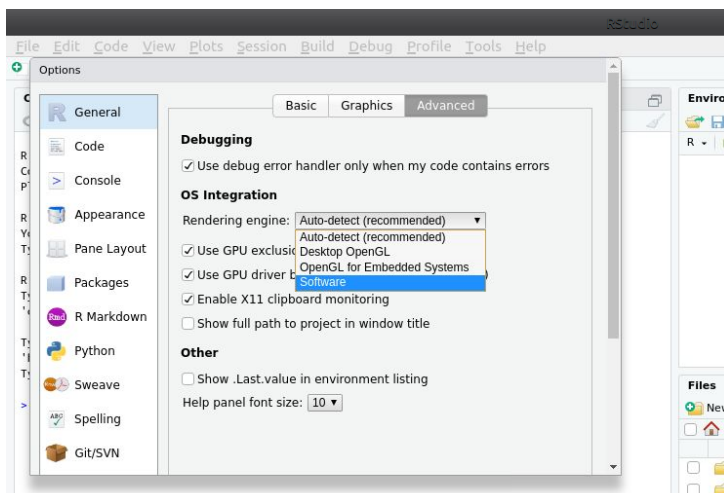
To do that, you have to start rstudio from terminal by typing:

QMLSCENE_DEVICE=softwarecontext rstudio

Next, once Rstudio starts, go to Tools and choose Global options
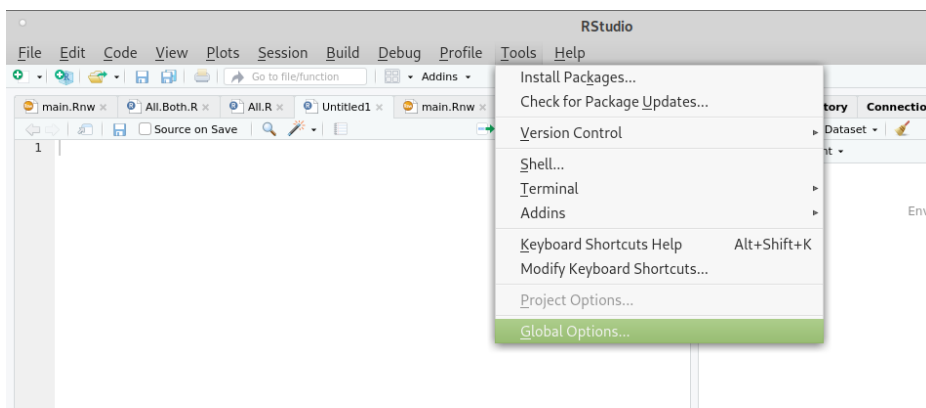
And in General choose the Advanced tab

There, choose as rendering engine software and click OK.

After this change, you will be able to start Rstudio from the terminal or the GUI menu as expected.